

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


Bend Park &
Recreation
DISTRICT
winter-spring 2020

your playbook

fitness passes
through medicare
health plans

news &
happenings

park & trail projects
in the works



play for life

CONTACT US

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

ADMINISTRATION & RECREATION SERVICES

799 SW Columbia St. • p. (541) 389-7275
Monday - Friday 8:00 am - 5:00 pm
Administration will be closed: Jan. 1 - New Year's Day,
Jan. 20 - Martin Luther King Jr. Day, Feb. 17 - Presidents' Day,
May 25 - Memorial Day

THE ART STATION

313 SW Shevlin Hixon Dr. • p. (541) 617-1317
Open for scheduled programs and open
studio hours. See schedule online.

BEND SENIOR CENTER

1600 SE Reed Market Rd. • p. (541) 388-1133
Monday - Thursday 7:30 am - 7:00 pm
Friday 7:30 am - 4:00 pm
Saturday 9:00 am - 3:00 pm
Holiday hours and special events: See page 29.

JUNIPER SWIM & FITNESS CENTER

800 NE 6th St. • p. (541) 389-7665
Monday - Friday 5:15 am - 9:00 pm
Saturday 7:00 am - 6:00 pm
Sunday 9:00 am - 6:00 pm
Holiday hours and special events: See page 18.

THE PAVILION

1001 SW Bradbury Way • p. (541) 389-7588
Dec. - April 8:30 am - 8:00 pm, daily
Hours subject to change.
April - July Hours vary - check online
Holiday hours and special events: See page 26.

PARK SERVICES

1675 SW Simpson Ave. • p. (541) 388-5435
Monday - Friday 7:30 am - 4:00 pm
Park Services will be closed: Jan. 1 - New Year's Day,
Jan. 20 - Martin Luther King Jr. Day, Feb. 17 - Presidents' Day,
May 25 - Memorial Day



winter-spring 2020

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 • Jason Kropf • Ariel Méndez

BUDGET COMMITTEE:

Thomas Fisher • Larry Kimmel • Joanne Mathews • Daryl Parrish • Debra Schoen

EXECUTIVE DIRECTOR:

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

ADMINISTRATIVE SERVICES DIRECTOR:

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

PLANNING & PARK SERVICES DIRECTOR:

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

RECREATION SERVICES DIRECTOR:

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

FOLLOW US:

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

Twitter - Bend Park & Rec (@bendparksandrec)
Instagram - bendparks, juniperswimandfitness

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, 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, contact Therapeutic Recreation at (541) 706-6121.

SERVICIOS DISPONIBLES PARA LA COMUNIDAD LATINA | LATINO OUTREACH SERVICES:

Comuníquese con Kathya al Tel. (541) 706-6190. Horario de Oficina: Juniper Swim & Fitness Center: Lunes y miércoles de 8:00 am a 5:00 pm, Martes de 12:00 a 7:00 pm, Jueves de 4:15 a 7:00 pm. Oficinas del Distrito (en Old Mill District): Jueves de 12:00 a 4:00 pm. | Contact: Kathya Avila p. (541) 706-6190. Office hours: Juniper Swim & Fitness Center: Monday & Wednesday: 8:00 am - 5:00 pm, Tuesday: 12:00 - 7:00 pm, Thursday, 4:15 - 7:00 pm. District Office: Thursday, 12:00 - 4:00 pm.

Cover: A local hiker and her dog pause on the Deschutes River Trail in the South Canyon by Farewell Bend Park. Photo credit: Greg Kleinert
Your Playbook is printed with pride with Northwest Web Press, business partner of The Bulletin.



play it up



As your parks and recreation provider, our staff works hard to provide opportunities for all ages to find an activity (or several) that they enjoy. From Baby and Me classes, afterschool care, youth sports and art camps to indoor fitness facilities and Lunch and Learn programs – Your Playbook is full of

possible adventures and great experiences.

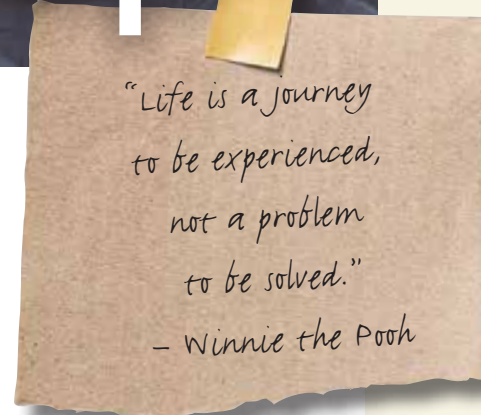
Bend Park and Recreation District proudly serves the majority of children in Bend. Each year, we're likely to provide a recreation program to more than 8 in 10 children from ages 5 to 9. That's great news since we strive to engage all families so that they can experience recreation's well-documented physical, mental and social benefits.

We also serve older adults. Projections indicate that by the year 2028, the total number of adults over 65 in Bend will nearly double to approximately 26,000. To meet this growth, Larkspur Community Center is being built, in part to meet the increasing demand expected in the coming decade. When Larkspur opens in late summer 2020, the center will continue to be the home for Bend Senior Center recreation while offering expanded programs and opportunities for people of all ages. From fitness to swim lessons, Larkspur will be a state-of-the-art facility our community can be proud of.

Of course, we welcome and encourage our community members in between kids and older adults – please don't forget to make time for your own play! On the trails, in the parks or in a facility or program, we invite you to explore and grow.

Sincerely,

Don Horton, Executive Director
don@bendparksandrec.org



WHAT'S INSIDE

INTRODUCTION

Contact Us	2
Table of Contents	3

NEWS & HIGHLIGHTS

Fitness Passes Through Medicare	8
Larkspur Community Center Update	9
Current Projects.....	11 - 13
Rental Facilities	14

REGISTRATION, FEES & PASSES

How to Register	15
Fees & Passes	16 - 17

FACILITIES & SWIMMING

Juniper Swim & Fitness Center	18 - 20
Adult Swimming	21
Youth Swimming & Fitness	22 - 25
The Pavilion	26 - 28
Bend Senior Center	29 - 33

ADULT RECREATION

Adult Art	34 - 39
Adult Activities	40 - 47
Adult Outdoor	48 - 50
Adult Fitness & Wellness	51 - 59
Adult Sports	60 - 63

THERAPEUTIC RECREATION

Youth Therapeutic Recreation	64 - 65
Adult Therapeutic Recreation	65 - 67

YOUTH RECREATION

Young Children	68 - 70
Youth Art	71 - 77
Youth Activities	78 - 86
Youth Sports	87 - 98

LOCATIONS & PARKS

Program Locations	99
Park Features & Locations	100 - 101



COMMUNITY EVENTS & FREEBIES

Celebrate the seasons and join BPRD at these great community events offering fun for all ages.

FREE FAMILY NIGHT

at Juniper Swim & Fitness Center
Second Saturdays, January - April: 6:30 - 8:30 pm.
Details on page 20.

BROWN BAG LUNCH & LEARN SERIES

at Bend Senior Center
Wednesdays, February 5 - May 6: Noon - 1:00 pm
Details on page 33.

DISCOVER NATURE DAY: WINTER WONDER

with Children's Forest of Central Oregon
at Shevlin Park.
Saturday, February 8: 10:00 am - 12:00 pm
Ages: 6 - 10 with family. Details on page 50.

OPEN HEARTS OPEN HOUSE COMMUNITY APPRECIATION WEEK

Special fitness workshops & classes
at Juniper Swim & Fitness Center
and Bend Senior Center
February 8 - 14
Schedule at bendparksandrec.org/freefitness.
Details on page 51.

ST. PATRICK'S DAY DINNER DANCE

at Bend Senior Center
Friday, March 13: 6:00 - 9:00 pm
\$12.00 per person. Details on page 33.

WALLY WALLACE CUP HOCKEY TOURNAMENT

at The Pavilion
Saturday - Sunday, March 14 - 15
Details on page 28.

CURLAPALOOZA

NEW

at The Pavilion
Sunday, April 5: 4:00 - 8:00 pm
Details on page 10.

Visit bendparksandrec.org or call (541) 389-7275
for more information.

bprd news & happenings

FIRST-EVER CURLAPALOOZA TO RAISE RECREATION SCHOLARSHIP FUNDS

The community is invited to gather friends and sign up for Curlapalooza, the inaugural learn-to-curl fundraising event held at The Pavilion on Sunday, April 5. Attendees will celebrate the last day of ice season with an opportunity to throw a curling stone, learn the art of sweeping and participate in the Olympic sport everyone loves to watch - all to raise funds and create opportunities for everyone in our community to participate in quality recreation experiences. The event will include great food, beverage, entertainment, off-ice activities and promises to be a lot of fun. Registration available for teams of four players (beginners encouraged) and spectators. Details on page 10.



BEND PARK & RECREATION FOUNDATION WELCOMES NEW BOARD MEMBERS

Bend Park and Recreation Foundation recently welcomed new members to its volunteer board of directors. Nancy DeVine, Dr. Keith Krueger, Debra Schoen and Heather Simmons join on-going members Jane Dunham and Paul Taylor in providing oversight for private donations, supporting fundraising efforts and facilitating special projects. Bend Park & Recreation Foundation is an independent 501 (c) 3 non-profit organization that raises funds and supports the programs, projects and facilities of BPRD.

INDOOR RECREATION OPTIONS GROW

With cycling as a growing go-to activity of choice for many Bend residents, Juniper Swim and Fitness Center upgraded its cycle studio with a new fleet of Spin bikes. The cycling equipment upgrade is part of a larger effort to enhance the health and wellness experience. Recent changes also include expanded fitness class offerings at the facility that boasts approximately 275 classes per week. On the exterior, accessible parking and entry to the building were improved last fall. Beginning this winter, a project will replace the Juniper Park restroom, build additional parking on the south side and add a new playground to the park.

SUCCESSFUL PRESCRIBED FIRE HELD AT SHEVLIN PARK

In October, the district worked with the Deschutes National Forest to conduct a 78-acre prescribed fire in Shevlin Park. Prescribed fire is part of the Shevlin Park vegetation management plan and is used to make our fire-adapted forests healthier, more resilient to disease and reduce wildfire risk to Shevlin Park and the surrounding community. The fall fire went well and many community members participated in a tour opportunity hosted in partnership with Central Oregon Cohesive Strategy to learn more about the benefits of prescribed fire. The district plans to conduct a 66-acre prescribed burn next spring.





JUNIPER SWIM & FITNESS CENTER AWARDED FOR ENERGY SAVINGS UPGRADES

Bend Park and Recreation District has been recognized by a state-wide organization for Juniper Swim & Fitness Center's efforts to upgrade and maintain its mechanical systems. The 2019 Oregon Recreation and Parks Association (ORPA) Asset Management Award recognizes the work to mend decades of building additions with modern day technology. Staff centralized building control systems, and installed a new double boiler system, heat exchangers, air handlers and an air-cooled chiller to manage pool and air temperatures. There have also been LED lighting upgrades to the pool areas and parking lots. The efforts have led to significant energy savings over the past few years.

ROLLER SPORTS DEBUT AT THE PAVILION

The Pavilion introduced a new activity in the non-ice season - roller skating. Drop-in roller skate activities were offered four days per week and averaged 40 to 50 participants per session. The Bend Bullets youth inline hockey program and Lava City Roller Derby moved to The Pavilion too. In addition to traditional roller skating and in-line skating on the newly installed skating surface, The Pavilion skate park features, and games including foosball, table tennis and corn hole were available for summer and fall enjoyment. Look for roller skating to return again this spring.



◀ For Roxy Kanable, Park Maintenance, left, and Michael Harris, Youth Recreation, below, working through the seasons comes with a smile.

SEASONAL JOBS @BPRD



Each season brings different recreation needs and opportunities for our community. To stay in sync with those changes, Bend Park and Recreation District adapts its workforce and offers multiple job opportunities through the year.

All the seasons are busy, but summer is the peak of district operations. To support the plethora of summer activities, programs and maintenance, BPRD offers numerous seasonal positions including lifeguards, park maintenance staff and youth recreation leaders.

Other times of the year, the district hires seasonal recreation staff to support programming, such as instructors for ice sports and recreation leaders for afterschool programs. BPRD seasonal positions can complement other personal activities, such as attending college or offset other seasonal jobs such as ski instructors, wildland firefighters or forestry workers.

Roxy Kanable, a full-time Park Maintenance worker, started with the district in a seasonal landscaping role. "I was looking for a job that allowed me to move my body daily and be outside. I also wanted to use my degree and continually learn new skills," she shared. "Having the six-month seasonal position is really desirable. It can be hard to find positions that will provide a full work week for that long of a time period," explained Roxy.

Michael Harris, a Youth Recreation Leader, enjoys the variables associated with his seasonal job. "I like the flexibility. Everything is a little different and challenging. For a lot of people, they do the same thing everyday, and I don't," he explained. "It's nice to dabble in different things and keep things fresh."

Michael is one of fifty part-time employees in a recently created pilot program where staff work in youth recreation positions during the summer and in school-based afterschool child care positions the rest of the year. "I work in Operation Recreation for summer and KIDS Inc. for fall through spring. It's perfect for me. I love working with kids," explained Michael. The pilot program includes benefits, such as vacation and holiday pay and optional medical, dental and vision insurance.

BPRD is regularly hiring. To learn more about working with Bend Park and Recreation District, go to bendparksandrec.org/jobs. Postings for summer jobs begin in February and continue through spring. Those interested are invited to complete a Job Interest Card online at any time.

- **Lifeguards** (Must be 16+ years old)
- **Swim Instructors** (Must be 16+ years old)
- **KIDS Inc. Afterschool Leaders**
- **Youth Recreation Leaders**
- **Therapeutic Recreation Leaders**
- **Park Maintenance**
- **Skating Instructors**
- **Art Instructors**
- **Child Care Attendants**
- **Sports Officials**

For more positions, information and to apply, visit bendparksandrec.org/jobs.

Bend Park & Recreation District is an Equal Opportunity Employer



VOLUNTEER THIS WINTER-SPRING

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

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

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

FITNESS: Classes for adults, seniors and children.

THERAPEUTIC & ADAPTIVE RECREATION: Therapeutic swimming for school age kids at JSFC and recreation opportunities for children and adults with disabilities.

COMMUNITY EVENTS & ACTIVITIES: Dinner dances, activities for children and families and July 4th Pet Parade and festival.

CARING FOR PARKS & TRAILS: Be a host at Riley Ranch Nature Reserve, help with goose management, adopt a park or trail, or gather a group for a park maintenance project in the spring.

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

For more on
BPRD volunteer
opportunities,
visit
bendparksandrec.org
and click on "Volunteer."

"We make a living
by what we get, but
we make a life by
what we give."
— Winston Churchill

giving fun THE OPDYCKE FUND

In 1988, Brian and Linda Opdycke made a gift to Bend Park & Recreation Foundation to establish a memorial fund honoring their son, Jason. They wanted their resources to make it possible for other children with disabilities to experience the recreation programs their son loved, and to offer those families some respite, with the peace of mind that comes from knowing that their child was enjoying safe, quality activities.

The Opdycke family has always been an active bunch. Jason loved swimming and was involved with many activities that are now called Therapeutic Recreation programs. The interaction and connections made through those programs were important for Jason and valued by his family. His siblings Jessica and Jordan grew up swimming and playing sports. Brian and Linda used the pool and took scuba diving lessons at Juniper Swim & Fitness Center. Today, Jordan works at Juniper with lifeguard and competitive swimming programs and Jessica's family are active participants in a variety of recreation activities.

Over time, the Opdycke Fund has supported many children with resources to participate in specialized day camp programs, general recreation activities and sports, and funded adults for enrichment and social experiences, fitness activities and fun adventures.



The Opdyckes: (left to right) Jessica, Linda, Brian and Jordan

Program participants have experienced going to the theater in Portland, trips to the coast and overnight adventures at the Oregon Zoo. The fund has also made it possible for the district to purchase adaptive recreation equipment such as hand cycles, wheelchairs for sports, and water jackets for swimming programs.

Brian and Linda moved to Hawaii for a time and contributions from other donors and fundraising events helped sustain the Opdycke Fund. When they moved back to Bend a few years ago, they reconnected with Bend Park & Recreation Foundation and renewed their commitment, and now make a generous donation each month to support therapeutic recreation opportunities. Brian shares, "We want to give, and have a special place in our hearts for parks and recreation and the Therapeutic Recreation programs." Linda adds, "It's important in life to have fun. We want to help people with disabilities have as many opportunities as possible."

To learn more about Bend Park & Recreation Foundation, visit bendparksandrec.org/about/foundation or contact Kim Johnson, Administrator, kim@bendparksandrec.org or (541) 706-6127.

Let's play

BINGO

and win!

Get outside! Find these items in a Bend park or trail (helpful to note where). Get five across, down or diagonal for a "BINGO!" Bring your winning page in person to the BPRD District Office, 799 SW Columbia St. (see pg. 2 for hours). The first 25 winners will receive a \$10.00 certificate redeemable for activities at Juniper Swim & Fitness Center, The Pavilion or Bend Senior Center. Limit one per household. (Sorry, not available to BPRD employees.) For park and trail information, see pages 100 - 101 or visit bendparksandrec.org.



☐ Paved Trail in a Park



☐ Flag in a Park or Facility



☐ Kayaker



☐ Dog on a Walk in a Park



☐ "Dinosaur" in a Park



☐ Otter Sculpture



☐ Trail Tunnel



☐ Playground "Ship"



☐ The Art Station



☐ Sunset in a Park



☐ Playground "Boat"



☐ Pedestrian Bridge



☐ Duck



☐ BPRD Staff in a Park



☐ Surfer



☐ Hawk in a Park



☐ Playground Slide



☐ Cyclist in a Park



☐ Juniper Swim & Fitness Ctr.



☐ The Pavilion



☐ Playground "Animal"



☐ Disc Golfer in a Park



☐ Deer or Elk in a Park



☐ Park or Trail Construction

taking care of bend's history

A TRIBUTE TO TONY ROSENGARTH

The historic barn and homestead house at Hollinshead Park are evidence of the passion Tony Rosengarth had for preserving the past. Tony and wife Sharron have contributed countless volunteer hours to restoring the buildings and equipment, caretaking the collections in the homestead and providing tours to tell the stories of farming life in Bend in the first half of the 1900's. Tony passed away in September 2019, and leaves a legacy that will help future generations understand how Bend grew from a small farming and timber town to the community it is today. Tony's passion, knowledge, stories and easy smile will be missed.



YOUR PASS TO PLAY

No-cost and Low-cost Fitness Passes through Medicare Health Plans

An important part of Bend Park and Recreation District's mission is to enhance community vitality by promoting healthy lifestyles. One way the district does this is offering no-cost or low-cost fitness passes for those over 65 or enrolled in Medicare through partnerships with qualifying health plans.

"Physical activity has a number of benefits particularly relevant in later life, including reducing the risk of falls, improving balance and stamina, and delaying the onset of cognitive decline," according to the U.S. Department of Health and Human Services.

District fitness patrons have been able to access the Bend Senior Center through health plans for several years. Beginning January 1, this benefit will also extend to use of Juniper Swim and Fitness Center.

Both facilities offer numerous fitness amenities and classes including therapeutic fitness and Fit4U classes that are specially-designed for those wanting a lower-impact and light-intensity workout, including those ages 50 and over. These specialty classes are great for older adults, to "help maintain the ability to live independently and reduce the risk of falling and fracturing bones," per the Centers for Disease Control and Prevention.

Bend Park and Recreation District has expanded a partnership with three nationwide programs that assist older adults in becoming or remaining active to improve their quality of life through physical activity. These supplemental health plans are provided by private insurance companies that contract with Medicare, often referred to as Medicare Advantage Plans or Medicare Part C. The following programs are included: Silver & Fit, Silver Sneakers and AARP Renew Active.

In 2020, qualifying Medicare recipients will be able to choose either a full-access pass to Bend Senior Center or a basic pass to Juniper Swim and Fitness Center.

The Bend Senior Center pass provides access to more than 75 weekly fitness classes plus full facility use and participation in social activities. The Juniper basic pass includes use of pools, fitness center, fit studio, hot tub, sauna, steam room, locker rooms and participation in recreation and lap swim.



For an additional \$15.00 per month, qualifying patrons can upgrade to a full-access pass for both Juniper and Bend Senior Center, which offers additional opportunities to participate in more than 250 weekly fitness classes including Spinning, cardio/dance, yoga, Pilates, strength and conditioning formats and Masters swim sessions at Juniper.

For more information about health plans, benefits and eligibility, check with your health insurance carrier to see if you qualify. For details on facilities and passes, visit bendparksandrec.org/medicare or stop by the customer service desk at Bend Senior Center or Juniper Swim and Fitness Center.

For more information on classes and facilities:

- Adult Fitness, pages 51 - 59
- Adult Swimming, page 21
- Bend Senior Center, pages 29 - 33
- Fees & Passes, pages 16 - 17
- Juniper Swim & Fitness Center, pages 18 - 20

"You can't help getting older. But you don't have to get old."
- George Burns

LARKSPUR COMMUNITY CENTER

taking shape

LATE
SUMMER
2020
OPEN TO
THE PUBLIC

Larkspur Community Center construction passes its halfway mark this winter and heads toward the home stretch this spring!

The district is excited to welcome residents into the new facility when it opens late next summer. Classes and activities continue in Bend Senior Center as the space prepares to grow significantly when the two buildings are connected via a hallway, figuratively and literally opening new opportunities for health and wellness. If you haven't already, go ahead and daydream about what is on the way!

Current channel in the pool

The pool at Larkspur will have a river-like current that translates into several options for fitness and enjoyment. Patrons can walk with the current for a gentle experience or engage more muscle groups by walking against the current. The resistance or lack of it will also provide alternatives for swimmers. Whether a user is learning to swim, gaining therapeutic benefits, seeking non-weight bearing exercise or more, the current channel will be a flexible tool for many experiences.



Walk/jog track on second story

The upstairs fitness center will be surrounded by a 14-lap-per-mile walk/jog track. With mountain views, time on the track will bring the outdoors into the experience without the weather. It will be great for individual walking, light jogging or an active walk-and-talk with a friend. There will be opportunities for personal training and therapeutic use too.



Dedicated fitness spaces

Bend Senior Center fitness classes are popular and many are tight on elbow room. That will change with dedicated spaces for mind/body and group exercise classes. Supportive floors, built-in storage, climate controls, etc. will enhance the experience and allow for more fitness options.

For more information, visit bendparksandrec.org/larkspur.

CONSTRUCTION TIMELINE

SPRING
2020
INTERIORS
& FINISHES



WINTER
2020
BUILDING
CONSTRUCTION



FALL
2020
EXCAVATION
& POOL DIG OUT



BEND PARK & RECREATION FOUNDATION'S

CURLAPALOOZA



presented by



A come-try curling bonspiel event with just-for-fun competition, great food, beverages, live music and other off-ice activities.

No curling experience needed!

SUNDAY, APRIL 5

4:00 TO 8:00 PM

AT THE PAVILION

1001 SW Bradbury Way

Proceeds support recreation scholarships, providing opportunities for everyone to participate in recreation programs that enrich lives.

TWO WAYS TO PLAY!

Compete as a team of four: \$600

Spectate and cheer on your favorite team: \$60

Details and registration at

BENDPARKSANDREC.ORG

Registration opens Monday, January 13.



**get
outside
this winter**

SNOW REMOVAL ON PATHS & TRAILS

The Bend Urban Trails System connects our community and encourages recreation and non-motorized transportation throughout the year. If Bend should have a snow event of two inches or more, BPRD Park Services strives to remove the snow from the trails listed below. Thank you for your patience during heavy snows.

- Cascade Highlands Trail from Overturf Off-Leash Area to Skyline Ranch Rd.
- Coyner Trail from Ponderosa Park to Juniper Park.
- Discovery Trail from Clearwater Dr. to Skyliners Rd. and from McClain Dr. to Shevlin Park.
- Drake Park pathways.
- Pathways in Riverbend and Farewell Bend parks.
- Larkspur Trail from Bear Creek to Neff Rd. through Pilot Butte State Park.
- Pine Nursery Park Loop Trail.
- West Bend Trail along Galveston and Skyliner Rd. between 17th St. and Skyline Ranch Rd.
- Haul Road Trail from McKay Park to Mammoth Dr.
- Pioneer Park to the First Street Rapids Bridge.

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

SEASONAL SHUTOFFS & CLOSURES

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

ON THE HORIZON

Park, Facility & Trail Projects

*"Even the smallest person can change the course of the future."
- J.R.R. Tolkien*

▲ An expansion of Bend Senior Center in southeast Bend, Larkspur Community Center went "vertical" this fall. Amenities include a pool, fitness center and indoor track.

Bend is growing and so is your park and trail system. The district takes care of what it has and expands to meet our changing community's needs. We update aging facilities, parks and trails. We also plan for new places and amenities to allow for play close to home. These projects keep staff busy with land purchases, project design, public outreach to gather input, and construction. Take a look at what's happening this winter.



Shevlin Park



New interpretive, wayfinding and regulatory signs have been installed throughout the park. Americans with Disability Act improvements including a new accessible trail to Aspen Meadow picnic area and upgrades to Aspen Hall's parking area and Larch Bridge. The covered bridge was decommissioned as part of this project, allowing for creek restoration to help improve water quality and wildlife habitat along the banks of Tumalo Creek. This project was completed in September.

◀ Accessibility improvements at Shevlin Park include Larch Bridge over Tumalo Creek.

Larkspur Community Center



Larkspur Community Center is the expansion project adjacent to the Bend Senior Center in southeast Bend. This new facility will add approximately 34,000 square feet, including new fitness facilities, group exercise rooms, a warm-water pool, an indoor walk/jog track, and additional parking. The facility will maintain a focus on older adult programs while also offering other activities to meet the needs and schedules of a broader range of users. Construction started in March and temporarily closed the senior center last summer. The senior center reopened in September and construction of the new building, surrounding parking areas and in the park continues.

The estimated completion of the Larkspur Community Center is late summer 2020. The Larkspur Trail remains detoured around the park's east side to Reed Market Road and west along the city sidewalk for the duration of the project.

Juniper Park



Located adjacent to Juniper Swim & Fitness Center, Juniper Park is scheduled for improvements including a new restroom, an upgraded path, additional facility parking and updated play area. Construction has started on the new restroom building, with the remaining construction starting early this winter. Estimated completion is May 2020.



▲ Located in northwest Bend, construction at Pacific Crest Middle School athletic fields is being done in cooperation with Bend-La Pine Schools.

Pacific Crest Athletic Fields



This project includes the construction of two new multi-use fields in cooperation with the Bend-La Pine Schools. Field use will be scheduled by BPRD. Construction started this past summer and is substantially complete. The new grass needs time to be established this spring with anticipated play beginning in summer 2020.

Rockridge Park Restrooms



Installation of a permanent restroom facility on the north side of Rockridge Park in northeast Bend is underway. The project is expected to be completed by summer 2020.

Empire Crossing Park



This small neighborhood park in northeast Bend was acquired by the district after being formerly owned and maintained by the homeowner's association. The planned changes include upgrading the playground, trail and landscape. Construction started this fall and should be complete by spring 2020.



▲ Located in northeast Bend, Empire Crossing Park is receiving upgrades after being acquired by the district.

Central Oregon Historic Canal Trail



District staff have been working on design for Central Oregon Historic Canal Trail crossings at major roadways in south Bend. The district is working with the City of Bend to construct pedestrian crossings where the trail crosses major arterial roads. The first crossing that was completed is where the canal passes under 15th Street south of Reed Market Road near Chloe Lane. Through an interagency agreement, the district provided funding to the City of Bend to construct this crossing as part of the Murphy Road project. Future crossings are planned at Blakely Road, 3rd Street, Brosterhouse Road, Ferguson Avenue and 27th Street.

The district continues to work with property owners along the canal to secure easements for public use and to connect the nearly five-mile trail from the east side of 27th Street west to the Deschutes River Trail. Areas of the trail where public easements exist are identified by signage. Please be aware that the areas of the trail that do not have public easements are private property, and unauthorized use is considered trespassing.

Work has started on trail surface improvements from Blakeley Road west to the Deschutes River Trail. New trail surfacing and signage on this section of the trail is expected to be completed early 2020.

Pine Nursery Park



Located in northeast Bend, Pine Nursery Park is the future home of two new amenities – Bend FC Timbers' soccer fields and North Pacific Juniors (NPJ) Volleyball Club's sand volleyball courts. Through a lease agreement with the district, the Bend FC Timbers club has privately funded and nearly completed construction of two full-size, lighted, artificial turf fields in the park. Two additional fields are planned for in a future second phase. On the park's east side, a location for six sand volleyball courts was recently determined. The NPJ club contacted BPRD after the courts at the Old Mill District closed. Facilitated through a lease agreement, the courts will be open to the public, but constructed and maintained by the club. Work is expected to begin by spring 2020 and be completed for summer use.

Big Sky Park & Luke Damon Sports Complex



Big Sky Park & Luke Damon Sports Complex is an existing 96-acre community park located east of Hamby Road and north of Neff Road. The park is a combination of undeveloped and developed areas with restroom facilities, paths, playground, sport fields and an off-leash dog area.

Planned improvements include vehicle and pedestrian access from Hamby Road, additional parking, bike park features, single track bike trail network, a 1.75-mile perimeter walking/ biking trail, and connection to Buckingham School. Construction is expected to begin in spring 2020.

Drake Park/ Deschutes River Trail & Bank Improvements



The banks of the Deschutes River at Drake Park and Pacific Park have deteriorated over time, resulting in safety and environmental issues. The district plans to improve the banks and to connect the Deschutes River Trail through Drake Park and Pacific Park. In addition, a new trailhead will be created at Pacific Park. Design and permitting is underway and expected to last for a year, with construction anticipated to begin in late summer 2020.

Goodrich Park



Goodrich Park is a 2.4-acre neighborhood park located in northeast Bend on Quimby Avenue, between 8th and 11th streets. Planned park amenities include open lawn area, a quarter-mile loop soft-surface path, seasonal restroom enclosure, and exploratory play area using landforms and native rocks. Street improvements on Quimby

Avenue and 11th Street and a pedestrian crossing at Penn Street and 11th Street are also included. Construction is expected to begin in spring 2020 and be completed by winter 2021.

Haul Road Trail



The district received a grant to improve the Haul Road Trail, from McKay Park westward approximately 3.3 miles to the Deschutes National Forest boundary. The twenty-year-old trail has varying surfaces in need of repair. Identified as a primary, multi-use trail, the asphalt section will be repaved, and the 1.35-mile unpaved section will be paved. Done in partnership with City of Bend, which owns a portion of the trail, this project aims to revitalize an important alternative transportation route through Bend's west side and connect to public forest lands. Construction is anticipated to begin in summer 2020.

Riverbank Habitat Improvements



The district and Upper Deschutes Watershed Council (UDWC) are working in partnership to improve and manage the riverbanks of the Deschutes River and Tumalo Creek. The organizations have committed to a long-term collaboration to improve riverbank habitat and support sustainable recreational use of the river and creek.



▲ A future trailhead for Deschutes River Trail will be at Pacific Park offering access to downtown, Pioneer Park and points both north and south on the trail.

Staff completed an inventory and assessment of riverbank conditions on 10.5 miles of district-owned property. The first project is located between the Bill Healy Bridge and the Farewell Bend Park footbridge. Working together, the district and UDWC awarded a contract for the design of the habitat restoration. Pending permit approvals and funding availability, the restoration work may start as early as 2021.

Alpenglow Park



Purchased with funding from the 2012 bond measure, Alpenglow Park is located in southeast Bend on 15th Street, north of Knott Road. At 37 acres, the park is bordered by railroad tracks to the west and future schools to the south. The park will include an off-leash dog area, outdoor event space, open lawn area, shade structures, restrooms, spray ground, play area, demonstration garden, climbing/bouldering/slacklining area, paths, trails and natural space. Alpenglow will serve as a central point of connection

for multi-use trails which will branch out to surrounding areas. To improve access to the park and schools; a pedestrian bridge over the railroad tracks and a pedestrian bridge over the irrigation canal just north of the park are included. Construction is anticipated to begin in 2021.

Northpointe Park



This new 2.7-acre neighborhood park located north of Cooley Road in the Northpointe subdivision will provide recreation opportunities to residents in a growing area that has been under-served. Public outreach was conducted in fall 2019 to understand the type of park experiences and amenities people would like to have. This information is being used to generate a master plan which is anticipated to be approved in January 2020.

For more on BPRD
current projects,
visit
bendparksandrec.org
and click on "About."



Aspen Hall



Hollinshead Barn



The Pavilion



Marcoulier Event Room



Picnic Shelter

Park & Facility Rentals: For Your Next Event



Consider a Bend Park and 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, polished concrete 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 an accessible elevator to the second floor. The outdoor space features a fenced-in lawn, two patios and outdoor benches.

MARCOULIER EVENT ROOM at the Bend Senior Center is a large, open space with beautiful maple wood floors perfect for dancing, lots of natural light and a full commercial kitchen. It is the perfect location for a wedding, reception, reunion or event, with seating for up to 250 people.

RIVERBEND COMMUNITY ROOM is located in the district office and available for presentations, meetings or small events. The room opens up to an outdoor plaza overlooking the Deschutes River and Riverbend Park.

JUNIPER SWIM & FITNESS CENTER is available for swim parties, pool rentals and special events. Options are available including packages during open recreation swim times and private party pool rental.

THE PAVILION welcomes groups for birthday parties and other special events. Bring the gang for open skate and rent the party room. In addition, the entire facility is available in the non-ice season and can host more than 800 people.

THE ART STATION is the perfect place to host birthday parties and other get-togethers. Art parties and clay parties are available for children and adults.

PARKS, PICNIC SHELTERS & SPORTS FIELDS are available for rent. Fees are based on the size of your group, park amenities, type of function and duration of your event.

Visit bendparksandrec.org for more details and virtual tours or call (541) 389-7275 for additional information and/or to make a reservation.

how to register

REGISTER ONLINE:

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>

REGISTER

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 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,

Summer 2020 registration begins March 23, 2020.

Fall 2020 registration begins early August.

Recreation Scholarships

We believe that everyone should have the opportunity to participate in recreation activities. Financial need-based scholarship assistance is available to qualifying individuals for many recreation programs. The goal is to remove financial barriers for community members with limited financial resources. In the last year, approximately 700 individuals and families have participated in programs with support that provides safe, enriching activities and contribute to a physically active community.

ABOUT SCHOLARSHIPS:

- Visit www.bendparksandrec.org/scholarship to download application forms or pick up an application at the district office or recreation facilities.
- You may submit your application at any time; allow at least one week for processing prior to registering for an activity.
- Scholarships can be used by children, adults and families for most recreation programs and facility passes.
- Scholarship assistance ranges from 25-percent to 75-percent of the regular fee depending on the applicant's level of need and the specific activity or program.
- Eligibility is based on household income and number of dependents living in the household, and aligns with the Federal Poverty Guidelines and other assistance programs. Generally, you may be eligible for scholarship assistance if your household qualifies for SNAP, TANF, Oregon Health Plan, or Free and Reduced School Lunch.
- Scholarships are valid for one year. You must reapply for renewal.
- More at www.bendparksandrec.org/scholarship

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





GO PLAY!

Facility Fee & Pass Information

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

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

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

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

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

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

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

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

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

Out-Of-District Fee Policy - The prices listed are the 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.

Fitness Passes Through Medicare Plans - You may be eligible to receive no-cost or low-cost fitness passes to Bend Senior Center and Juniper Swim & Fitness Center through your health plan. Juniper passes will be available beginning January 1. One-in-five people 65 and older is eligible for a fitness benefit included in select Medicare Advantage health plans. Learn more on page 30.

FACILITY
STANDARD
FEES & PASSES

FACILITY STANDARD FEES & PASSES		FACILITY	JUNIPER SWIM & FITNESS CENTER	JUNIPER SWIM & FITNESS CENTER	BEND SENIOR CENTER	BEND SENIOR CENTER	THE PAVILION: ICE SEASON	THE PAVILION: ICE SEASON
		PASS TYPE	Full Access	Basic	Full Access	Basic	Without Skates	With Skates
		ACCESS	Over 200 weekly group fitness classes and masters swim practices plus full facility use.	Use of pools, fitness center, hot tub, sauna, steam room, locker rooms and access to all recreation and lap swim times.	Over 50 weekly fitness classes plus full facility use and participation in ongoing social activities.	Use of fitness center, game room and participation in ongoing social activities.	Admission to all public skate sessions. Ice Season: October - Early April	Admission to all public skate sessions. Includes skate rental. Ice Season: October - Early April
			Monthly pass includes use of Senior Center.					
Single Visit Admission	Adult (19-59)	\$8.00	\$7.00	\$6.50	\$3.50	\$9.00	\$12.00	
	Older Adult (60-79)/Student	\$7.00	\$6.00	\$5.50	\$1.50	\$8.00	\$11.00	
	Youth (3-18)/Honored Citizens (80+)	\$6.00	\$5.00	\$4.50	\$1.25	\$7.00	\$10.00	
	Children under 3 with paying adult	Free	Free	n/a	n/a	Free	Free	
10-Visit Pass Save an average of 20%	Adult (19-59)	\$69.00	\$59.00	\$60.00	\$29.00	\$72.00	\$96.00	
	Older Adult (60-79)/Student	\$59.00	\$49.00	\$45.00	\$12.00	\$64.00	\$88.00	
	Youth (3-18)/Honored Citizens (80+)	\$49.00	\$39.00	\$35.00	\$10.00	\$56.00	\$80.00	
							Roller skating fees available online April 1.	
							ICE SEASON PASS: Couple & Family Pass Discount Available	
Monthly Pass Unlimited Visits!	Adult (19-59)	\$61.00	\$51.00	\$51.00	\$24.00	\$229.00	\$259.00	
	Older Adult (60-79)/Student	\$49.00	\$39.00	\$39.00	\$16.00	\$199.00	\$229.00	
	Youth (3-18)/Honored Citizens (80+)	\$39.00	\$29.00	\$29.00	\$13.00	\$169.00	\$199.00	

PASS 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.



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!

Juniper Swim & Fitness Center

Winter-Spring 2020: January 2 - June 12

Regular Hours:

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

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

Visit online at: juniperswimandfitness.com



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

Schedules & Information

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

Fees

Pass information on pages 16 - 17.

Fitness passes through health insurance: NEW

Those over 65 and enrolled in Medicare may be eligible for no-cost or low-cost fitness passes at Bend Senior Center now and at Juniper Swim & Fitness Center beginning January 1. Learn more on page 30.

Community Appreciation Week Open Hearts Open House: February 8 - 14

Join our fitness experts for free classes and workshops. Learn more on page 51 in Adult Fitness.

Holidays & Special Hours

12/31	New Year's Eve	5:15 am - 6:00 pm
1/1	New Year's Day	9:00 am - 1:00 pm
1/20	MLK Jr. Day	Regular Hours
2/17	Presidents' Day	Regular Hours
4/12	Easter	Noon - 5:00 pm
5/25	Memorial Day	Noon - 5:00 pm

Swim Meets & Special Events

1/24	High School City Meet
2/1	High school JV Meet
2/9	Last Chance Meet
4/17 - 19	Water Polo Tournament
5/2 - 3	May Invite Swim Meet

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 wellness 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.

TAKE A TOUR:

- **In-Person:** Ask at the front desk for a complimentary facility tour.
- **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- to 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 surface. 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 work out.

Fit Studio

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

Spinning® Studio

Come get your heart rate up as you cycle inside on Spinner® Chrono™ Power bikes by Precor®, surrounded by beautiful views in our theater-style studio.

Group Exercise Studio

Enjoy a fabulous workout on cushioned wood floors, with a wall of windows, amazing park views and plenty of natural lighting.

Mind & Body 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 Kids' Corner staff or call (541) 706-6191.

10-hour card:
\$40.00 ID \$48.00 OD

Drop-in fee per hour, per child:
\$4.50 ID \$5.40 OD

Kids' Corner Hours:

(subject to change)

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

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

Sa: 8:00 - 11:00 am

Learn more at
juniperswimandfitness.com



Weekends ROCK! at Juniper

Come for a real splash bash on weekends as the evenings come alive.

KIDS' NIGHT OUT 1st & 3rd Saturdays

Ages: 3 - 11

Dates: 1/4, 1/18, 2/1, 2/15, 3/7, 3/21, 4/4

Activity: 405599

Sa: 6:30 - 9:30 pm

Pre-register - \$11.00 ID \$13.20 OD

Day of registration - \$14.00 ID \$16.80 OD

Kids get JSFC to themselves as they play in the pool, participate in crafts and games, and watch a movie under the supervision of our trained and caring staff. Snacks provided. (Sorry, dinner not included.) Note: Ages 3 - 5 must be potty-trained and will enjoy crafts, games, movies and more. Swimming is not included for this group.

FREE FAMILY NIGHT 2nd Saturdays

FREE

All Ages

Dates: 1/11, 2/15, 3/14, 4/11

FREE

Sa: 6:30 - 8:30 pm

Elevate your family get-together to a whole new level of fun! Join in to combine fitness and fun as a family. Beyond craft, games and fitness activities, there are two Pool Play times available for you to choose from - select either 6:30 - 7:30 pm or 7:30 - 8:30 pm to make your splash.

See details:
bendparksandrec.org/weekendsrock

Drop-In Swim Sessions

Open Recreation Swim

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

Fee: Basic pass or drop-in fee

January 2 - June 11

Th/F: 7:30 - 9:00 pm

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

No-School Day Recreation Swim

**NO
SCHOOL**

When school's out, swimming is in!

Hours: 1:00 - 3:00 pm

Dates: 1/20, 1/31, 2/17, 4/9 - 10

Hours: 1:00 - 4:00 pm

7:30 - 9:00 pm

Dates: 3/23 - 27

RECREATION SWIM SPECIAL

**Adults are \$5 each when adult
accompanies paid child.**

**Good for: Open Recreation Swim, Family
Swim and Parent-Child Swim**

Learn more at bendparksandrec.org/recswim

Family Swim

A perfect time for families to use the indoor pools for recreating and swimming. All children must be accompanied by parent or guardian.

Fee: Basic pass or drop-in fee

January 2 - June 11

Su: 11:00 am - 1:00 pm

No School Day Family Swim

**NO
SCHOOL**

When school's out, come swim with the kiddos!

Hours: 4:00 - 5:30 pm

Dates: 3/23 - 27

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

January 6 - June 5

M - Th: 7:00 - 9:00 am

M/Tu/Th: 10:45 am - 2:30 pm

M/W: 7:00 - 7:30 pm

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

W: 10:45 am - 1:00 pm

F: 7:00 am - 4:30 pm

Sa: 7:00 - 9:15 am

Su: 9:00 - 11:00 am

4:00 - 6:00 pm



Lap Swimming & Water Running

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

Fee: Basic pass or drop-in fee

January 2 - June 12

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

F: 5:15 am - 7:30 pm

Sa: 7:00 am - 6:00 pm

Su: 9:00 am - 6:00 pm

SWIM LESSONS

Adult Swimming on page 21

Youth Swimming on pages 22 - 25



Adult Swimming

Level 1 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

This class is designed for the adult swimmer with little to no experience in the water. We will help you conquer your fear of swimming by introducing basic swim skills and water safety. Majority of class is in shallow water.

\$68.00 ID \$81.60 OD / session

Activity: 105554

Sa: 7:35 - 8:15 am

Sessions: 1/11 - 2/8
2/15 - 3/14
(adj. fee \$56.00 ID \$67.20 OD)
4/4 - 5/2
(adj. fee \$56.00 ID \$67.20 OD)
5/9 - 6/6 (no class 5/23,
(adj. fee \$45.00 ID \$54.00 OD)

Liquid benefits.

Our swim program allows you to progress from no experience to becoming a master swimmer. Come swim - gain confidence in the water and feel great.

Level 2 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

Learn basic front crawl and back strokes in a comfortable environment designed for new swimmers. Appropriate for adults unable to swim 15 meters.

\$68.00 ID \$81.60 OD / session

Activity: 105555

M/W: 7:00 - 7:30 pm

Sessions: 1/6 - 2/2
(adj. fee \$51.00 ID \$61.20 OD)
1/27 - 2/19 2/24 - 3/18
3/30 - 4/22 4/27 - 5/20

Level 3 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

Class works on building confidence, stroke technique, and achieving the ability to swim full laps. Focus is on fitness through skill training, short distance repeats and individualized to meet your goals. Appropriate for adults who can swim 15-meters but not much more.

\$68.00 ID \$81.60 OD / session

Activity: 105556

M/W: 7:00 - 7:30 pm

Sessions: 1/6 - 2/2
(adj. fee \$51.00 ID \$61.20 OD)
1/27 - 2/19 2/24 - 3/18
3/30 - 4/22 4/27 - 5/20

Swim Technique

Ages: 16 & up

Juniper Swim & Fitness Center

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.

\$135.00 ID \$162.00 OD / session

Activity: 105557

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

Sessions: 1/7 - 2/6 2/11 - 3/12
3/31 - 4/30 5/5 - 6/4

Adult Stroke Clinic NEW

Ages: 16 & up

Juniper Swim & Fitness Center

If you are looking to improve your swimming, join our Masters coaches for these one-day stroke clinics to help focus on technique and swimming more efficiently through individual instruction, videos and drills.

\$21.00 ID \$25.20 OD / session

Activity: 105580

Su: 9:00 am - 12:00 pm

Sessions: 1/12, 2/23, 3/15, 4/5, 5/17

Lap Swim Schedules

at juniperswimandfitness.com.

Includes lane availability and you can even add the schedule to your own e-calendar.

Masters Swimming Bend's Adult Swim Program

Ages: 18 & up

Juniper Swim & Fitness Center

Improve your skills and enjoy training in structured practices with experienced coaches. Masters Swimming 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 compete.

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

January 1 - June 12

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

M/W: 5:30 - 6:30 pm

**Tu/Th: 6:45 - 8:15 am
9:15 - 10:30 am**

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

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

Kayak Roll Session

Ages: 12 & up

Juniper Swim & Fitness Center

Come practice rolling your kayak in the warm, indoor pool. Bring your clean boat and paddles with taped ends. Fee includes one person and one boat, additional people pay basic drop-in fee. Space limited to 12 boats; pre-registration required.

\$13.00 ID \$15.60 OD / session

Activity: 405100

Su: 4:15 - 6:00 pm

Sessions: 1/12 - 5/31 (no session 4/12)

Recreation Swim Schedules

available on page 20 and at juniperswimandfitness.com.

Find all the times you can come splash and play.

BIG SPLASH!
.....
SWIM LESSONS FOR ALL!
.....
PAGES 24 - 25

learn and swim

Dive into fitness and swimming.

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

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids

Ages: 4 to 11

Kids! Bring Mom and Dad to Juniper 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.

Fee: Full-access pass or drop-in fee. See pages 16 - 17.

Fit Kids Yoga & Creative Play

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

Schedules online at:
juniperswimandfitness.com

Teen Fitness

Ages: 11 - 17

Fee: Full-access pass or drop-in fee. See pages 16 - 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, a Fitness Center Orientation is recommended. 11 - 15 year olds may workout in the fitness center under parent/guardian supervision or complete a Fitness Center Orientation or Weight Training 101 to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Orientations are free and offered weekly.

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 classes on pages 51 - 59 and schedules online at
juniperswimandfitness.com.



Weekends ROCK! at Juniper

Come for a real splash bash on weekends as the evenings come alive with different activities.

- Kids' Night Out
1st & 3rd Saturdays
- FREE Family Night
2nd Saturdays

See page 20 for more details or go online:
bendparksandrec.org/weekendsrock



Youth Swimming at Juniper Swim & Fitness Center

Busy Buddies Preschool Includes weekly swim lessons & yoga!

Ages: 3 - 5

This program includes weekly swim lessons, yoga and movement play! Children will enjoy arts and crafts, dramatic play, and more. Children will be introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting. A daily snack is included.

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

Monthly Fee:
2 days/week: \$200.00 ID \$240.00 OD
(payment is due by the 5th of each month.)

Registration fee: \$20.00 non-refundable registration fee is due at the time of enrollment.

Activity: 405601

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

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

Dates: Now - June 11

Youth Novice Swim Team

Grades: 1 - 5

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

\$149.00 ID \$178.80 OD / session

Activity: 105540

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

Sessions: 1/6 - 2/28

(adj. fee \$127.00 ID \$152.40 OD)

3/30 - 6/5 (no class 5/25)

Middle School Novice Swim Team

Grades: 6 - 8

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

\$149.00 ID \$178.80 OD / session

Activity: 105541

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

Sessions: 1/6 - 2/28

(adj. fee \$127.00 ID \$152.40 OD)

3/30 - 6/5 (no class 5/25)

Novice FREE Swim Program Assessment

Is your child interested in Novice Swim Team?

Schedule a swim assessment to talk with the team's head coach and learn more about the programs.

Call (541) 706-6193 to make an appointment.

Novice Swim Team Stroke Clinic

Grades: 1 - 8

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

\$44.00 ID \$52.80 OD / session

Activity: 105543

Tu/Th: 4:00 - 5:00 pm

Sessions: 1/7 - 2/6 2/11 - 3/19

3/31 - 4/30 5/5 - 6/4

Swim Squad

Ages: 14 - 18

This class is for teens looking to refine their stroke technique, improve endurance and develop lifelong skills. Coaches will teach swimmers how to create workout plans, improve swimming skills and share the long-term health benefits of swimming.

Activity: 105542

Tu/Th/F: 6:35 - 7:15 pm

4-Week Session:

2/18 - 3/20 \$58.00 ID \$69.60 OD

10-Week Session:

3/31 - 6/5 \$174.00 ID \$208.80 OD

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, front dive, back approach and back dive as well as many other skills to help you become a confident and successful diver. Pre-requisite: Ability to comfortably swim two widths of the pool in the deep-end.

Activity: 105570

M: 6:30 - 7:30 pm

Sessions:

1/6 - 2/3 \$56.00 ID \$67.20 OD

2/10 - 3/16 \$68.00 ID \$81.60 OD

3/30 - 4/27 \$56.00 ID \$67.20 OD

5/4 - 6/1 \$45.00 ID \$54.00 OD

(no class 5/25)



Advanced Springboard Diving

Ages: 9 - 14

This class will challenge students to learn new skills on the board! Participants will begin to learn a backwards dive as well as reverse and continue improvements on the front dive. Pre-requisite: Students must be able to perform approach and front dive in at least 2 positions off of both boards and/or instructor approval.

Activity: 105571

W: 6:30 - 7:30 pm

Sessions:

1/8 - 2/5 \$56.00 ID \$67.20 OD

2/12 - 3/18 \$68.00 ID \$81.60 OD

4/1 - 29 \$56.00 ID \$67.20 OD

5/6 - 27 \$45.00 ID \$54.00 OD

Novice Water Polo Workshop

Grades: 1 - 8

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

\$89.00 ID \$106.80 OD / session

Activity: 105412

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

Session: 3/2 - 20



Family Swim Lessons

at Juniper Swim & Fitness Center

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

Ages: 3 years & up 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.

\$64.00 ID \$76.80 OD / session

Activity: 105260

F: 6:30 - 7:00 pm

Sessions: 4/3 - 5/1

5/8 - 6/5 (no class 5/22,
adj. fee \$51.00 ID \$61.20 OD)



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 five for preschoolers and six 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!

Registration Tip: Prerequisites for each class are listed in the class description on our registration website. Learn more online at register.bendparksandrec.org

For more information and specific details, please refer to our website for the skills list for each level or call (541) 389-7665.

Parent Tot Swim Lessons

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.

Activity: 105012 (1-day)
105013 (2-days)

Sea Stars Swim Lessons

Ages: 2 1/2 - 3

Has your child attended Parent Tot class and ready for an extra challenge? 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.

Activity: 105042 (1-day)
105043 (2-days)

Journey Swim Lessons

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.

Journey 1 - 3 Activity:
105111 (1-day)
105112 (2-days)

Journey 4 - 5 Activity:
105140 (1-day)
105141 (2-days)

Level Swim Lessons

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.

Level 1 - 3 Activity:
105211 (1-day)
105212 (2-days)

Level 4 Activity:
105241 (1-day)
105242 (2-days)

Level 5 - 6 Activity: 105251 (1-day)

Teen Level Swim Lessons

Ages: 13 - 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 6 for your progression.

Teen Level 1 - 6 Activity:
105258 (1-day)

Swim Lesson Assessment

FREE

Unsure which class to register your child in? Come by the pool for a swim assessment to ensure your child is in the right class.

January 6 - June 5: Tuesday, 10:45 am & 6:30 pm; Saturday, 12:30 pm

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

ONE-DAY-A-WEEK SESSIONS

Fees: ID / OD	MONDAYS
\$51.00 / \$61.20	Jan. 6 - Feb. 10
\$42.00 / \$50.40	Feb. 17 - Mar. 16
\$42.00 / \$50.40	Mar. 30 - Apr. 27
\$34.00 / \$40.80	May 4 - June 1 (no class 5/25)
Parent Tot 1, 2	9:10 am
Sea Stars	10:00 am
Journey 1, 2, 3	9:10, 10:00 am
Fees: ID / OD	TUESDAYS
\$51.00 / \$61.20	Jan. 7 - Feb. 11
\$42.00 / \$50.40	Feb. 18 - Mar. 17
\$42.00 / \$50.40	Mar. 31 - Apr. 28
\$42.00 / \$50.40	May 5 - June 2
Parent Tot 1, 2	9:10, 10:00 am
Journey 1, 2, 3	9:10, 10:00 am
Journey 4, 5	10:00 am
Fees: ID / OD	WEDNESDAYS
\$51.00 / \$61.20	Jan. 8 - Feb. 12
\$42.00 / \$50.40	Feb. 19 - Mar. 18
\$42.00 / \$50.40	Apr. 1 - 29
\$42.00 / \$50.40	May 6 - June 3
Parent Tot 1, 2	9:10 am
Sea Stars	9:10 am
Journey 1, 2, 3	9:10, 10:00 am, 1:55, 2:45 pm
Journey 4, 5	1:55, 2:45 pm
Level 1, 2, 3, 4	1:55, 2:45 pm

Start times only listed. All classes 45-minutes.



Fees: ID / OD	THURSDAYS
\$51.00 / \$61.20	Jan. 9 - Feb. 13
\$42.00 / \$50.40	Feb. 20 - Mar. 19
\$42.00 / \$50.40	Apr. 2 - 30
\$42.00 / \$50.40	May 7 - June 4
Parent Tot 1, 2	10:00 am
Sea Stars	10:00 am
Journey 1, 2, 3	9:10, 10:00 am
Fees: ID / OD	FRIDAYS
\$42.00 / \$50.40	Jan. 10 - Feb. 7
\$51.00 / \$61.20	Feb. 14 - Mar. 20
\$42.00 / \$50.40	Apr. 3 - May 1
\$34.00 / \$40.80	May 8 - June 5 (no class 5/22)
Parent Tot 1, 2	5:30, 6:20 pm
Journey 1, 2, 3	4:30 pm
Journey 4, 5	6:20 pm
Level 1, 2, 3, 4	5:30 pm
Level 5, 6	6:20 pm
Fees: ID / OD	SATURDAYS
\$42.00 / \$50.40	Jan. 11 - Feb. 8
\$42.00 / \$50.40	Feb. 15 - Mar. 14
\$42.00 / \$50.40	Apr. 4 - May 2
\$34.00 / \$40.80	May 9 - June 6 (no class 5/23)
Parent Tot 1, 2	10:05, 11:45 am
Sea Stars	9:15, 10:55 am
Journey 1, 2, 3	9:15, 10:55, 11:45 am
Journey 4, 5	10:05 am
Level 1, 2, 3	9:15, 10:05, 10:55, 11:45 am
Teen Level 1 - 6	10:55 am
Level 4	10:05, 11:45 am
Level 5, 6	10:55, 11:45 am

Start times only listed. All classes 45-minutes.

TWO-DAYS-A-WEEK SESSIONS

Fees: ID / OD	M/W EVENINGS
\$47.00 / \$56.40	Jan. 6 - 22
\$60.00 / \$72.00	Jan. 27 - Feb. 19
\$60.00 / \$72.00	Feb. 24 - Mar. 18
\$75.00 / \$90.00	Mar. 30 - Apr. 29
\$67.50 / \$81.00	May 4 - June 3 (no class 5/25)
Parent Tot 1, 2	4:00 pm
Sea Stars	4:00 pm
Journey 1, 2, 3	4:45, 5:30, 6:15 pm
Journey 4, 5	5:30 pm
Level 1, 2, 3	5:30, 6:15 pm
Level 4	4:45 pm (no May 4 - June 3 session)
Fees: ID / OD	TU/TH EVENINGS
\$47.00 / \$56.40	Jan. 7 - 23
\$60.00 / \$72.00	Jan. 28 - Feb. 20
\$60.00 / \$72.00	Feb. 25 - Mar. 19
\$75.00 / \$90.00	Mar. 31 - Apr. 30
\$75.00 / \$90.00	May 5 - June 4
Journey 1, 2, 3	3:35, 4:20, 5:05, 5:50 pm
Journey 4, 5	3:35, 5:05 pm
Level 1, 2, 3	3:35, 4:20, 5:05, 5:50 pm
Level 4	4:20 pm (no May 5 - June 4 session), 5:05 pm

Start times only listed. All classes 40-minutes.

Private & Semi-Private Lessons

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

\$56.00 ID semi-private lesson

\$111.00 ID private lesson

Private and semi-private lesson registration in-person only.



get your skate on

Two kinds of play.

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

The Pavilion

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

Customer Service Office Hours: (subject to change)

Oct. 21 - Early April: Daily: 8:30 am - 8:00 pm
Mid-April - Early June: Days and hours vary.
Check online.



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

How to Get There

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

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



Schedules

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

Ice Skating Season: October - April

Roller Skating Season: April - October

Holidays & Special Hours

12/31	New Year's Eve	12:00 - 9:00 pm
1/1	New Year's Day	11:00 am - 7:00 pm
1/20	MLK Jr. Day	Check schedules online
2/17	Presidents' Day	Check schedules online
3/23 - 27	Spring Break	Check schedules online
4/12	Easter	Closed
5/25	Memorial Day	Closed

Fees

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

Roller Skating Fees: Available online after April 1 at thepavilioninbend.com.

ICE SEASON PASSES!

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

Ice Skating & Roller Skating Public Sessions

Ice Skating: October - Early April

Roller Skating: May - October

Check daily schedules at thepavilioninbend.com.

See pages 16 - 17 for regular fees.

Open Skate

Roller & Ice Skating

Recreational skating for all ages and abilities; however, children 6 years and under must be supervised by a responsible person 14 years or older.

- Hockey, speed skating and advanced figure skating not allowed.
- Groups of ten and more, call in advance for special pricing.
- During normally lower attendance times, activities may include basic skating and/or laps on the outside perimeter and basic figure skating/ice dancing/freestyle on the inside. These sessions may occasionally include large groups such as schools.
- Check online schedules prior to attendance so you know what to expect.
- Sorry, no sticks allowed.

Ice Skate Rental

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

Skate Sharpening

\$7/used pair. \$15/new pair. Inquire about skate repairs.



Family Skate: Only \$6 with skates

Ice Skating Only

(Roller skating fees available online April 1 at thepavilioninbend.com.)

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

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

"Cheap Skates": Only \$6 with skates

Ice Skating Only

Special open skate sessions on Tuesday nights.

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

Parent-Tot Skate: Only \$6 with skates

Ice Skating Only

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

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

Adult Skate

Special open skate sessions for adults 18 and over.



The Pavilion Features

The Ice Sheet

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

Roller Sports Flooring

In June 2019, the Bend Bullets Roller Hockey club donated brand new roller sports surfacing for The Pavilion. Through their volunteer efforts, they provided a more skateable surface that is also multipurpose for other activities.

Lobby & Concessions

The full-service lobby includes customer service, check-in, skate rentals and full-service concessions. A local brewery is regularly on site for adult ice hockey and curling leagues.

Viewing/Warming Room

Warm up, watch the action on the ice or relax by the fireplace in our elevated viewing room with free Wi-Fi. For birthdays and other skate parties, bring the gang for open skate and rent the party room.

Changing Rooms & Lockers

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

Frequently Asked Questions

Q: Where do I find the schedule?

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

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

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

Q: How long is the ice season?

A: The ice season begins in late October and concludes in early April.

Q: How will weather conditions affect the ice?

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

Specialized Ice Sessions

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

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions,
get your fifth session for FREE!

Registration: Opens 72 hours prior to scheduled session. You must check-in with the front desk before the beginning of the session.

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

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

Stick Time

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

Activity: 110402 - Adult
110401 - Youth

Pick-up Hockey

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

Activity: 110403 - Adult

Curling Time

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

Activity: 110332 - Adult

Freestyle

Take your skating to the next level! Freestyle is a practice session designed for intermediate and advanced figure skaters to take advantage of the full ice surface to work on edgework, jumps, spins and choreography.

Activity: 110160 - Adult/Youth

Winter-Spring Ice Sports

Hockey • Curling • Ice Skating

Adult - pages 60 - 63 • Youth - pages 87 - 98

Fall 2020 Ice Season

Mark your calendars for early August
for registration



Holiday & No-School Day Skate Sessions

NO SCHOOL

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

- Winter Break: 12/21 - 1/5
- MLK Jr. Day: 1/20
- No-School Day: 1/31
- President's Day: 2/17
- Spring Break: 3/23 - 27

Check schedules online at
thepavilioninbend.com

Groups, Schools & Skate Parties

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

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

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

Call (541) 389-7588 for reservations.

Come Watch: Ice Hockey & Curling Leagues

It's free! Spectators are welcome to watch BPRD ice hockey and curling league games at no charge. Food and beverages are available with a local brewery on site.

- Adult Hockey Leagues:
Monday - Thursday Evenings
- Adult Curling League:
Sunday Evenings

Schedules and standings online at
thepavilioninbend.com



Pavilion Events

Cascade Invitational Hockey Tournament

January 24 - 26

Regional youth hockey hosted by the Bend Rapids. More at bendice.org

Wally Wallace Cup Hockey Tournament

March 14 - 15

Come watch all the great adult hockey action! This tournament honors Wally Wallace, one of the founders of local ice hockey in Bend.

Teams, look for registration to open in January. More on page 61.

Spectators welcome; food and beverages available.

Bend Ice End of Season Show

Saturday, April 4

Figure skating performances by Bend Ice Figure Skating Club. More at bendice.org.

Curlapalooza NEW

Sunday, April 5

Curling event to benefit recreation scholarships. Learn more on page 10.

Rent The Pavilion

Bring your imagination to The Pavilion for your next special event! Weddings, receptions, parties, trade shows, athletic events, reunions, company picnics... the possibilities are nearly limitless.

- Capacity: 800+ people
- Outdoors - Covered: 20,000+ sq. ft.
- Outdoors: 4,500+ sq. ft.
- Indoors: 1,200+ sq. ft.
- Event season: May - September

Call (541) 389-7588 for more information.



Just for you.

Inspiring learning, health and wellness for active older adults.

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

Follow us on Facebook.

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

Bend Senior Center

Winter - Spring: January 2 - May 31

Regular Hours:

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

Located at Larkspur Park:
1600 SE Reed Market Road

p. (541) 388-1133

Schedules & Information

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

Fees

Pass information on pages 16 - 17.

Special Hours & Closures

Jan. 1	New Year's Day	Closed
Jan. 20	MLK Jr. Day	Open Regular Hours
Feb. 17	Presidents' Day	Open Regular Hours
May 25	Memorial Day	Closed

How to Get There

The Bend Senior Center is located in southeast Bend within Larkspur Park. From 3rd Street, go east on Reed Market Road. After crossing 15th Street, 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.





Fitness passes through health plans? Ask us how.

You may be eligible to receive no-cost or low-cost fitness passes to Bend Senior Center and Juniper Swim & Fitness Center through your health plan. Juniper passes will be available beginning January 1.

One-in-five people 65 and older is eligible for a fitness benefit included in select Medicare Advantage health plans. The following plans are included:

- **Silver & Fit**
- **Silver Sneakers**
- **AARP Renew Active**

Here's how to get a fitness pass:

- Contact your health insurance provider to see if you are eligible and, if you are, ask for your eligibility number.
- Get an enrollment form online at: bendparksandrec.org/medicare or at Bend Senior Center or Juniper.
- Return your completed form to customer service for processing. Your fitness pass should be approved in 1 - 2 days.
- Questions?
Call us at (541) 388-1133.

Community Information & Support



AARP Tax Aide **FREE** Program

February 3 - April 15

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

There are three different ways to schedule an appointment for tax assistance beginning Tuesday, January 28, 10:00 am.

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

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

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

Sorry, no walk-in appointments.

AARP Driver's Safety

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

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

Social **FREE** Security Basics

**3rd Wednesday of each month:
4:30 - 5:30 pm
February - May**

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

Medicare 101 **FREE**

**3rd Wednesday of each month:
5:30 - 6:30 pm
February - May**

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

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

**1st Thursday of each month:
4:00 - 5:00 pm**

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

Note: No meeting in January.

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

**3rd Thursday of each month:
5:00 - 6:00 pm**

Are you caring for a family member or friend with Alzheimer's Disease or a related dementia? Come join this compassionate group for helpful support and information. Call (541) 948-7214 for more info.

BSC Health Clinics

Provided by local health practitioners for your convenience.

Foot Clinic

**Every Wednesday:
9:00 am - 3:00 pm**

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

Blood **FREE** Pressure Clinic

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



Ear/Hearing **FREE** Care & Consultations

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

Provided by licensed audiologist.

Volunteer with BPRD.

Meet new people,
lend a hand!

Contact Kim at
(541) 706-6127.

Fit. Flexible. For life.

Weekly Fitness Classes



BSC Fitness Center

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

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

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

New users to the Fitness Center must attend a free "Fitness Center Orientation" to learn how to safely and effectively use the equipment.

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

Personal Training

Individual Training Rates:

- Initial Consultation and Assessment: \$83.00
- 1 - 2 Sessions: \$66.00/ea.
- 3 - 5 Sessions: \$63.00/ea.
- 6 - 11 Sessions: \$60.00/ea.
- 12 + Sessions: \$57.00/ea.

Partner Training Rates: (per person)

- 1 - 2 Sessions: \$50.00/ea.
- 3 - 5 Sessions: \$48.00/ea.
- 6 - 11 Sessions: \$45.00/ea.
- 12 + Sessions: \$43.00/ea.

Personal Trainers

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

Visit bendseniorcenter.org for trainer bios.

Class descriptions on pages 51 - 59 in Adult Fitness.

Look for the icon.

January 2 - May 30 • Fee: Full Access Pass or single visit fee (see pages 16 - 17)
Updates at bendparksandrec.org • Class descriptions on pages 51 - 59.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	
	8:00-10:00 am Fitness Center Orientation	7:45-8:45 am Cardio Dance Fusion	8:15-9:15 am Indoor Cardio Walking		7:45-8:45 am Pilates Foundation	
	8:45-9:45 am Cardio Dance Fusion	8:30-9:30 am Qigong	8:30-9:30 am Nia	8:45-9:45 am Beginning Barre	8:00-10:00 am Fitness Center Orientation	
	8:45-9:45 am Fitness Variety	8:45-9:45 am Cardio Ball	8:45-9:45 am Balance Essentials	9:00-10:00 am Strength & Condition	8:30-9:30 am 24 Movement Tai Chi	9:00-10:00 am Strength & Condition
	8:45-9:45 am Strength, Tone & Mightier Bone	9:00-10:00 am Strength & Condition		9:00-10:00 am Zumba Gold	8:45-9:45 am Fitness Variety	9:15-10:15 am Zumba Gold
	10:00-11:00 am Zumba Gold	9:35-10:35 am 24 Movement Tai Chi	10:00-11:00 am Beginning Line Dance	10:15-11:15 am Moving to Music	9:00-10:00 am Restorative Yoga Flow	
	10:15-11:15 am Functional Fitness	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Zumba Gold	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Beginning Barre	10:30-11:30 am Yoga Pilates
	10:15-11:15 am Moving to Music	10:15-11:00 am Walk with Ease Seated Exercise		10:15-11:15 am Functional Fitness	10:00-11:00 am Beginning Line Dance	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Chair Yoga	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Chair Yoga	10:15-11:15 am Indoor Cardio Walking	
AFTERNOON	12:45-1:45 pm Group Fitness		12:45-1:45 pm Group Fitness		11:30 am-12:30 pm Strength, Tone & Mightier Bone	
	2:00-3:00 pm 8 Movement Tai Chi	3:15-4:15 pm Gentle Yoga for Mindfulness	2:00-3:00 pm 24 Movement Tai Chi	3:15-4:15 pm Gentle Yoga for Mindfulness	12:45-1:45 pm Group Fitness	
EVENING	4:00-5:00 pm Dancing through the Decades	4:00-5:00 pm Strength, Tone & Mightier Bone	4:00-5:00 pm Total Body Strength & Core	4:00-5:00 pm Strength, Tone & Mightier Bone		
	4:30-5:30 pm Yoga for Healthy Aging	4:30-5:30 pm Yoga for Healthy Aging	4:00-5:00 pm Zumba	4:30-5:30 pm Yoga for Healthy Aging		
	4:30-5:30 pm Pilates Mat		4:30-5:30 pm Pilates Mat			
	5:30-6:30 pm Barre Body	5:30-6:30 pm Cardio Dance Fusion		5:30-6:30 pm Barre Body		



Let's be social.

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

Tuesday **FREE** Afternoon at the Movies

Drama, comedy, adventure! Join us each Tuesday at 1:00 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 \$5.00 per person.

Pool/Billiards

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

Come have lunch with us.

Souper Tuesday Lunch

Join us for a tasty lunch every Tuesday from 11:45 am to 12:15 pm. \$3.50 per person. Stay for the free movie at 1:00 pm!



BSC Book **FREE** Discussion Group

September through May, the BSC book group meets on the first Monday of the month from 1:00 - 2:30 pm and a second book group meets the second Wednesday from 10:00 - 11:00 am. Presented in partnership with the Deschutes Public Library. Open to all.

Cards & Games

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

Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

WEEKLY SOCIAL ACTIVITY SCHEDULE

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

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
1:00 - 3:00 pm	Afternoon at the Movies
1:00 - 3:00 pm	Knitters Social

WEDNESDAY:	
10:00 - 11:00 am	BSC Book Group (2nd week)
12:00 - 4:00 pm	Pool/Billiards
1:00 - 4:30 pm	Duplicate Bridge

THURSDAY:	
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
1:00 - 2:30 pm	Afternoon Dance

FRIDAY:	
12:00 - 3:30 pm	Social Bridge
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Pinochle
1:00 - 4:30 pm	Duplicate Bridge

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

VOLUNTEER AT EVENTS

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



Brown Bag Lunch & Learn Series

FREE

Wednesdays • 12:00 - 1:00 pm

Presented in partnership
with PacificSource Medicare Health Plans

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

Bring your lunch; dessert and coffee are on us.

- | | |
|------|---|
| 2/5 | Pet Loss & Grief
Angela Vanderpool, Grief Recovery Counselor |
| 2/12 | New Discoveries in the Treatment of Alzheimer's
Kaitlyn Bertholet, Alzheimer's Association |
| 2/19 | Healing Well with Chinese Medicine
Mark Montgomery, Bend Community Healing |
| 2/26 | Ketogenic Diet 101 - Is it good for you?
Nicole Lamb, Nutritional Health Coach, M.S. Nutrition |
| 3/4 | Living with Chronic Disease
Clara Pratt, PhD, Professor Emeritis OSU |
| 3/11 | Suicide Prevention and Awareness for Older Adults
Clara McClane, LCSW, Mosaic Medical |
| 4/1 | Parkinson's Disease Resources
Carol Pheil, Parkinsons Resources of Central Oregon |
| 4/8 | Why is Sleep Important?
Sarah Schaff, St. Charles Sleep Center |
| 4/15 | Stroke: Prevention, Symptom Identification and Treatment
Beth Wiese, Stroke Program Coordinator St. Charles |
| 4/22 | Get Back to Wellness
Dr. Keegan Mente, Empower Chiropractic |
| 4/29 | Heart Health
Amy Chadwick & Amy Reed,
St. Charles Heart Health Nurse Navigators |
| 5/6 | How to Be Your Own Patient Advocate
Patti Delarios & Beverlee Jackson, Your Voice Patient Advocacy |



Sunday Afternoon Dance

1st Sunday of the Month

2:00 - 4:00 pm • \$5 per person

Featuring the Notables Swing Band.

Premier World Discovery Armchair Travel Informational Meeting

Tuesday, March 10,

1:00 - 2:00 pm

Come learn about the great 2020 travel options. A representative will cover the program particulars and answer your questions.

St. Patrick's Day Dinner Dance

Friday, March 13

6:00 - 7:00 pm Dinner

7:00 - 9:00 pm Dancing
to The Notables

\$12.00 per person

(Advance sale only; tickets on sale beginning 2/1.)

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

National Senior Health & Fitness Day

Wednesday, May 27

Join over 100,000 older adults across the U.S. to help keep older Americans healthy and fit. Join us for special activities and treats!

The Larkspur Community Center

YOUR FUTURE PLAY & WELLNESS CENTER

We're passing the halfway point on the construction of Larkspur Community Center, the soon-to-be new recreation center at the expanded home of the Bend Senior Center. The facility will be a vibrant place to come together for play, wellness and enrichment when it opens in fall 2020. Bend Senior Center remains open as work continues on the expansion! Larkspur Center will deliver familiarity to current offerings at Juniper Swim & Fitness Center and Bend Senior Center (like great staff and instructors) and a distinctive atmosphere all its own. Larkspur Community Center will add approximately 34,000 square feet of additional space and include a warm-water pool, fitness center, indoor walking track, group exercise rooms, mind and body studios and an expanded parking area with entrances off Reed Market Road and 15th Street.



play your way

create yourself.

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

"The meaning of life is to find your gift, the purpose of life is to give it away."
~ Pablo Picasso



Two great facilities for art!

Art Station

313 SW Shevlin Hixon Drive
Bend, OR 97702
p. (541) 617-1317

Facility information on page 35.

Bend Senior Center

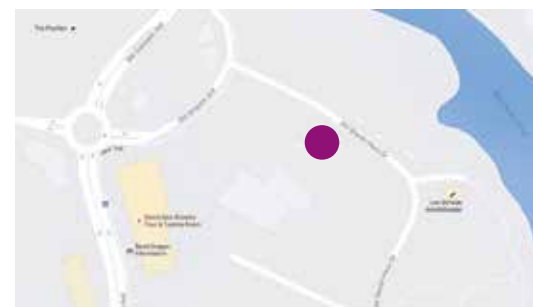
1600 SE Reed Market Rd.
p. (541) 388-1133

Facility information on page 29.



Follow us on Facebook!

Bend Senior Center, the Art Station and Bend Park & Recreation District



About 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.

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

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 36 - 39.

YOUTH CLASSES
on pages 71 - 77.



Open Studio & Kiln Firing

- Open Studio - Independent Work Time** **Ages: 16 & up**
- Artists, new and experienced alike, are welcome to come practice their art and develop skills during open studio times. Includes opportunity to store your project.
1. Purchase pass online. Go to register.bendparksandrec.org. Under "Art Station," click "Open Studio Pass."
\$18.00 ID \$22.00 OD / visit (3 hours)
\$162.00 ID \$192.00 OD for 10-visit pass - save 10%
(Limited open studio in July & August.)
 2. Check schedule online at:
bendparksandrec.org/facility/the-art-station/
 3. Come to Open Studio time. No registration needed.

Kiln Firing of Artist's Pottery: Want to fire your own pottery in our kiln? Contact Laura at (541) 617-1317 for pricing and availability.



Art Station Art Parties

All Ages

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

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

- Guests: Adult Party:**
10 guests
- Kids Party:**
10 children
& 10 adult chaperones
- Fees:** **Art Party:** 2 hours
\$225.00 ID \$270.00 OD
- Clay Party:** 2 hours
\$250.00 ID \$300.00 OD

Includes:
1 hour for art/clay project instruction; 1 hour for celebration

To Book a Party:
Call (541) 617-1317 to see if your desired date and time is available. Please fill out an online party request form at:
bendparksandrec.org.

Clay

Day Clay

Ages: 16 & up

Art Station

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

\$199.00 ID \$238.80 OD / session

Activity: 111100

Th: 11:00 am - 2:00 pm

Sessions: 1/16 - 2/20 4/30 - 6/4

F: 11:00 am - 2:00 pm

Sessions: 1/10 - 2/21 (no class 1/31)
3/6 - 4/24 (no class 3/27 & 4/10)
5/1 - 6/5

All Skills Pottery

Ages: 16 & up

Art Station

Learn basic stoneware pottery techniques, including hand-building and wheel throwing, 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

\$199.00 ID \$238.80 OD / session

Activity: 111101

W: 6:00 - 9:00 pm

Sessions: 1/22 - 2/26
3/4 - 4/15 (no class 3/25)
4/29 - 6/3

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 76 - 77.



Date Night with Clay

All Adults

Art Station

Looking for a fun evening out? Come be creative with a partner or friend in the clay studio! Learn basic hand building as you create your own one-of-a-kind dish or try your hand at wheel throwing while learning the basics of centering, opening, pulling and shaping clay. Each registration is for two people so have fun and try something new together! Instructor: Madeleine Meyers

\$85.00 ID \$102.00 OD / session

Activity: 111104

F: 5:45 - 8:45 pm

Sessions: 2/7: Wheel Throwing
3/13: Handbuilding
4/17: Wheel Throwing

Wheel Experience

Ages: 16 & up

Art Station

Is trying the pottery wheel on your list of to-do's? If you've always wanted to give the wheel a spin, this class is for you. Follow the process of basic wheel throwing practice, trimming and glazing. Instructor: Madeleine Meyers

\$175.00 ID \$210.00 OD / session

Activity: 111105

Tu: 6:00 - 9:00 pm

Session: 2/25 - 3/17

Clay Sculpture

Ages: 16 & up

Art Station

All levels welcome to try something new and explore different methods to sculpt with clay! The first five sessions of this workshop will be hands-on sculpting instruction and the sixth class will be "cold finishing" techniques including washes, waxes, acrylic and sealing of your artwork. Tools and the first ten pounds of clay provided; additional clay available for purchase at the studio. Instructor: Michaela Greene

\$239.00 ID \$286.80 OD / session

Activity: 111106

Tu/Th: 6:00 - 9:00 pm

Session: 2/4 - 20

M/Sa: 12:00 - 3:00 pm

Session: 3/30 - 4/18

M/Th: 3:00 - 6:00 pm

Session: 5/18 - 6/8 (no class 5/25)



Drawing & Pastels

Pastel Chalk Abstracts

Ages: 16 & up

Art Station

An amazing quality of pastel chalk is that it retains intensity once put on paper. Explore how to use color to render images seen and imagined in colors not usually associated with them. Move a picture into the realm of abstraction as well as providing an understanding of the nature of color. This is a great class for beginners and more experienced artists who want to expand their familiarity with pastel chalk. Instructor: Deena Newman

\$89.00 ID \$106.80 OD / session

Activity: 111110

M: 6:00 - 8:00 pm

Session: 1/27 - 2/17

M: 10:00 am - 12:00 pm

Session: 4/20 - 5/11

Pastel Landscapes

Ages: 16 & up

Art Station

Discover the intensity of color when using pastel chalk to depict horizons seen and imagined. For beginners and experienced artists who wish to indulge themselves in the richness provided by pastel work, this class guides you through exercises to lay down color fields found in nature and the varied moods evoked at the horizon. Instructor: Deena Newman

\$69.00 ID \$82.80 OD / session

Activity: 111111

M: 10:00 am - 12:00 pm

Session: 3/30 - 4/13

W: 6:00 - 8:00 pm

Session: 5/20 - 6/3



Mastering the Quick Sketch NEW

Ages: 16 & up

Art Station

Using a variety of drawing tools such as pencil, charcoal and ink, we will explore various methods to quickly capture the essential elements of a scene. Techniques of drawing will include gesture, contour, modeling and memory sketches. We will follow the model set forth by Kimon Nicolaides in his how-to book, "The Natural Way to Draw." Instructor: Ken Marunowski

\$129.00 ID \$154.80 OD / session

Activity: 111112

Th: 6:30 - 8:30 pm

Session: 1/30 - 2/27

Sketch Your World! NEW

Ages: 16 & up

Art Station

Whether you're exploring your neighborhood or traveling to far off places, sketching the world around you can bring joy. Start small with a few minutes a day and begin a practice of sketchbook journaling. Each week will cover: use of materials, drawing skills, color mixing, composition and incorporating your words with your drawing and painting. Instructor: Vicki Shuck

\$139.00 ID \$166.80 OD / session

Activity: 111113

Th: 1:00 - 4:00 pm

Session: 5/7 - 28

Fused Glass & Jewelry

Fused Glass Fundamentals

Ages: 14 & up

Art Station

Learn the art and science of glass fusing as you create an 8x8 fused glass plate. Your finished project will serve both decorative and functional purpose. Additional charge of \$48 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$40.00 ID \$48.00 OD / session

Activity: 111160

Tu: 5:30 - 8:30 pm

Session: 3/10



Fused Glass Aspen Forest Scenes

Ages: 14 & up

Art Station

Aspen forests are beautiful in fused glass! Whether you choose a fall, winter, spring or summer forest scene, learn the creation techniques and craft a beautiful piece of artwork. You'll create an 8 x 12" piece to be tack fused and slumped for display on a table or windowsill. Additional \$70 materials and firing fee paid to instructor for each piece. Instructor: Julia Christoferson

\$40.00 ID \$48.00 OD / session

Activity: 111162

Tu: 5:30 - 8:30 pm

Session: 5/5

Fused Glass Jewelry

Ages: 14 & up

Art Station

Choose from two different techniques to create beautiful, fused glass jewelry. Select pendant pieces and/or earring pieces using either dichroic or reactive glass to achieve remarkable results. Additional \$5 - \$20 materials and firing fee paid to instructor for each piece. Instructor: Julia Christoferson

\$40.00 ID \$48.00 OD / session

Activity: 111163

Tu: 5:30 - 8:00 pm

Session: 4/7

Beaded Jewelry Workshop

Ages: 14 & up

Art Station

Learn simple bead stringing and finishing techniques to create necklaces and bracelets. You will complete finished pieces and leave with the knowledge to create at home. Instructor: Helen Bommarito

\$59.00 ID \$70.80 OD / session

Activity: 111146

W: 11:00 am - 2:00 pm

Session: 1/29

Tu: 11:00 am - 2:00 pm

Session: 5/26

Multimedia

Bullet Journaling Workshop

Ages: 14 & up

Art Station

Do you like to doodle and sketch? Or have you heard about bullet journaling but don't know where to start? Bullet journaling is described as combining artistic note taking and drawing that is meant "to help you track the past, organize the present, and plan for the future." Discover the basics while getting organized and creative! Come to class with some ideas of what you'd like to track and organize in your life and a dotted journal of your choice. Instructor: Madeleine Meyer

\$49.00 ID \$58.80 OD / session

Activity: 111140

Sa: 1:00 - 5:00 pm

Session: 1/25

Acrylic Pouring Workshop

Ages: 14 & up

Art Station

Try the latest craze - acrylic pouring! Learn about the materials you need to create this fluid painting technique while creating two canvases in class. Instructor: Helen Bommarito

\$59.00 ID \$70.80 OD / session

Activity: 111141

W: 2:00 - 5:00 pm

Session: 2/5

Sa: 2:00 - 5:00 pm

Session: 5/9





Art Lab Experimental Studio NEW

Ages: 16 & up

Art Station

Explore and experiment with unconventional and exploratory techniques while you discover new approaches to your art. It's all about having an open and playful attitude so, no experience is needed and you can shrug off any intimidations to fine art. You'll be introduced to and get to try various painting, drawing and collage techniques as half the class time will be devoted to instruction and the other half will be open studio time to create your own meaningful piece. How fun is that? Instructor: Anne Rustand

\$85.00 ID \$102.00 OD / session

Activity: 111142

M/Tu: 11:00 am - 2:00 pm

Session: 1/27 - 28

Sa: 2:00 - 5:00 pm

Session: 2/22 - 29

Th/F: 11:00 am - 2:00 pm

Session: 3/12 - 13

Sa: 2:00 - 5:00 pm

Session: 4/11 - 18

Painting

Fun With Acrylics

All Adults

Bend Senior Center

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

\$15.00 ID \$18.00 OD / session

Activity: 102409

Th: 12:00 - 2:30 pm

Session: 1/9: Moon Glow
2/6: Snowy Dawn
3/5: Pansies in the Spring
4/9: Spring Trees
5/7: Catching the Robin

Ease into Watercolor Painting

Ages: 14 & up

Art Station

Have you always wanted to watercolor paint, but wondered how to begin? Or have you tried it long ago, and wondered how to start again? This class is for you and anyone wanting to paint more independently. We will begin with the basics, creating fun images as well as representational paintings while practicing wash techniques, texture methods, and design principles. Instructor: Kathleen Branch

\$135.00 ID \$162.00 OD / session

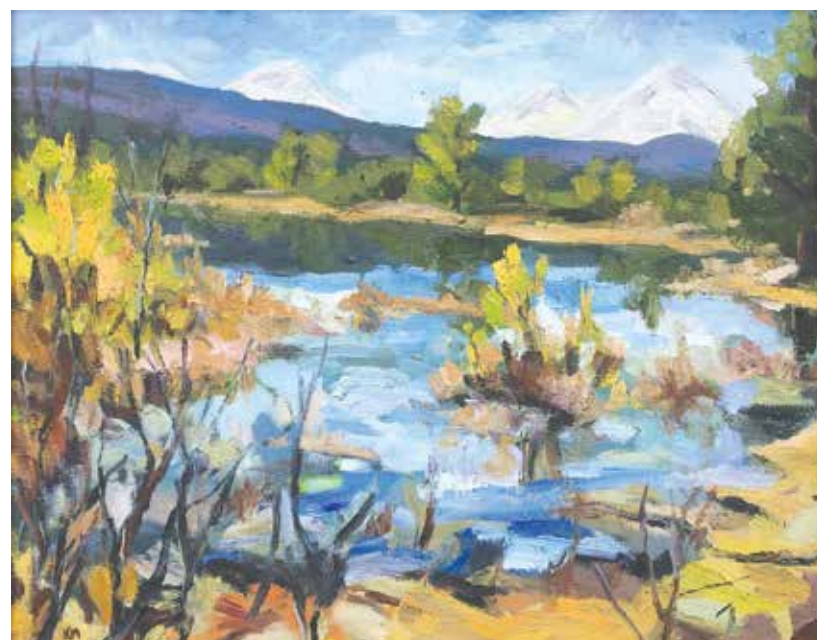
Activity: 111124

M: 6:30 - 8:30 pm

Session: 2/24 - 3/16

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs



Painting the Central Oregon Landscape in Oils NEW

Ages: 16 & up

Art Station

Bring in your favorite photos of the Central Oregon landscape (or elsewhere) and explore the process of transforming your photograph into an oil painting. We will work through a drawing, sketch painting and finished piece while considering design elements such as composition, value, hue and temperature. No experience with oil painting is needed in this introductory course. Instructor: Ken Marunowski

\$189.00 ID \$226.80 OD / session

Activity: 111121

W: 10:00 am - 1:00 pm

Session: 2/19 - 3/18

Encaustic Painting

Ages: 16 & up

Art Station

Explore encaustic painting - perhaps the most beautiful of all artists' paints. Encaustic is wax-based paint composed of beeswax, resin and pigment kept warm and liquid and applied in layers to a semi-absorbent surface, reheating the layers to fuse them. It can be polished, carved, scraped, layered, collaged and modeled into a myriad of transparent and opaque colors. Instructor: Deena Newman

\$199.00 ID \$238.80 OD / session

Activity: 111125

W: 6:00 - 9:00 pm

Session: 2/26 - 3/18





Beginning Watercolor

All Adults

Bend Senior Center

No art experience necessary, just a willingness to explore and have fun. Begin your journey of watercolor painting. With just two brushes and three colors, explore how to do washes, mix colors, make a color wheel and complete a simple project. \$10 supply fee due to instructor at class. Instructor: Jennifer Ware-Kempke

\$25.00 ID \$30.00 OD / session

Activity: 102400

Th: 12:00 - 2:30 pm

Session: 3/19

Expression & Decoration Acrylics NEW

Ages: 16 & up

Art Station

Following the lead of Henri Matisse, the great French decorative painter of the early 20th Century, we will explore the use of patterning, ornamentation, distortion and surface quality while painting a lavish still life of fabrics, vases and flowers. Preliminary drawings will aid in organizing the composition to maximize the decorative effect. Instructor: Ken Marunowski

\$169.00 ID \$202.80 OD / session

Activity: 111120

M: 5:30 - 8:00 pm

Session: 3/30 - 4/27

W: 10:00 am - 12:30 pm

Session: 4/22 - 5/20

Intro to Chinese Brush Painting

All Adults

Bend Senior Center

Learn the basics of this age-old painting style with brush and ink in this introductory class. We will have fun learning how to use the brush to make a simple painting. No experience necessary. \$10 supply fee due to instructor at class. Instructor: Michelle Oberg

\$25.00 ID \$30.00 OD / session

Activity: 102405

Th: 12:00 - 2:30 pm

Session: 4/16

Cold Wax Painting NEW

Ages: 16 & up

Art Station

So unique - it's cold wax painting! Try this innovative pairing of cold wax medium and rich colors of oil paint and explore these liberating techniques to create new effects with tools and make complex textures, interesting layers while being able to carve in the paint's surface. The results are like no other oil painting. Instructor: Kathleen Branch

\$199.00 ID \$238.80 OD / session

Activity: 111122

M: 5:45 - 8:45 pm

Session: 5/4 - 6/1 (no class 5/25)

Watercolor Workshops with Cindy Briggs

Ages: 16 & up

Art Station

A master of translucent watercolors, Cindy Briggs is known for her sun-drenched cityscapes, luminous passageways and portraits with personality. She also teaches and demonstrates by invitation at regional art centers, associations and stores. Students appreciate her personalized attention, encouragement to expand their individual style and her positive teaching approach.

\$175.00 ID \$210.00 OD / session

Activity: 111126

EXPRESSIVE COLOR WORKSHOP NEW

Break away from painting just the colors of what you see and paint what you feel. Jazz up your paintings with unexpected color and explore the power of warm and cool and different color schemes. Bring your own reference photos with strong light and shadow patterns or use Cindy's. Supply list provided.

M/Tu: 9:30 am - 3:30 pm

Session: 6/8 - 9

TRAVELS WITH WATERCOLORS WORKSHOP NEW

Cindy shares how she paints watercolors on location with a focus on quickly capturing shapes with her organic drawing technique, layering on translucent watercolors for values, and adding a few details. We'll paint from a variety of provided images from the United States and Europe or you can bring your own. Techniques can be applied to watercolor sketchbooks, postcards and/or 8x10 size paintings. Supply list provided.

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

Session: 6/11 - 12

Printing & Textiles

The Art of Felting

Ages: 16 & up

Art Station

Learn to "paint" with fleece and dry felt raw fibers to create a picture of your choosing. Dye your own fabric background and use special needles to join loose fibers to a sheet of wool in brilliant colors. You will learn how to dry felt fibers with a needle and foam base to create a finished felted piece. Instructor: Julie Wilson

\$149.00 ID \$178.80 OD / session

Activity: 111181

Tu: 6:00 - 8:00 pm

Session: 2/11 - 3/3



Linoleum Block Printing

Ages: 16 & up

Art Station

Working with traditional Battleship Linoleum and Speedball carving tools, experience the joy of the process of carving your own block and printing an edition of prints. We will learn about tools and how to safely use them, papers for printing, how to print without a press and how to number your edition of prints. Instructor: Vicki Shuck

\$169.00 ID \$202.80 OD / session

Activity: 111132

Th: 5:30 - 8:00 pm

Session: 4/9 - 30



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

Northern African Flavors NEW

All Adults

Bend Senior Center

Moroccan cuisine is a reflection of the diverse cultures in the region. Bold spices, olives and fruits combined together to build wonderful flavor combinations. In this class, you and your companion will work in pairs and learn about the culture and cuisine of Northern Africa. As a class, we will learn how to cook a traditional tagine, which we will eat together. If you have your own tagine, bring it to class. Instructor: Shannon Hodgen

\$59.00 ID \$70.80 OD / session

Activity: 102277

Sa: 1:00 - 4:00 pm

Session: 1/25

Hearty Soups & Stews NEW

All Adults

Bend Senior Center

There's nothing quite as comforting as hot delicious soups when it's cold outside. Learn how to make healthy, hearty soups to freeze and use later. We will make Tuscon white bean, kale and sausage soup; butternut squash soup and chicken; and green chili rice soup. Bring your aprons, freezer containers and lots of energy for a fun filled afternoon. Instructor: Shannon Hodgen

\$59.00 ID \$70.80 OD / session

Activity: 102231

Sa: 1:00 - 4:00 pm

Session: 2/8



Exploring Spanish Cuisine: Tapas NEW

All Adults

Bend Senior Center

Join us as we make delicious, small Spanish dishes called tapas. Tapas are very common in Spain and recently have become quite popular in the US, too. This class will introduce Spanish-inspired tapas, such as Spanish omelets and croquettes. Instructor: Chieko Saito

\$49.00 ID \$58.80 OD / session

Activity: 102250

F: 5:00 - 8:00 pm

Session: 1/31

WHAT ABOUT TEENS?

We will allow mature 16+ year olds to participate in adult classes. For teens 13 to 15 years old, call (541) 706-6232 and we will accommodate if it fits with the specific program.



Winter Warming Side Dishes

All Adults

Bend Senior Center

We will prepare hearty, warming winter vegetable dishes from hearty greens and winter squash dishes to root vegetables. Create delicious dishes using classic winter staples: herb-roasted vegetables in phyllo; beet and tangerine salad with feta; brussels sprouts and spuds casserole; cheesy kale chips; Three Sisters squash stew and more! Instructor: Suzanne Landry

\$49.00 ID \$58.80 OD / session

Activity: 102230

Th: 5:00 - 7:30 pm

Session: 2/20

Latin American Empanadas

NEW

All Adults

Bend Senior Center

Join us as we discover how to make an Argentinian treat that's often served at parties. In this hands-on class, you will learn the basics of making empanada dough - strong enough to stuff, yet melt-in-your-mouth tender. You'll also learn how to make a few tasty meat fillings. Instructor: Chieko Saito

\$49.00 ID \$58.80 OD / session

Activity: 102258

F: 5:00 - 8:00 pm

Session: 2/28

Bunny-licious Bakes

NEW

All Adults

Bend Senior Center

Hop into spring with this sweet and savory foods class that will have you wowing friends and family with spectacularly entertaining springtime eats. A combo of hand pies, homemade donuts, fun confections and so much more. Basic bread techniques and quick kitchen solutions for fun and easy entertaining. Instructor: Layla McGlone

\$49.00 ID \$58.80 OD / session

Activity: 102214

M: 5:30 - 7:30 pm

Session: 3/9



Taste of Japan: Takeout Favorites

All Adults

Bend Senior Center

Join instructor Chieko Saito and take a tour of signature Japanese dishes. Discover a healthy new world of flavorful dishes - all without leaving Bend.

\$49.00 ID \$58.80 OD / session

F: 5:00 - 8:00 pm

Taste of Japan: Tempura

NEW

Learn to make a takeout favorite right in your own home. In this class we will make shrimp and vegetable tempura, steamed rice and miso soup.

Activity: 102259

Session: 2/21

Taste of Japan: Chicken Katsu Tempura

NEW

Learn to make a traditional Japanese chicken cutlet. We'll learn the technique of frying panko-crusted chicken and make a simple cabbage side and miso soup.

Activity: 102260

Session: 3/20

Taste of Japan: Sukiyaki

NEW

Learn to make traditional Japanese Sukiyaki, thinly sliced beef with vegetables in a pot. This dish is popular in both the United States and Japan.

Activity: 102261

Session: 4/3

Taste of Japan: Udon

NEW

Learn how to make popular dishes using udon, Japanese noodles with tempura or chicken. Udon is found locally in grocery stores, so making this at home will be a breeze.

Activity: 102262

Session: 4/24

With Your Child: Baking

With Your Child: Handmade Bagels & Pretzels

NEW

Ages: 6 & up with adult

Bend Senior Center

Pretzels and bagels are different in taste, yet created similarly. In this class, you and your child will make two different doughs; form the dough; bake them; then enjoy fun sauces and spreads. Learn all of the tricks and enjoy them fresh out of the oven. Class is priced per adult and child team; only the adult registers. Instructor: Jessica Carleton

\$59.00 ID \$70.80 OD / session

Activity: 102241

Th: 5:00 - 7:00 pm

Sessions: 2/6 2/27

With Your Child: Danish Aebleskivers

Ages: 6 & up with adult

Bend Senior Center

Learn to make Aebleskivers, which are a traditional Danish pancake shaped like a sphere. They are delightfully light, fluffy and can be filled with anything. They're a great addition to any breakfast. Class is priced per adult and child team; only the adult registers. Instructor: Jessica Carleton

\$59.00 ID \$70.80 OD / session

Activity: 102243

Th: 5:00 - 7:00 pm

Session: 3/5

Italian Dinner Night for Two

All Adults

Bend Senior Center

There's nothing like fresh pasta's flavor and texture. Bring your friend, family member, or significant other to this class and learn how to make homemade pasta and perfect sauces. Learn to make dough, roll and cut it; we will also make a delicious salad and dessert for a complete fresh Italian meal. Bring containers to bring home leftovers.

\$89.00 ID \$106.80 OD / session

Activity: 102257

Th: 5:00 - 8:00 pm

Session: 3/12

Italian Cheeses Made at Home

All Adults

Bend Senior Center

In this hands-on cheese making class, you will see how mozzarella and mascarpone are made and then turn up the heat to make your very own ricotta with a few basic ingredients. Sample cheeses and take home cheese-making products. Instructor: Elizabeth Guerin

\$59.00 ID \$70.80 OD / session

Activity: 102220

Sa: 11:00 am - 2:00 pm

Session: 2/29

Learn to Make Cultured Dairy Products NEW

All Adults

Bend Senior Center

Learn how to make several cultured dairy products from fresh milk, including kefir, buttermilk and sour cream. This hands-on class will take you through the process from milk to the final stages of cultured dairy success. Instructor: Elizabeth Guerin

\$49.00 ID \$58.80 OD / session

Activity: 102217

Sa: 11:00 am - 1:00 pm

Session: 3/14



Knife Skills & Kitchen Shortcuts

All Adults

Bend Senior Center

Learn easy knife skills, knife care, sharpening, the four must-have knives and how to select a cutting board - all while enjoying tasty recipes. We'll prepare some deliciously simple vegetable dishes, such as vegetable stir fry, herb-roasted winter vegetables and honeyed heirloom matchstick carrots. Bring your best vegetable knife and a cutting board. Instructor: Suzanne Landry

\$49.00 ID \$58.80 OD / session

Activity: 102227

Th: 5:00 - 7:30 pm

Session: 3/19

Vegetarian Cooking Around the World NEW

All Adults

Bend Senior Center

Less meat means more flavor! Enjoy the varied spices from around the globe in this tasty sampling of vegetarian food. Bring a cutting board and knife. Dishes will include: Shakshuka skillet egg; spicy Thai noodles; tomato thyme spinach pies; walnut tacos; Asian Mabo tofu with eggplant. Instructor: Suzanne Landry

\$49.00 ID \$58.80 OD / session

Activity: 102225

Th: 5:00 - 7:30 pm

Session: 4/2

Pasta, Gnocchi & Special Sauce

All Adults

Bend Senior Center

Learn to make light, pillowy gnocchi (Italian potato pasta), and fresh tagliatelle and pappardelle pasta from scratch using fresh local ingredients. We will also explore how to create light and tasty sauces for your pasta masterpieces using citrus and fresh herbs. Instructor: Shannon Hodgen

\$59.00 ID \$70.80 OD / session

Activity: 102256

Sa: 1:00 - 4:00 pm

Session: 4/18



Let's Bake Bread: Sourdough, Poolish & Biga NEW

All Adults

Bend Senior Center

Join us for an introduction to these amazing bread beginnings. You will work with natural yeasts and cultured starters as you learn to manage the rising times to develop and enhance the correct crumb and texture of our bread products. Join us for a better understanding of bread mastery. Instructor: Elizabeth Guerin

\$59.00 ID \$70.80 OD / session

Activity: 102247

Sa: 11:00 am - 2:00 pm

Session: 2/1

Fabulous French Bread and Other Loaves We Love NEW

Ages: 12 & up

Bend Senior Center

Are you a bread lover? Perhaps you are always on the hunt for that perfect loaf. Well, then this is the class for you! We will show you how to bake your best loaf of French bread, yeast breads and rolls. We'll also provide tips for your baking choices of yeasts, sweeteners, enhancements and flours. Instructor: Elizabeth Guerin

\$49.00 ID \$58.80 OD / session

Activity: 102245

Sa: 11:00 am - 2:00 pm

Session: 5/2

Dance

Beginning Square Dance

Ages: 12 & up

Pine Forest Grange

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. 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. Please wear casual dress. Instructor: Bachelor Beaus Square Dance Club

\$25.00 ID \$30.00 OD / session

Activity: 102150

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

Session: 5/14 - 21

Volunteer coaches needed for youth sports.

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



DIY & Crafts

DIY: Metalwork Stone Setting NEW

Ages: 14 & up

DIYcave

This is a great class for those with some metalworking and soldering experience who want to advance their skills. Learn to make a sterling silver ring and set a simple stone. Prerequisite: Soldering experience or instructor approval.

\$189.00 ID \$226.80 OD / session

Activity: 102804

Sa: 10:30 am - 5:00 pm

Sessions: 1/11 3/14
5/9

DIY: Welding 101 NEW

Ages: 16 & up

DIYcave

Creating solid weld joints in multiple positions is the foundation for all metal projects. This course is designed for students to increase their knowledge of MIG welding and joint construction. This is a great class for those who want to start creating their own projects or explore career opportunities. Lab time required between classes. Prerequisite: Welding experience or instructor approval.

\$245.00 ID \$294.00 OD / session

Activity: 102803

Tu: 5:30 - 7:30 pm

Sessions: 1/14 - 2/4 4/28 - 5/19

DIY: Intro to Machining: Basics 101 NEW

Ages: 16 & up

DIYcave

Take the mystery out of precision parts. This four-part course is designed to allow students to gain confidence using the metal mill and lathe in a safe manner while giving students the skills needed to create basic machine fit parts.

\$245.00 ID \$294.00 OD / session

Activity: 102806

Th: 5:30 - 7:30 pm

Sessions: 1/23 - 2/13 4/9 - 30

DIY: Knife Making NEW

Ages: 15 & up

DIYcave

Develop your blacksmithing skills with this entry level knife making course. In this course you will get familiar with the forge by creating a simple skinning knife out of a coil spring and then apply those techniques to create a camping knife out of 5160 steel. Lab time included to complete shaping to your specifications.

\$265.00 ID \$318.00 OD / session

Activity: 102801

W: 5:30 - 7:30 pm

Sessions: 2/5 - 26 4/22 - 5/13

DIY: Live-Edge Bookcase NEW

Ages: 15 & up

DIYcave

Ever wonder how to incorporate natural edges into your fine woodworking designs? Design and build a custom bookcase with a live edge top. Many woodshop tools will be used in the process. Lab time required between classes.

\$360.00 ID \$432.00 OD / session

Activity: 102805

M: 5:30 - 8:00 pm

Session: 2/10 - 3/2

DIY: How to Build Cabinets

Ages: 16 & up

DIYcave

Ever wonder why cheap cabinets fall apart? Learn how to build cabinets that will last a lifetime. Introduction to using wood shop tools to build custom cabinets. Each student will build a cabinet that has an adjustable shelf, a drawer on guides, and a framed door with concealed hinges. Many wood shop tools will be used including the table saw. Lab time required between classes.

\$595.00 ID \$714.00 OD / session

Activity: 102808

M: 5:30 - 8:30 pm

Session: 3/23 - 4/20

DIY: Micromosaic Jewelry NEW

All Adults

Bend Senior Center

Create up to four unique pendants using mosaic techniques, beads and tiny tiles, then finish with a layer of resin for a stunning finished product that you will be proud to wear or give as a gift. All supplies provided, but if you have small gems or objects you would like to try to include, bring them! Instructor: Jessica Carleton

\$49.00 ID \$58.80 OD / session

Activity: 102425

Th: 5:30 - 7:30 pm

Session: 4/2



With Your Child: Crafts

With Your Child: Fairy Gardens NEW

Ages: 6 & up with adult

Bend Senior Center

Join your child as we create your own fairy garden. We will make a garden home complete with greenery and lots of charm. This will surely attract all the mystical creatures in your yard. Registration fee is for an adult and child team. Instructor: Diane Burns

\$59.00 ID \$70.80 OD / session

Activity: 102420

Th: 5:00 - 7:00 pm

Session: 5/14

With Your Child: Birdhouses NEW

Ages: 6 & up with adult

Bend Senior Center

Join your child as we create one of a kind bird houses for our fine feathered friends. In this class you will build and decorate a bird house. Registration fee is for an adult and child team. Instructor: Diane Burns

\$59.00 ID \$70.80 OD / session

Activity: 102414

Th: 5:00 - 7:00 pm

Session: 4/23

DIY: Mosaic Stepping Stones **NEW**

All Adults

Bend Senior Center

Mosaic stepping stones are a great way to personalize your garden, walkway, or yard. Get ready for spring by making a one-of-a-kind stepping stone. We will create your design and then add colorful pieces of stained glass and grout to your creation. All materials and safety glasses provided. Instructor: Jessica Carleton

\$59.00 ID \$70.80 OD / session

Activity: 102434

Sa: 10:00 am - 2:00 pm

Session: 4/25

DIY: Woodworking Square One **NEW**

Ages: 16 & up

DIYcave

Creating dimensionally accurate lumber is the foundation of all fine woodworking projects. Students will be taught the safe operation and proper applications of five major woodworking tools. Class will cover five power tools: planer, jointer, table saw, chop saw and overhead belt sander. We will be building cutting boards to directly apply learned techniques. Lab time required between classes.

\$295.00 ID \$354.00 OD / session

Activity: 102802

M: 5:30 - 7:30 pm

Sessions: 4/27 - 5/18 1/13 - 2/3

**Looking for
art classes?**

**Check out
Adult Art and
Youth Art sections.**

See pages 34 - 39
and 71 - 77.



Fiber Arts

Needle Felting for Beginners **NEW**

All Adults

Bend Senior Center

Create your own three-dimensional hedgehog using a needle and unspun wool. The choices are endless! Class fee includes fiber, felting needles and foam pad. Instructor: Kristina Romer

\$49.00 ID \$58.80 OD / session

Activity: 102479

W: 9:30 - 11:30 am

Session: 2/12

Crochet: Beginning Anigurumi Toys

All Adults

Bend Senior Center

Some of the cutest little crocheted characters you'll ever see - it's Anigurumi! These easy-to-work unicorn toys use simple crochet stitches, easy to increase and decrease stitches and beginning yarn toy construction. In this hands-on, instructor-guided class, we will learn to crochet using sweet, soft colors, but it could also be made as a scary beast. Instructor: Kristina Romer

\$49.00 ID \$58.80 OD / session

Activity: 102478

W: 9:30 - 11:30 am

Session: 3/4 - 11



Games

Beginning Mah Jongg

All Adults

Bend Senior Center

Learn to play Mah Jongg - one of the most popular games in the world. It began in China as a tabletop game and is usually played by four players with rectangular tiles, which each player attempts to collect. After each lesson, you're encouraged to stay and play Mah jongg with other players. Instructor: Toni Berube

\$54.00 ID \$64.80 OD / session

Activity: 102603

Th: 10:00 am - 12:00 pm

Session: 4/23 - 5/28



Lifestyle & Wellness

Your 2020: Discover 'Time Dance Life Planning' **NEW**

All Adults

Bend Senior Center

Join us in this hands-on class to start building a lifestyle you love. You will experience personal assessments and leave with simple tools to start living your life with fresh intention and ease. In this class you will reconnect with your WHY in life, and cultivate specific action plans for self-development for 2020. Burst into the New Year with fresh purpose and confidence. Discover simple ways to realign your daily movements for greater ease, clarity free from busyness. Come connect, be inspired, motivated and equipped for living your life on purpose! All attendees will receive their own Time Dance Life Planner. Instructor: Layla McGlone

\$45.00 ID \$54.00 OD / session

Activity: 102209

M: 5:30 - 7:30 pm

Session: 1/13

'Renew You' Detox: Unearth the Best You! **NEW**

All Adults

Bend Senior Center

Make a healthy transition from winter to spring with a whole food detox and lifestyle program. This program is designed to boost your self-care and wellness for your body and mind! We will discuss the elements of daily living that can bog down our systems and how gentle foods and lifestyle practices can boost your natural energy and stamina. This class is focused on whole life alignment, not just a diet protocol. Instructor: Layla McGlone

\$45.00 ID \$54.00 OD / session

Activity: 102207

M: 5:30 - 7:30 pm

Session: 3/30



Music & Voice

Beginning Guitar I

Ages: 16 & up

Bend Senior Center

Learn the basics of acoustic guitar. Topics include chords, rhythm technique, playing with others and a little music theory. We will ensure individual attention and plenty of opportunity to address questions. Guitars not provided.

\$39.00 ID \$46.80 OD / session

Activity: 102106

M: 5:00 - 6:00 pm

Sessions: 1/6 - 27 2/3 - 24
3/2 - 23 3/30 - 4/20
4/27 - 5/18

Beginning Guitar II

Ages: 16 & up

Bend Senior Center

Building off Beginner Guitar, we will expand our knowledge base and learn to use different strum patterns. We will also incorporate picking and simple bar chords to expand our song knowledge, along with a little music theory. Improve your skills and build your confidence.

\$39.00 ID \$46.80 OD / session

Activity: 102107

M: 6:15 - 7:15 pm

Sessions: 1/6 - 27 2/3 - 24
3/2 - 23 3/30 - 4/20
4/27 - 5/18

Ukulele 101 Chords

NEW

Ages: 16 & up

Bend Senior Center

After successfully learning chords, strums and how to pick your ukulele, we're now learning to play melodies by reading and using Tablature. This skill-building class will have you playing chord melody from our very first lesson, using fun, familiar songs. Prerequisites: Beginning Ukulele I and II. Instructor: Carl Ventis

\$39.00 ID \$46.80 OD / session

Activity: 102105

Tu: 5:00 - 6:00 pm

Sessions: 1/7 - 28 3/3 - 24
5/5 - 26

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

\$39.00 ID \$46.80 OD / session

Activity: 102100

W: 5:00 - 6:00 pm

Sessions: 1/8 - 29 2/5 - 26
3/4 - 25 4/1 - 22
4/29 - 5/20

Beginning Ukulele II

Ages: 16 & up

Bend Senior Center

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

\$39.00 ID \$46.80 OD / session

Activity: 102103

W: 6:15 - 7:15 pm

Sessions: 1/8 - 29 2/5 - 26
3/4 - 25 4/1 - 22
4/29 - 5/20

Voice-Overs: Now Is Your Time!

All Adults

Bend Senior Center

Learn how to use your speaking voice for commercials, films, videos and more. This introductory class will introduce you to a creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time and with minimal overhead. Instructor: Lisa Foster

\$49.00 ID \$58.80 OD / session

Activity: 102161

Sa: 10:00 am - 12:00 pm

Session: 4/18



Specialized Fitness

Stand Tall - Don't Fall

Ages: 50 & up

Bend Senior Center

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

\$40.00 ID \$48.00 OD / session

Activity: 102777

W: 10:00 - 11:00 am

Sessions: 1/8 - 3/11 3/18 - 5/20

Strong & Supple Feet

NEW

All Ages

Bend Senior Center

Create strong and supple feet for a great base! Certified Personal Trainer, Dave Zimmerman will coach you on a series of exercises targeted to strengthen feet, ankles and legs. Your feet are your foundation so give them the attention they deserve to help avoid injury from the long-term stress they receive.

\$49.00 ID \$58.80 OD / session

Activity: 102778

Tu: 1:15 - 2:45 pm

Session: 3/17 - 4/7

More fitness classes in Adult Fitness

See pages 51 - 59.

Get to Know Your iPhone Series

**TAUGHT BY AN
APPLE CERTIFIED SUPPORT PROFESSIONAL**

All Adults

Bend Senior Center

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

Instructor: Robyn Lyman

\$19.00 ID \$22.80 OD / session

IPHONE: SETUP & CUSTOMIZATION

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

Activity: 102551

Th: 1:00 - 2:30 pm

Session: 2/6

IPHONE: APPS & ITUNES STORE

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

Activity: 102552

Th: 1:00 - 2:30 pm

Session: 2/13

IPHONE: INTERNET & MAIL

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

Activity: 102553

Th: 1:00 - 2:30 pm

Session: 2/20

IPHONE: CONTACTS & CALENDAR

Learn how to fill out a contact form in its entirety. Including how to add events into the calendar using not only time and dates but adding reminders, alerts and repeating events.

Activity: 102554

Th: 1:00 - 2:30 pm

Session: 2/27

IPHONE: CAMERAS & PHOTOS

Learn the fundamentals with step-by-step instructions for beginner and intermediate iPhone photographers. We'll cover how to edit your images and effortlessly manage your photos across all Apple devices.

Activity: 102555

Th: 1:00 - 2:30 pm

Session: 3/5

IPHONE: MESSENGER, MAPS & SIRI

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

Activity: 102556

Th: 1:00 - 2:30 pm

Session: 3/12

Technology

iPad Essentials

All Adults

Bend Senior Center

Let's start from the beginning! We'll cover all the basics to get you up and running on your iPad, including: customizing the screen, internet, email, texting, adding apps, Siri, and more. Bring your iPad, running iOS 10, with you. Instructor: Robyn Lyman

\$59.00 ID \$70.80 OD / session

Activity: 102560

Th: 1:00 - 3:00 pm

Session: 1/16 - 30

iCloud Essentials

All Adults

Bend Senior Center

We will cover all the aspects of iCloud across all your devices. Learn how to sync across all your devices, share files, and manage your backups with automated syncing. Bring your iPhone, iPad or Mac. Instructor: Robyn Lyman

\$19.00 ID \$22.80 OD / session

Activity: 102561

Th: 1:00 - 2:30 pm

Session: 3/19

Mac Essentials

All Adults

Bend Senior Center

New to Mac? This class will get you started. Learn the many different aspects of the Mac OS interface, such as how to use the Finder, desktop, Dock, files, customization, networking and more. Bring your Mac to class. Instructor: Robyn Lyman

\$49.00 ID \$58.80 OD / session

Activity: 102569

M: 6:00 - 8:00 pm

Session: 4/6 - 20



Tours

The Out to Lunch Bunch: Food Cart Edition

NEW

All Adults

Bend Senior Center

C'mon! Let's visit the food trucks and carts in Bend. Enjoy various cuisines, from ethnic and exotic to down-home cooking, all in one food lot location. We will visit a new lot each month; sign up for one outing, or all three. Transportation provided; lunch is paid on your own. Space is limited. Don't miss out on food and fun!

\$6.00 ID \$7.20 OD / session

Activity: 102531

F: 11:30 am - 1:15 pm

Sessions: 3/20 4/17
5/15

A Different Kind of Brew: Making Soy Sauce

All Adults

Bend Senior Center

Take a tour of the Yamasa Corporation's Soy Sauce Brewing Factory in Salem, Oregon. The Willamette Valley's moderate climate, humidity and water are the perfect environment for the six-month fermentation process. We will enjoy a delicious lunch at a Japanese restaurant. Transportation, admission and lunch included in registration fee.

\$99.00 ID \$118.80 OD / session

Activity: 102335

Th: 9:00 am - 7:00 pm

Session: 3/26



Progressive Lunch & Senior Facility Tour **FREE**

All Adults

Bend Senior Center

Have you ever wanted to get a peek inside Bend's senior living facilities without having to sign up for the individualized tours? Join us for a fun-filled day group touring three senior living facilities as we enjoy a delicious, progressive meal at each location. We'll have appetizers, an entree and dessert. Transportation provided. Space is limited.

Activity: 102532

Th: 10:45 am - 3:30 pm

Session: 4/16

**More adventures
in Adult Outdoors.**

See pages 48 - 50.

The Columbia Gorge Discovery Center & Museum **NEW**

All Adults

Bend Senior Center

Join us as we explore the Columbia Gorge Discovery Center & Museum, located on 54 acres in The Dalles, Oregon. Opened in 1997, the 48,200-square-foot center features educational exhibits about the area's geology, ice age prehistory, Native American culture and basketry, exploration by Lewis and Clark, settlement, natural history and more. Fee includes transportation, snacks, lunch and admission.

\$99.00 ID \$118.80 OD / session

Activity: 102331

Su: 9:00 am - 7:00 pm

Session: 5/3



Fort Rock Natural Area & Cowboy Dinner Tree

All Adults

Bend Senior Center

Join us for a day of exploring the Fort Rock Natural Area. We will visit the Fort Rock Volcanic Landmark and Homestead Museum. We will finish the day at one of the area's biggest tourist attractions: the historic Cowboy Dinner Tree. What's your pleasure: A 26 oz. top sirloin steak or a whole roasted chicken? Fee includes transportation, admission fee to the museum and dinner.

\$99.00 ID \$118.80 OD / session

Activity: 202302

Su: 10:00 am - 7:00 pm

Session: 6/7

Travel

Premier World Discovery Armchair Travel Informational Meeting **FREE**

Tuesday, March 10,
1:00 - 2:00 pm

Come learn about the great 2020 travel options. A representative will cover the program particulars and answer your questions.



Rome & the Country Roads of Tuscany

All Adults

Explore the beautiful Tuscan towns of Florence, Pisa, Siena and more. Visit the beautiful hillside town of Assisi to learn about the life of St. Francis. Continue to Rome to see the sights and learn about the 2000-plus year-old history of the Romans. Call for an information packet at (541) 388-1133.

\$3795.00 each

(dbl occupancy, land/air/tax from Portland)

Dates: 3/24 - 4/1, 2020

New York City & Hudson River Valley

All Adults

Enjoy three nights in the heart of Manhattan! Take in Rockefeller Plaza and Times Square, visit Ellis and Liberty Islands and much more. Enjoy dinner and a Broadway show before you head upstate to the beautiful Hudson River Valley. Call for an information packet at (541) 388-1133.

\$3325.00 each

(dbl occupancy, land/air/tax from Portland)

Dates: 6/5 - 11, 2020



Great Canadian Cities

All Adults

Visit beautiful Quebec and Montreal! Visit the capital of Canada, Ottawa and Toronto. Spend two nights in Niagara Falls in a hotel nestled right at the falls' edge. Call for an information packet at (541) 388-1133.

\$3545.00 each

(dbl occupancy, land/air/tax from Portland)

Dates: 9/16 - 24, 2020

Normandy, Paris & the Seine River Cruise

All Adults

Enjoy an eight -day river cruise on the legendary Seine River, visiting charming French towns and villages daily. Tour includes a visit to Normandy and World War II landing beaches. Finish with a visit to Paris - a great way to end your trip!

\$4895.00 each - Category D

(dbl occupancy, land/air/tax from Portland)

Dates: 10/28 - 11/4, 2020

Rose Parade New Year

All Adults

Enjoy five nights in sunny Southern California with a live music New Year's Eve party and then the splendor of the Tournament of Roses Parade from your grandstand seats.

\$2545.00 each

(dbl occupancy, land/air/tax from Portland)

Dates: 12/30, 2020 - 1/4, 2021

SEASON'S
OUTINGS
.....
**HIKES, WALKS
& MORE**
.....
SEE BELOW

let's go

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

Hiking & Walking

Trailpacers

All Adults

District Office

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

\$85.00 ID \$102.00 OD / session

Activity: 108715

Th: 8:30 am - 4:00 pm

Sessions: 4/16 - 30 5/7 - 21
5/28 - 6/11



Natural Spring Walks

All Adults

District Office

Level 2 - The optimism of an upwelling spring coming out of the ground and turning into a cheerful stream mirrors the general exuberance of the spring season. These walks (up to 3 miles) will visit a different stream and spring each outing. Transportation included.

Leader: Walt Major

\$30.00 ID \$36.00 OD / session

Activity: 108723

Tu: 8:00 am - 1:30 pm

Sessions:

4/21: Headwaters of Metolius

5/5: Headwaters of Fall River

5/19: Great Spring-Clear Lake

6/2: Alder Springs

Daytrippers:

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

See page 47.

History & Geology Outings

All Adults

District Office

Level 1 - Broaden your understanding of Central Oregon's cultural heritage and geologic history while enjoying a bit of physical activity. Stroll the "trail of time" to learn about the fossils embedded in the stone at the Clarno fossil beds and then prowl the streets of Shaniko, an authentic Oregon ghost town. Walk in the footsteps of wagon travelers crossing the Cascades as we visit the Fish Lake "Remount Station" and stroll a section of the old Santiam Wagon Road. Transportation included. Leader: Eric Denzler

\$35.00 ID \$42.00 OD / session

Activity: 108925

Tu: 8:00 am - 5:00 pm

Sessions:

4/28: Clarno Fossils/Shaniko

5/26: Santiam Wagon Road



Ski & Snowshoe

Snowshoe Discovery

All Adults

The Pavilion

Level 2 - Take the next step after you've started 'shoeing' and take some shorter snowshoe hikes to build strength, stamina and general fitness while enjoying outings in the woods. Snowshoe hikes are generally around 2 - 3 miles. Transportation included. Equipment not included. Leader: Walt Major

\$25.00 ID \$30.00 OD / session

Activity: 108415

Tu: 8:30 am - 1:30 pm

Sessions: 1/14 1/28
2/11 2/25
3/10

Yetis Snowshoe

All Adults

The Pavilion

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

\$81.00 ID \$97.20 OD / session

Activity: 108424

Th: 9:00 am - 3:30 pm

Sessions: 1/23 - 2/6 2/13 - 27
3/5 - 19

Get Started XC Ski Touring

All Adults

The Pavilion

Level 2 - If you have little or no cross-country (XC) ski experience and are looking for an introduction, we'll take you through the basics and get you started on the snow. The first day (9:00 - 11:30 am) is indoors and provides information regarding equipment, clothing, winter safety and equipment rental. Two on-snow sessions (9:00 am - 1:00 pm) include technique instruction, practice, transportation and outings. Equipment not included. Leader: Eric Denzler

\$120.00 ID \$144.00 OD / session

Activity: 108403

Tu: 9:00 am - 1:00 pm

Session: 2/11 - 25

XC Ski Tour

All Adults

The Pavilion

Level 2 - For those who have taken the "Get Started XC Ski Touring" class or who have a bit of previous cross-country ski experience, we will continue to work on skill development as a small group while we get out for a variety of short ski tours. Destinations dependent on conditions. Transportation to outing included. Equipment not included. Leader: Eric Denzler

\$30.00 ID \$36.00 OD / session

Activity: 108474

Th: 9:30 am - 2:30 pm

Sessions: 2/13 2/20
3/5 3/12

Be ready to go in the snow.

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

Hike, Walk & Snowshoe Ratings

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

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

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

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

Important Outdoor Program Information

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

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

Program Info & Destinations: Clothing and equipment recommendations, destination calendars and other information are available on the website or by contacting the Outdoor Programs Coordinator (see below). Proposed destinations may change due to weather or other circumstances. Arrive at least ten minutes before the start time. Programs typically conclude before the scheduled ending time. However, occasionally we arrive back later than planned.

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

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

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

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

Questions? Concerns?: Contact the outdoor program coordinator at EricD@bendparksandrec.org or (541) 706-6116.



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

Nature WITH THE CHILDREN'S FOREST OF CENTRAL OREGON

Presented by the Children's Forest of Central Oregon partners, these family programs have something for kids (and adults) of all ages. Programs are designed for families to connect in nature together and are open to parents, grandparents, and siblings. Learn more at childrensforestco.org/family.



Discover Nature Day: Winter Wonder **FREE**

Ages: 6 - 10 with family

Saturday, February 8: 10:00 am - 12:00 pm

Shevlin Park

Join us for a fun morning of enjoying winter weather and learning about winter adaptations. We'll play fun games, explore Shevlin Park, and do a winter-themed art project. Snowshoes will be provided, if needed.

Puddlestompers **FREE**

Ages: 3 - 5 with family

Spark a sense of wonder for nature through imaginative play, exploration, songs and stories.

ANIMAL SAFARI:

Saturday March 14, 11:00 am - 12:00 pm

Ponderosa Park

EXPLORE YOUR SENSES:

Saturday, April 11, 11:00 am - 12:00 pm

Al Moody Park

Birds Without Borders: A Migratory Bird Day Event

All Ages

Saturday, May 9, 9:00 am - 1:00 pm

Tumalo State Park

\$5 park admission per vehicle

An International Migratory Bird Day event, cosponsored by the partners of the Children's Forest of Central Oregon and Oregon State Parks. Family event featuring kid-friendly bird walks, educational activities, cultural and art activities, and more. Activities offered in English and Spanish.

Tiny Explorers **FREE**

Ages: Newborn - 3 with family

Thursdays in March and April, 10:00 - 11:00 am

Visit childrensforestco.org/events for locations and details. Opt-in to receive text message updates by texting tinyexplrs to 77948.

Wilderness & Outdoor Safety

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This training is specifically designed to recertify the Wilderness First Responder (WFR), wilderness portions of Wilderness EMT, and WAFA certifications. Includes CPR.

\$355.00 / session

Activity: 408362

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

Sessions: 2/22 - 24 4/25 - 27

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

Sessions: 3/10 - 12 4/7 - 9
5/5 - 7

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 required. Presented by NOLS Wilderness Medicine. CPR not included.

\$250.00 / session

Activity: 408360

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

Sessions: 3/14 - 15 6/6 - 7

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. Includes two night classes on 4/16 and 4/21 and CPR. Presented by NOLS Wilderness Medicine.

\$800.00 / session

Activity: 408364

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

Session: 4/14 - 23



Canine Wilderness First Aid

All Adults

Hollinshead Barn

Doggone it! If you play in the great outdoors with your dog, this class is for you. During this two-day hands-on course, you'll learn a canine patient assessment and wellness system to empower you with skills and knowledge to keep your adventurous canine companion safe when access to veterinary care is delayed. With a strong emphasis on prevention and decision-making, topics include heat/hydration, cold, and other environmental hazards, trauma, musculoskeletal injuries, soft tissue wounds, common canine illnesses, emergency preparedness/first aid kits, as well as Leave No Trace for the canine traveler. Pet CPR is also included. Taught by Adventure Vet Med. Please leave your dog at home.

\$220.00 ID \$264.00 OD / session

Activity: 108975

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

Session: 3/7 - 8



Community Appreciation Week **FREE** **JSFC** **BSC**
Open Hearts Open House:
February 8 - 14

Get connected, stay engaged and be inspired! Join our fitness experts for free classes and workshops. Look for more details at bendparksandrec.org/events.

- **ASK A PT**
- **FINDING RELIEF OF JOINT & BACK PAIN**
- **FITNESS 101 CLASSES**
- **PRENATAL/BABY & ME FITNESS CLASSES**
- **FREE FAMILY NIGHT**
- **GET SWIMMING WITH MASTERS**

About Fitness Classes at BPRD

DROP-IN CLASSES & SCHEDULES: All ages and fitness levels are welcome and you can start at any time. Classes are offered on a first-come, first-served basis. All classes are held on a weekly basis. Check schedules online at bendparksandrec.org. You can even download to your own mobile device calendar.

DROP-IN PASSES / FEES: There are numerous pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 16 - 17.

REGISTRATION CLASSES, PERSONAL TRAINING & PRIVATE INSTRUCTION: Some fitness goals need specific instruction and curriculum with registration programs and/or personal training. These activities require advanced registration and separate fees.

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

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

Two great fitness facilities!

Juniper Swim & Fitness Center **JSFC**
 800 NE 6th St.
 p. (541) 389-P00L (7665)

Facility information on pages 18 - 20.

Bend Senior Center **BSC**
 1600 SE Reed Market Rd.
 p. (541) 388-1133

Facility information on pages 29 - 33.

- Look for the JSFC and BSC icons with class descriptions.
- A variety of passes are available for both locations. Pass information on pages 16 - 17.
- **Bilingual Spanish/English fitness instructors available.** View classes online at bendparksandrec.org/espanol.
- **Disponibilidad de Instructores Bilingües en Inglés y Español.** Para mayor información visite bendparksandrec.org/espanol.



Follow us on Facebook!

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

Fitness passes through health insurance: **NEW**

Those over 65 and enrolled in Medicare may be eligible for no-cost or low-cost fitness passes at Bend Senior Center now and at Juniper Swim & Fitness Center beginning January 1. Learn more on page 30.

Good for you.

At Bend Park & Recreation District, we're focused on offering fitness that feels right, both on the inside and out. 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.

MOVE FOR HEALTH!

NESS & WELLNESS



Therapeutic Fitness Program

As Bend Park and Recreation District encourages everyone in our community to Play for Life, we are here to help you make the most of your fitness with targeted therapeutic fitness programs which research has shown to offer health benefits.

Here are some health challenges where therapeutic fitness could offer help:

- **MOBILITY ISSUES**
- **BACK PAIN**
- **CHRONIC CONDITIONS, ESPECIALLY RELATED TO JOINTS & MUSCLES**
- **PREVENTING INJURY**
- **PREPARING FOR SURGERY**
- **RECOVERING FROM SURGERY OR INJURY**
- **NEXT STEPS FROM PHYSICAL THERAPY**
- **WEIGHT LOSS**

Whether you are seeking low-impact and light-intensity, cardio, strength or mobility, you can take a class or work individually with an instructor or trainer to get back on track. All classes are designed to help you make the modifications recommended by your health care professional.

To get started, call (541) 706-6188.

We're here to help. BPRD has numerous options for you whether you are transitioning from physical therapy or beginning a dialogue with your physician to discuss your exercise plans. Contact us to keep moving to enjoy your Bend lifestyle.

Looking to get in shape before or after surgery?
- OR -
Looking for your next step from physical therapy?

Therapeutic fitness can help you transition.

Therapeutic Fitness Options

Bend Park and Recreation District features three different therapeutic fitness program options so you can access the type of program you need.

1 INDIVIDUALIZED THERAPEUTIC FITNESS PROGRAMS

It's like having your own fitness coach! Beginning with a personal consultation, your unique needs will be assessed and individualized sessions created to meet your fitness goals.

Individualized Water Fitness Program JSFC

Water exercise can help with many conditions - pre-/post-joint replacement, arthritis, back and joint pain, stroke, fibromyalgia and MS. As you work out with the three dimensions and characteristics of water - buoyancy, support and resistance - there is little to no impact on your joints. Leveraging resistance, water exercise improves your cardio fitness while strengthening and toning muscles. Call (541) 706-6189 to schedule your personal consultation.

Initial Personal Consultation & Assessment: \$83.00
Personalized Session: \$66.00

Next Step JSFC BSC Therapeutic Training

Whether you're getting in shape for upcoming surgery, recovering from injury or surgery, or transitioning from physical therapy, our therapeutic fitness experts can help you take the next step. Your first step is to check with your physician, then we will design an exercise program to meet your needs. Call (541) 706-6188 to schedule an appointment

2 DROP-IN WEEKLY THERAPEUTIC FITNESS CLASSES

Join in regular weekly fitness classes that match your needs for recovery, chronic conditions and injuries.

Use your Drop-In or Full-Access Pass

Fit4U Moving to Music BSC

A lively, fun chair exercise class with upbeat, varied music to help you move more freely and without pain. Program designed by the Arthritis Foundation.

Fit4U 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, fibromyalgia and anyone seeking relief from chronic pain.

Fit4U Water Therapy Class JSFC

Research has shown that therapeutic fitness in the water can make a difference in outcomes. Water's natural resistance provides a low-impact environment to gain strength and water's buoyancy relieves compression on the joints and improves range of motion. Ideal for those preparing for, or recovering from surgery or an injury.

LOOK FOR FIT4U AND 101 CLASSES

For more classes to match your therapeutic fitness needs, look for both Fit4U and 101 classes which are specially-designed for those wanting a lower impact and light-intensity workout. Look for the Fit4U icon. Learn more on page 54.

3 THERAPEUTIC FITNESS REGISTRATION CLASSES

Specially-designed for particular conditions or to achieve specific health goals, these registration classes are focused on common issues and tend to be low-impact and low-intensity, centered on muscle strengthening for stability and mobility.

The following class requires registration and is not included with a pass.

Stand Tall - Don't Fall BSC

Ages: 50 & up

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

\$40.00 ID \$48.00 OD / session

Activity: 102777

W: 10:00 - 11:00 am

Sessions: 1/8 - 3/11 3/18 - 5/20



Fitness Workshops

The following classes require registration and are not included with a pass.

Yoga for a Healthy Back JSFC

All Adults

Don't let back pain hold you back! Yoga has been scientifically shown to benefit many with back pain. This gentle yoga practice with individualized instruction specifically focuses on back care. Using poses and breath work, you'll build the framework for your back strength and health while promoting awareness and self-discipline. Poses are practiced on the floor and standing with wall and chair support. Participants must be able to move independently from floor to standing.

\$48.00 ID \$57.60 OD / session

Activity: 105613

W: 4:15 - 5:45 pm

Session: 1/15 - 2/5



Strong & Supple Feet BSC NEW

All Adults

Create strong and supple feet for a great base! Certified Personal Trainer, Dave Zimmerman will coach you on a series of exercises targeted to strengthen feet, ankles and legs. Your feet are your foundation so give them the attention they deserve to help avoid injury from the long-term stress they receive.

\$49.00 ID \$58.80 OD / session

Activity: 102778

Tu: 1:15 - 2:45 pm

Session: 3/17 - 4/7

Nordic Walking JSFC

All Adults

Nordic walking is one the fastest growing fitness activities in Europe! Burn 30 - 45% more calories than walking without poles as you train for your favorite spring and summer activities. Nordic poles provided.

\$24.00 ID \$28.80 OD / session

Activity: 105620

Tu: 10:30 - 11:30 am

Sessions: 4/7 - 14 5/12 - 19



Cancer Survivors' Therapeutic Fitness JSFC FREE

Supported through partnership with Tour des Chutes and St. Charles Cancer Center

The Tour des Chutes, St. Charles Cancer Center and Bend Park and Recreation District have partnered to provide the free programs specifically designed for cancer survivors. Registration required.

Therapeutic Yoga: A Cancer Survivor's Gentle Yoga Class

All Adults

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

Activity: 105630

Th: 6:45 - 8:00 pm

Sessions: 1/16 - 2/20 3/5 - 4/9
4/23 - 5/28

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

All Adults

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

Activity: 105631

M: 2:00 - 3:00 pm

Sessions: 1/27 - 3/16 (no class 2/17)
3/30 - 5/18

Indoor Cycle for Cancer Survivors NEW

All Adults

Spin away! Indoor cycling is a non-impact, cardio workout for everyone - no need to be a cyclist! Classes can be easily modified to meet your needs and goals. Taught by Viviane Ugalde, MD, this spin class is specially designed for cancer survivors.

Activity: 105632

Su: 9:30 - 10:15 am

Sessions: 1/19 - 2/23 4/5 - 5/24

Personal Training: Individual & Group BSC JSFC

A personal trainer can help you:

- Focus on your personal goals.
- Prepare for an adventure, race or event.
- Make your fitness routine fresh and interesting.
- Meet your desired activity and fitness level.

BPRD has a diverse group of trainers and services to meet your needs.

Purchase multiple sessions and save!

Individual Training Session Rates:

Initial Consultation and Assessment:	\$83.00
1 - 2 Sessions:	\$66.00/ea.
3 - 5 Sessions:	\$63.00/ea.
6 - 11 Sessions:	\$60.00/ea.
12 + Sessions:	\$57.00/ea.

Partner Training Rates: (per person):

1 - 2 Sessions:	\$50.00/ea.
3 - 5 Sessions:	\$48.00/ea.
6 - 11 Sessions:	\$45.00/ea.
12 + Sessions:	\$43.00/ea.



Group Training: Are you and some friends training for a race or event? Small group trainings of three or more people make it more affordable and fun to train!

Next Step Therapeutic Training: Whether you're getting in shape for upcoming surgery, recovering from injury or surgery, or transitioning from physical therapy, our therapeutic fitness experts can help you take the next step. Your first step is to check with your physician, then we will design an exercise program to meet your needs.

Visit bendparksandrec.org for trainer bios and fitness options. Contact the Fitness Team at (541) 706-6188 to set up a session.

Private & Semi-Private JSFC BSC Private Instruction

Looking for personalized instruction? Want to hone in on an advanced movement or a specific fitness area? Private and semi-private instruction is available for all listed drop-in fitness classes.

30-minute session:	\$28.00
60-minute session:	\$55.00

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

NEW **Personalized Spinning® Instruction:** Check out our SPINPower® personalized sessions! Establish your Personal Spinning® Threshold and receive a customized bike fit. Great for just starting out, reaching your next level or training for that bike race or adventure.

Contact our Fitness Team at (541) 706-6188 to schedule your class.

LET'S GET
YOU
MOVING!

Get Started with Fitness 101

Whether you are new to fitness or making a return, our expansive schedule of classes offer something for everyone! All our drop-in fitness classes are ongoing and offered on a first-come, first-served basis. New students, attend one of our 101 classes for an orientation and to get a great start. Questions? Call our helpful staff for assistance at (541) 706-6188.



Low Impact • Light Intensity

Fit4U 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 **Fit4U** icon with class descriptions on pages 55 - 59. Visit our website at bendparksandrec.org/fit4u for the Fit4U class schedule.



Fitness Centers

Fit4U FITNESS CENTER ORIENTATION JSFC BSC

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. Orientations are strongly recommended prior to using the fitness center, and in some cases, it may be required. Fitness center orientations are offered weekly and are free.

FITNESS CENTER & UNDER 18 USE JSFC

16- to 17-year-olds may use the fitness center without restriction, although we recommend completing an orientation. 11- to 15-year-olds may workout in the fitness center under direct parental/guardian supervision, or complete an orientation to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center.

WEEKLY DROP-IN FITNESS CLASSES

on pages 55 - 59.

FITNESS WORKSHOPS

on page 53.

THERAPEUTIC FITNESS

on pages 52 - 53.

275+ Drop-in Weekly Fitness Classes

January 2 - June 12

Group classes are ongoing and you can start anytime. Our expansive schedule offers something for everyone! New to a class format? Try a 101 or a Fit4U class to get started and learn modifications. Want to increase your fitness and be challenged? Many classes include High Intensity Interval options.

WEEKLY SCHEDULES: All classes are held on a weekly basis and offered on a first-come, first-served basis. Check schedules online at bendparksandrec.org. You can even download to your own mobile device calendar.

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

PASSES / FEES: There are numerous pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 16 - 17.

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

Private & Semi-Private SpinPOWER® Sessions NEW

Receive a customized bike fit and learn to improve your fitness as you establish your SPINPower® Zones through Personal Spinning® Threshold testing. Maximize your workouts on our state-of-the art Spin® bikes!

30-minute session: \$28.00
60-minute session: \$55.00

Session can be shared with one partner of like abilities and goals. See page 54 for more.



Spinning®:

Benefits: Our brand new, state of the art, Spinner® Chrono™ Power bikes allow for a non-impact cardio workout for everyone. Classes are held in our theater-style indoor cycle studio where you are surrounded by beautiful park views. You don't need to be a cyclist to enjoy Spinning®. Classes can be easily modified to meet your needs and goals and personalized instruction is available.

SPIN® JSFC

Offering a wide range of structured cycle workouts from endurance rides and hill climbs to sprints and race pace efforts. You are encouraged to modify your ride to meet your needs and goals.

Fit4U SPINNING® 101 JSFC

Want to try Spinning®? The instructor will assist you with a detailed bike set up, teach modifications and give you the skills and confidence to make Spinning® a part of your exercise routine.

SPINPOWER® JSFC NEW

SPINPower® is best in-class for power-based watts training. It is a road-based cycling workout with power meter technology that delivers real, measurable results.

SPIN®/CORE JSFC

A double whammy! It's a Spin® workout with off-the-bike core training to finish up.

SPIN®/WINTER CONDITIONING JSFC

A combination of cardio and winter conditioning both on and off the bike.

Fit4U FIT4U SPIN® JSFC

Wide range of structured Spin® workouts. Perfect for active, older adults and those looking for a low-impact, light-intensity workout.

CYCLE ON YOUR OWN JSFC

Non-instructed cycling on your own. Allow 10 minutes before and after scheduled classes for transitions. Please check in at the south reception desk for personalized assistance.

Fit4U BABY & ME SPIN®/CORE JSFC

Bring baby and get your workout in while you connect with other parents and guardians in a supportive community. You and baby will have the time and space to settle in and connect with each other and the instructor. Babies are welcome from 6 weeks to crawling. Strollers, car seats and bouncy seats encouraged.



Cardio Fitness & Dance:

Benefits: These classes are full of variety with dance, step, kickboxing and always your choice of high- or low-impact. Engage your muscles and get your heart pumping for increased strength and resilience.

CARDIO BARRE BODY JSFC

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

Fit4U CARDIO BALL BSC

Light, low-impact cardio and core conditioning integrating exercise balls, chairs and light weights.

CORE DE FORCE™ JSFC

High-energy, non-contact class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout. Cardio spikes burn major calories and your body weight provides resistance – no equipment needed.

CORE/STRENGTH/ CARDIO CHALLENGE JSFC

Cardio-intense intervals, strength and functional training utilizing weights, resistance bands and body bars for a full body workout.

F.I.T. JSFC

Fat-burning, High-Intensity Interval Training! This class is full of variety, challenge and FUN! Focus is on cardio intervals; step, kickboxing, cardio dance and sport drills alternating with muscle conditioning. Format and instructors rotate.

Fit4U INDOOR CARDIO WALKING BSC

Alternating cardio walking with body toning for quick and efficient results. Easy-to-follow workouts without any complex or fancy footwork.

Fit4U WALK WITH EASE - SEATED EXERCISES NEW BSC

This class is tailored to people with mobility issues. All exercises will be in a seated position. Increase flexibility, gain strength and have fun!



P90X® LIVE! JSFC

P90X Live! constantly switches things up to help you and your muscles break through fitness plateaus. Cardio, resistance and strength training, plyometrics, ab work and more! Modifications are offered continually.

P90X®/PIYO® LIVE! 30/30 CHALLENGE JSFC

Thirty minutes of P90X - a total body workout that uses body weight and minimal equipment and includes cardio, lower body and upper body work, followed by thirty minutes of PiYo for the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

TURBO KICK LIVE!® JSFC

Ready to become a total fitness knockout? With fun, rhythmic cardio kickboxing moves and high energy music, you'll get ultra-lean and toned while having a blast.

Fit 4U BALLET SKILLS 101 JSFC

Instructor will introduce you to basic Ballet steps.

BALLET DANCE WORKOUT JSFC

Classical Ballet technique, cueing, body alignment, and musicality. Instruction focuses on proper position, variations and building of Ballet dance choreography.

Fit 4U BEGINNING LINE DANCE BSC

Designed for those that want to learn the basics, as well as progress further. Wide variety of music.

Fit 4U BEGINNER PLUS LINE DANCE BSC

For those that know the basics and want more of a challenge to fun music and steps.

Fit 4U CARDIO DANCE 101 JSFC

Let's get you dancing and your heart pumping! Instructor will take you through basic practice steps of the various cardio dance formats that we currently offer.

CARDIO DANCE JSFC BSC

Mix it up and fuse it all together. Set to numerous genres of music. Various cardio dance formats offered.

BLISS DANCE WORKOUT JSFC

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

BLISS HIP HOP JSFC

Another great Bliss workout! High energy and music-fueled, this class delivers a fierce cardio-blast while dancing to the best hip hop, funk and club beats.

BLISS/ZUMBA® JSFC

Get your cardio dance on in this great combo class.

Fit 4U NIA® BSC

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life, body and mind.



Fit 4U DANCE THROUGH THE DECADES BSC

Learn the basics of cardio dance, one step at a time! Taught at a slower pace with attention to individual steps and time to practice each, this class will have you feeling confident you can attend any Zumba or cardio dance class as you build your skill set.

Fit 4U ZUMBA GOLD® BSC

Come ready to sweat and leave feeling empowered and strong! Featuring easy-to-follow choreography focused on balance, range of motion and coordination, Zumba Gold® is the perfect match for both beginners and active older adults who are looking for lower intensity modifications of the original Zumba® moves you love.

ZUMBA® JSFC BSC

Zumba® takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise.



Strength & Conditioning:

Benefits: Make every day better by improving your day-to-day function with strength and conditioning! Use a variety of equipment to increase your muscle strength and endurance, bone density and balance.

Fit 4U BEGINNING BARRE BSC

Class combines ballet and strength conditioning with head-to-toe flexibility, balance and core work.

BARRE BODY JSFC BSC

Conditioning class utilizing small, precisely controlled body movements to challenge, tone and define muscles. Core strength and balance improve as the exercises constantly reinforce proper body alignment and posture.

Fit 4U FITNESS CENTER ORIENTATION JSFC BSC

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively, orientations are strongly recommended prior to using the fitness center, and in some cases, it may be required. Fitness center trainings are free and offered weekly.

WEIGHT TRAINING & CARDIO 101 JSFC

Held in the Fitness Center, this session teaches best form in weight training and cardio machine programing, helping provide the foundation you need to develop your personal fitness center workout.

Work for play.

BPRD is hiring. Learn more at bendparksandrec.org.

Fit 4U FITNESS CENTER CIRCUIT JSFC BSC

Coached workout with a series of stations to get your whole body fit. Held in the fitness center, these classes offer something for everyone.

Fit 4U FUNCTIONAL FITNESS JSFC BSC

Improve your daily function through a series of exercise routines emphasizing flexibility, balance and strength. Class focus is on muscle mechanics, core work and body awareness.

TOTAL BODY STRENGTH & CORE JSFC BSC

A total body strength workout using a variety of equipment.

TOTAL BODY BOOT CAMP CONDITIONING JSFC

Conditioning drills using a variety of equipment. Classes include sports-type drills, speed and agility.

TOTAL BODY WINTER CONDITIONING JSFC

Muscle-specific winter sports conditioning drills using a variety of equipment.

TRX CIRCUIT JSFC

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

Fit 4U STRENGTH, TONE & MIGHTIER BONE BSC

This weight training class focuses on improving bone health and muscle mass while increasing flexibility and balance.

Fit 4U FITNESS VARIETY BSC

A total body conditioning class incorporating strength, cardio, core and balance.

Fit 4U STRETCH & STRENGTH BSC

Start your day out with this energetic workout. Practice proper techniques of strength training and stretching. Class uses a variety of equipment with stretching woven in throughout the class.

Fit 4U GROUP FITNESS BSC

Conducted in a group setting. Includes warm up, exercises for strength, flexibility, balance and cool down.

Fit 4U STRENGTH & CONDITIONING BSC

Improve your strength, range of motion, flexibility, balance and hand-eye coordination. Weights are used from both sitting and standing positions with modifications recommended as needed. To add conditioning, rest periods are shortened.

Fit 4U BALANCE ESSENTIALS BSC

Combines a variety of exercises to improve your strength, balance, endurance and flexibility.

Pre- and Postnatal Fitness

Prenatal Drop-In Fitness JSFC

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.

These classes 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 58)

Deep Water Workout & Prenatal (page 59)

Ages: 6 weeks to crawling

Online schedules at bendparksandrec.org

Baby & Me Drop-In Fitness JSFC

Ages: 6 weeks to walking

Full Access Pass or drop-in fee.

After your six-week check-up, come exercise with your baby at your side in a supportive environment. We'll help you get back in shape.

Come connect with other parents and guardians in a supportive community.

Weekly classes in:

Baby & Me Spin®/Core (page 55)

Baby & Me Yoga (page 58)

Online schedules at bendparksandrec.org



Baby & Me Postnatal Fitness Workshop JSFC

Ages: 6 weeks to crawling

Little bundles of joy, babies take body strength-lifting, carrying and more! This class will focus on strategic engagements, proper alignment and purposeful movements in order to support your body as you grow into newfound strength. The session will begin with individual evaluations, assisting in creating your healthy fitness path. Class will focus on core rehab as you connect with your body and your baby. Come with a well-fitting baby carrier.

\$60.00 ID \$72.00 OD / session

Activity: 105608

W: 10:30 - 11:45 am

Session: 1/22 - 2/19 4/1 - 29



Need child care while you work out?

With Kids' Corner, we've got you covered.
Learn more on page 19.

Mind & Body:

Benefits: Rooted in traditional practices, Mind & Body classes aim to improve your overall health and wellbeing through stretching, focused breathing, relaxation techniques and strengthening movements or poses. Yoga, Pilates, Tai Chi, meditation and other practices are known to build on both physical and mental awareness and wellness.

All Levels

YOGA 101

Get started in yoga! We will cover the foundations of poses along with modifications and class formats. Learn how to build a practice that meets your needs and goals.

PILATES MAT 101

A personalized experience where you will learn the foundational Pilates exercises.

PILATES FUNDAMENTALS

Designed to help new students feel more comfortable in their Pilates practice or for the more experienced seeking a slower pace to create a foundation for each exercise.

QIGONG

A holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health and well-being.

CHAIR YOGA

An introduction to yoga using modifications while seated or standing behind a chair to increase balance and strength. Personalized assistance is available as needed. Breath and alignment emphasized.

GUIDED MEDITATION

A quiet time and space to focus on breathing, and your personal intention, as you relax in an extended Savasana.



GENTLE YOGA FOR MINDFULNESS

This yoga practice is designed to settle the mind, stretch the body and cultivate relaxation in the moment with meditation, breath work and asanas, or seated poses.

YOGA FOR HEALTHY AGING

Learn to use yoga to manage and adapt to the changes associated with aging. Emphasis on yoga poses to promote strength and flexibility both physically and mentally, balance, breathing and relaxation techniques.

YOGA FUNDAMENTALS

Learn to do yoga poses correctly and safely with an emphasis on alignment, proper muscle action and breathing techniques. This class moves at a slow pace and includes the instruction and tools to develop your yoga practice.

RESTORATIVE YOGA

Restorative yoga poses prioritize stillness. This passive practice is done lying and seated, allowing time to go deep into stretches and lengthen tight muscles. Quiet your mind as well as your body.

Need child care while you work out?

With Kids' Corner, we've got you covered.
Learn more on page 19.

RESTORATIVE FLOW YOGA

Restorative Flow includes gentle movement with the breath in standing poses, as well as passive lying and seated stretches.

RESTORATIVE YOGA FOR ATHLETES

A restorative practice designed to enhance athletic recovery and reduce the risk of injury. Add flexibility training to your workout routine and improve your athletic performance.

YIN YOGA

Opens the connective tissue in the body using deep, passive poses held for several minutes. This practice challenges your mind to relax as you tether your focus to your breath.

PRENATAL YOGA

Journey through this magical time together as you maintain fitness and wellbeing. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.



BABY & ME YOGA

Journey back into your yoga practice with baby at your side. Make new connections and build friendships as you transition from pregnancy. Babies are welcome from six weeks to walking. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.

TAI CHI 8 MOVEMENT

Slow, circular movements to gently exercise muscles and improve range of motion. Often described as "meditation in motion," Tai Chi focuses on constant, low-impact movements and internal awareness to help generate a feeling of overall health and vitality.

TAI CHI 8/24 MOVEMENT

This class is designed for those that want to build on the 8 Movement form of Tai Chi as a bridge to the 24 Movement. Features both formats.

TAI CHI 24 MOVEMENT

Further your practice of Tai Chi with additional movements to help improve balance, movement, vitality and wellbeing.

Intermediate Levels

FLEXIBLE STRENGTH THROUGH YOGA

A fitness-style yoga class that moves with the breath, continuously stretching and strengthening the body.

KUNDALINI YOGA & MEDITATION

Known as the yoga of awareness, the yoga of consciousness. In Kundalini, practitioners use asanas (physical postures), pranayama (breath), chanting and meditation to transform and deepen our personal practice.

YOGA FLOW

An introduction to Vinyasa Yoga, moving with the breath, this alignment-focused class features a flowing sequence of meditation, breath and traditional Hatha Yoga asanas and aims to increase energy, flexibility and strength.

VINYASA YOGA

Move with the breath in this dynamic form of yoga which incorporates sun salutations and connecting asanas to create flow in your practice.

YOGA FOR ATHLETES JSFC

Yoga for athletes reaches the athlete in all of us by improving balance, flexibility and mental focus. Yoga poses and breath work can help improve performance, sleep, injury reduction and recovery.

YOGA & PILATES JSFC BSC

Learn to move your body from your core, your powerhouse with techniques and benefits of both disciplines. Yoga increases flexibility and balance; Pilates increases core strength and lengthens the muscles.

PILATES BARRE JSFC

Class flows through a series of Pilates and Barre-inspired exercises to develop deep pelvic floor and posture stabilizing muscles. Done primarily standing.

PILATES MAT JSFC BSC

Using the fundamentals of Pilates, flow through a contemporary series of Pilates and Pilates-inspired mat exercises to develop deep pelvic floor and posture-stabilizing muscles.

Advanced Levels

PIYO LIVE!® JSFC

PiYo Live! combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This combo mixed with speed delivers a fat-burning, low-impact workout that aims to have your muscles long, lean and defined.

Private & Semi-Private Yoga & Pilates Sessions

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

30-minute session: \$28.00

60-minute session: \$55.00

Session can be shared with one partner of like abilities and goals. See page 54 for more.

POWER VINYASA/ SOUND BATH JSFC

Come ready to sweat in this challenging practice that can produce extraordinary physical results. In this faster paced workout-style yoga that is combined with immersive, meditative sound, practitioners can advance themselves while building more strength and flexibility. Six months of prior practice of yoga is recommended.

SCULPT FUSION YOGA JSFC

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

Water Fitness:

Benefits: Cross train with the three dimensions and characteristics of water - buoyancy, support and resistance! With little to no impact on your joints, water exercise improves your cardio fitness while strengthening and toning muscles, using the water's resistance. No swimming skills are needed and classes held in the deep water use floatation devices. Water shoes are recommended.

DEEP/SHALLOW AQUA FIT & FUN JSFC

Wow! Get a total body workout to motivating music. Takes place in the shallow and deep end of the pool. All levels welcome. Just come and have fun moving and grooving.

Fit 4U DEEP/SHALLOW WATER WORKOUT JSFC

Total body workout emphasizing cardio, with the benefit of core strengthening, muscle toning and stretching. Maintain or improve your fitness level without jarring your joints. Classes held in the deep water use floatation devices.

DEEP WATER WORKOUT JSFC

Total body workout offering cardio, core strengthening, muscle toning and stretching. Classes held in the deep water use floatation devices.



DEEP WATER WORKOUT & PRENATAL JSFC

Total body workout offering cardio, core strengthening, muscle toning and stretching. Classes held in the deep water use floatation devices. Prenatal welcome. Water provides the freedom of movement and support to help make exercising safer and more effective during pregnancy. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.

Fit 4U WATER RUNNING 101 JSFC

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

DEEP WATER RUNNING JSFC

Move against the resistance of the water and create a challenging workout with directional changes. Run, ski and move through the water while each stride helps you become a more effective and efficient runner with zero impact. Great cross training for runners and non-runners alike.

SHALLOW AQUA ZUMBA® JSFC

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine; blending the Zumba® philosophy with water resistance, this is one pool party you shouldn't miss!

Fit 4U DEEP TETHERED RUNNING 101 JSFC

New students are required to attend this 15-minute introduction. Not recommended for prenatal students.

DEEP TETHERED RUNNING JSFC

High intensity deep water running class that provides a total body workout without any impact. Your floatation belt is anchored to a lane line, providing even greater resistance. Set to upbeat music, participants can work out harder, get their heart rates up higher and burn more calories than running on land. Not recommended for prenatal students.

WATER YOGA & PILATES JSFC

The energy, flow and buoyancy of the water provides a perfect environment to release and rejuvenate. Begin your practice with breath work as you hang and decompress in the deep water. Move to the shallow water for balancing, core and traditional yoga and Pilates exercises.





Game time.

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



Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

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

\$3.00 / drop-in fee

M: 6:00 – 8:00 pm

Session: 1/6 - 6/8

Be a coach!
Volunteer coaches needed for youth sports.

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

Curling

Adult Curling League

All Adults

The Pavilion

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

\$400.00 team

Activity: 110331

Su: 3:45 - 10:30 pm

Session: 1/5 - 2/23

Learn to Curl

All Adults

The Pavilion

Want to improve your curling skills? Join us on Fridays as an experienced instructor will help you hone in your skills. Registration required.

\$30.00 ID \$36.00 OD / session

Activity: 110334

F: 8:30 - 10:30 am

Sessions: 1/10, 1/17, 1/24, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13

Fencing

Beginning Epee Fencing

Ages: 19 & up

High Desert Fencing

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

\$96.00 ID \$115.20 OD / session

Activity: 102722

W: 5:30 - 7:00 pm

Sessions: 1/22 - 3/11 4/1 - 5/20





Hockey

Coached Adult Stick & Puck

All Adults

The Pavilion

The same unstructured hockey practice you love, but with coaching available if you choose. Get specialized tips and tricks from our coaching staff to help your skill development. Bring your sticks, skates and gear and work on your skating, stickhandling and shooting in these no pressure, hockey-only sessions.

\$15.00 ID \$15.00 OD / session

Activity: 110411

Tu: 11:45 am - 1:00 pm

Sessions: 1/7, 1/21, 1/21, 2/4, 2/18, 3/3, 3/17

Required Hockey Gear

PLAYERS: Helmets (17 & under require a face mask), shin pads, hockey/street hockey gloves, cup or athletic supporter and hockey stick. **GOALIES:** Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove, goalie stick, and cup or athletic supporter.

Adult Skills & Drills

All Adults

The Pavilion

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

\$84.00 ID \$100.80 OD / session

Activity: 110321

F: 8:15 - 9:30 pm
- OR -
9:45 - 11:00 pm

Session: 1/10 - 2/21

Lunch Time Hockey League

All Adults

The Pavilion

Looking for more hockey? Come and join us during your lunch break for an adult hockey league. Register as an individual. Teams will be separated. Games will be at 10:45 am and 12:00 pm. League will play eight games. No playoffs.

\$140.00 ID \$168.00 OD / session

Activity: 110325

W: 10:45 am - 1:00 pm

Session: 1/15 - 3/4

Wally Wallace Cup Hockey Tournament

All Adults

The Pavilion

Come immerse yourself in great adult hockey action! This tournament honors Wally Wallace, one of the founders of local ice hockey in Bend. Spectators welcome; food and beverages available.

\$40.00 ID \$48.00 OD / player

Activity: 110320

Sa - Su: Times vary

Session: 3/14 - 15

Registration Opens: 1/21

Registration Deadline: 3/1



Get paid to watch sports!

Officials needed for Adult Rec Leagues.

Contact Becky at (541) 706-6120 for more information.

Specialized Ice Sessions

Adult: \$12.00 / session

Youth: \$10.00 / session

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get the fifth session for FREE!

Registration: Opens 72 hours prior to scheduled session. You must check-in with the front desk before the session.

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

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

Stick Time

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

Activity: 110402 - Adult
110401 - Youth

Pick-up Hockey

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

Activity: 110403 - Adult

Curling Time

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

Activity: 110332 - Adult

Freestyle

Freestyle is a practice session designed for intermediate and advanced figure skaters to take advantage of the full ice surface to work on edgework, jumps, spins and choreography.

Activity: 110160 - Adult/Youth

Ice Skating

Learn to Skate Adult: Level 1 - 3

Ages: 16 & up

The Pavilion

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

\$72.00 ID \$86.40 OD / session

Activity: 110141

Th: 5:45 - 6:15 pm

Sessions: 1/9 - 2/13 2/20 - 4/2

Free Practice

Registered Learn to Skate participants skate for free at public skate sessions Tuesdays through Thursdays (rental skates not included). See session descriptions on page 27.

Schedules online at thepavilioninbend.com.



Learn to Skate Adult: Level 4 - 6

Ages: 16 & up

The Pavilion

Learn new moves on the ice! Advance in your skating skills as we continue to learn proper technique for edgework plus new skills such as forward crossovers, & beginning two foot spins. For skaters who have mastered Level 2 skills. Figure skates recommended as we will learn skills specific to figure skating.

\$72.00 ID \$86.40 OD / session

Activity: 110143

Th: 5:45 - 6:15 pm

Sessions: 1/9 - 2/13 2/20 - 4/2

Ice Dance Technique

Ages: 16 & up

The Pavilion

Explore the basic techniques used in the sport of Ice Dance! This series will focus on improving edgework and introducing dance patterns, skated with music. Prerequisite: skaters must be able to do forward crossovers and use edges comfortably.

\$72.00 ID \$86.40 OD / session

Activity: 110162

Tu: 5:45 - 6:15 pm

Session: 1/7 - 2/11



Sharpen Your Skating Skills

Ages: 11 & up

The Pavilion

Sharpen your figure skating skills with these drop-in style workshops! Each session will provide focused instruction on a specific topic to improve your skating technique and conditioning. Hosted by Bend Ice Figure Skating Coaches. Prerequisite: skaters must be able to do forward crossovers and use edges comfortably.

\$12.00 ID \$14.40 OD / session

Activity: 110161

Sa: 9:40 - 10:25 am

Sessions: 1/18, 1/25, 2/8, 2/15
2/22, 3/7, 3/14

Let's skate!

Public skate sessions information on page 27.

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



Soccer

Adult Recreational Soccer League

All Adults

Big Sky Sports Complex

Get outside and play some soccer! For beginning to experienced soccer players, this league provides soccer game opportunities emphasizing recreation, camaraderie and fun. Team sign-up only.

Individuals looking for a team, contact Becky Young at beckyy@bendparksandrec.org.

\$549.00 / team

Registration deadline: 3/22
or until full

Activity: 103950

Su: 12:00 - 7:00 pm

Season: 4/5 - 6/7 (no games 4/12 or 5/24)

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

Adult Volleyball Leagues

All Adults

Cascade Middle School

Join other volleyball enthusiasts and form a team! Two exciting leagues are offered: coed quads and women's 6's. These leagues are self-officiated; league standings are kept with playoffs to end the season. Teams will play multiple matches each evening. Team sign-up only.

Individuals looking for a team, contact Becky Young at beckyy@bendparksandrec.org.

\$329.00 / team

Registration deadline: 2/9
or until full

Activity: 103900

COED QUADS

M: 6:00 - 10:00 pm

Season: 3/9 - 5/4 (no games 3/23)

WOMEN'S SIXES

W: 6:00 - 10:00 pm

Season: 3/11 - 5/6 (no games 3/25)



Be a coach!
Volunteer coaches
needed for youth sports.

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

Adult Softball Leagues

All Adults

Softball season is fast approaching! Now is the time to get your team and sponsor in order. BPRD softball leagues are known for great camaraderie and fun - just the break you need from the hustle of your regular day.

Space in each league is limited!

METRO SOFTBALL LEAGUES

Skyline Sports Complex

Our Metro Softball Leagues are for the more competitive and experienced players. Games are umpired, league standings are kept and playoffs are held at the end of the season.

Pre-Season Meeting on March 18: An optional organizational meeting will be held at the Bend Park & Recreation District Office, 799 SW Columbia St.

League Season: Late April through mid-August

Registration deadline: 4/5 or until full

League	Days	Team Fee
Senior League	Mondays	\$999.00 / team
Women's League	Mondays	\$799.00 / team
Men's B League	Tuesdays or Thursdays	\$699.00 / team
Men's C League	Thursdays	\$679.00 / team
Men's D League	Wednesdays	\$699.00 / team
Coed League	Sundays	\$499.00 / team

RECREATIONAL SOFTBALL LEAGUES

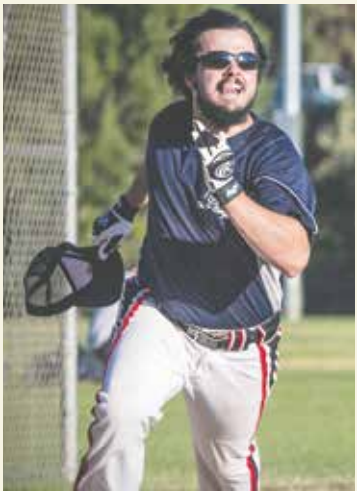
Pine Nursery Sports Complex & Skyline Sports Complex

Perfect for anyone interested in having fun, our Recreational Softball Leagues offer variable game nights and self-umpired games. Standings are not kept in this league and no playoffs are held.

League Season: May through mid-August

League	Days	Team Fee
Coed Rec League	Varies	\$375.00 / team
Men's Rec League	Varies	\$375.00 / team

Registration deadline: 4/26 or until full



**YOUTH
THERAPEUTIC
RECREATION**
.....
PAGES 64 - 65

play your best

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

Teens Thriving Together

Grades: 6 - 11

Cascade Middle School

Teens, come enjoy after school activities and field trips with your peers! This program offers daily craft projects, weekly field trips, and endless fun with peers.

\$250.00 ID \$300.00 OD / session

Activity: 404001

M/Tu/Th/F: 3:30 - 6:00 pm

- AND -

W: 2:00 - 6:00 pm

Session: 1/6 - 6/12 (school days)

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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

Stepping Stones Preschool

Ages: 3 - 5

Harmon Park

Join us for an inclusive pre-school program. We will put your child's talents and creativity to use through games, learning activities, art projects, and local field trips.

\$175.00 ID \$210.00 OD / session

Activity: 104850

M/W: 9:30 am - 12:00 pm

Sessions: 1/13 - 29, 2/3 - 26, 3/2 - 30
4/6 - 29, 5/4 - 27, 6/1 - 10

Kids' Adventure Days

Ages: 6 - 13

Harmon Park

Kids, save the cartoons for later! Join us for exciting activities in and around Bend. Activities may include sledding, skating, adapted biking, bowling, arts, crafts and games. This program is available to kids with disabilities and their siblings/friends!

\$35.00 ID \$42.00 OD / session

Activity: 104811

Sa: 9:30 am - 1:00 pm

Sessions: 2/8, 3/21, 4/18

Kids' Night at Sun Mountain Fun Center

Ages: 6 - 13

Sun Mountain Fun Center

Kids, have a blast at Sun Mountain Fun Center's arcade and bumper cars while your parents enjoy a kid-free night. This program is available to kids with disabilities and their siblings/friends. You must pre-register; sorry no drop-ins.

\$20.00 ID \$24.00 OD / session

Activity: 104800

F: 6:30 - 8:30 pm

Session: 2/1

Kids' Trampoline Night

Ages: 6 - 13

Harmon Park

Kids, have a blast at Mountain Air trampoline park while your parents enjoy a kid-free night. This program is available to kids with disabilities and their siblings/friends. You must pre-register; sorry no drop-ins.

\$20.00 ID \$24.00 OD / session

Activity: 104805

F: 6:30 - 8:30 pm

Session: 3/13



Kids' Swim Night

Ages: 6 - 13

Juniper Swim & Fitness Center

Splish, Splash! Come enjoy a night at the pool with all your friends!

\$12.00 ID \$14.40 OD / session

Activity: 104801

F: 7:30 - 9:00 pm

Session: 4/10



Adult Therapeutic Recreation

Ice Skating & Hot Chocolate NEW

All Adults

The Pavilion

Join us for an evening of ice skating together at the Pavilion, followed by hot chocolate by the fire pit.

\$30.00 ID \$36.00 OD / session

Activity: 104701

F: 6:00 - 8:00 pm

Session: 1/24

Game Nights

All Adults

Norton Avenue Apartments

Join us for an evening of games, snacks and friendly competition. Each month, we will play some old favorites as well as learn a couple of new games to enjoy with your friends.

\$44.00 ID \$52.80 OD / series

Activity: 104509

F: 6:00 - 8:00 pm

Session: 1/31, 2/28, 3/20, 4/24

Winterfest

All Adults

Norton Avenue Apartments

Join us as we explore the festivities at Winterfest in the Old Mill District.

\$25.00 ID \$30.00 OD / session

Activity: 104501

Sa: 11:00 am - 2:30 pm

Session: 2/15

Valentine's Day Dinner & Dance

All Adults

Norton Avenue Apartments

Hearts-a-fire, get out your dancing shoes! It's time for the annual Valentine's Day Dinner & Dance. Put on your finest outfit and prepare yourself for the most exciting and elegant Valentine's Day. We'll pick you up at the Norton Avenue Apts. at 6:00 pm and chauffeur you to Hollinshead Barn for a delicious, romantic meal. Following dinner, head to the dance floor and groove the night away.

\$25.00 ID \$30.00 OD / session

Activity: 104511

F: 6:00 - 9:00 pm

Session: 2/7

Portland Overnight Trip: OMSI NEW

Ages: 21 & up

Norton Avenue Apartments

Join us for an overnight trip to Portland to explore the exhibits at the Oregon Museum of Science and Industry followed by dinner out on the town.

\$200.00 ID \$240.00 OD / session

Activity: 104623

Su - M: 7:00 am - 1:00 pm

Session: 3/15 - 16



Adult Therapeutic Recreation Registration By Survey

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

The survey is available at bendparksandrec.org/TR and will be open December 9 - 29. You will be notified by January 3 of your classes and arrangements for payment must be received by January 8 or your spot will be forfeited. After January 8, any unfilled classes will be open for anyone to register. If at any time you have questions, please contact Cheryl Kelley at 541-706-6121 or cheryl@bendparksandrec.org.

Tulip Festival NEW

All Adults

Norton Avenue Apartments

Enjoy what makes spring fabulous in the Northwest, as we see the Wooden Shoe Tulip Fest and enjoy fresh flowers, food and fun for all. Stroll through 40 acres of stunning beauty and experience expansive views of vineyards, mountains and farmland.

\$125.00 ID \$150.00 OD / session

Activity: 104620

Sa: 8:00 am - 5:00 pm

Session: 4/11

Portland Zoo Trip NEW

All Adults

Norton Avenue Apartments

Join us for a day trip to the Portland Zoo. We will observe a plethora of interesting animals, check out cool exhibits and discover why the Oregon Zoo is one of the leaders in animal welfare conservation.

\$150.00 ID \$180.00 OD / session

Activity: 104603

Sa: 7:00 am - 9:00 pm

Session: 5/2



Arts & Crafts

Let's Paint NEW

All Adults

Twin Knolls Transition Co-Op

Get creative with different types of paints while making beautiful art projects. Projects may include canvas wall hangings, note cards to send to your friends, posters and much more.

\$100.00 ID \$120.00 OD / session

Activity: 104415

W: 6:30 - 8:00 pm

Session: 1/15 - 2/12

Art Expressions

All Adults

Twin Knolls Transition Co-Op

Learn a new skill with friends while expressing yourself through a variety of fun and creative activities. Activities may include painting, drawing, pottery and more.

\$80.00 ID \$96.00 OD / session

Activity: 104400

F: 4:30 - 6:00 pm

Sessions: 1/31, 2/28, 3/20, 4/24

Pottery NEW

All Adults

Twin Knolls Transition Co-Op

Ready to get your hands dirty? Join us as we make ceramic pottery each week. You'll have an opportunity to express yourself creatively, learn new skills and improve your pottery pieces with each new project.

\$100.00 ID \$120.00 OD / session

Activity: 104420

W: 6:30 - 8:00 pm

Session: 2/19 - 3/18

Fabric Art NEW

All Adults

Twin Knolls Transition Co-Op

Learn how to make art projects using various fabrics. Let your creative side shine with your favorite colors and fabrics.

\$100.00 ID \$120.00 OD / session

Activity: 104421

W: 6:30 - 8:00 pm

Session: 4/22 - 5/6

Cooking

Finger Foods NEW

All Adults

Twin Knolls Transition Co-Op

Come learn how to make everything from Superbowl appetizers to mini pizzas. Finger foods are a fun way to eat delicious snacks with your family and friends, especially because you can eat them with your hands!

\$100.00 ID \$120.00 OD / session

Activity: 104316

W: 4:30 - 6:30 pm

Session: 1/15 - 2/12

Delicious Soups NEW

All Adults

Twin Knolls Transition Co-Op

Come in from the cold and enjoy a warm and delicious bowl of soup with us. Learn a new recipe each week.

\$100.00 ID \$120.00 OD / session

Activity: 104317

W: 4:30 - 6:30 pm

Session: 2/19 - 3/18

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6121.



World Cuisine

All Adults

Twin Knolls Transition Co-Op

Would you like to try cooking global cuisine for your family and friends? We'll teach you how to make a special dish from a different country each week.

\$100.00 ID \$120.00 OD / session

Activity: 104318

W: 4:30 - 6:30 pm

Session: 4/22 - 5/6

Fitness & Sports

Zumba

All Adults

Bend Senior Center

Dance to an energetic blend of popular music. This class is an easy way to work out by yourself or with some friends! Inquire prior to program if you will need transportation; bus space is limited.

\$75.00 ID \$90.00 OD / session

Activity: 104100

Tu: 4:30 - 5:45 pm

Sessions: 1/14 - 2/11, 2/18 - 3/17, 4/21 - 5/5

Weight Room Workouts

All Adults

Norton Avenue Apartments

Be challenged to reach your personal fitness goals while working on strength and endurance using the equipment in the weight room at Juniper Swim and Fitness Center.

\$75.00 ID \$90.00 OD / session

Activity: 104104

Tu: 6:00 - 7:30 pm

Sessions: 1/14 - 2/11, 2/18 - 3/17, 4/21 - 5/5

Bowling Nights

All Adults

Norton Avenue Apartments

Gutterball, spare, strike! Join us each week for a night of bowling and fun with your friends.

\$100.00 ID \$120.00 OD / session

Activity: 104703

Th: 6:00 - 8:00 pm

Session: 1/16 - 2/6

Pedal-On

All Adults

Norton Avenue Apartments

Intervals, rolling hills, sprints, climbs, runs and jumps all to music hand-picked to motivate and inspire you to an entertaining cycling workout at Juniper Swim and Fitness Center.

\$75.00 ID \$90.00 OD / session

Activity: 104105

Th: 6:15 - 7:30 pm

Session: 2/20 - 3/19

Lap Swimming NEW

All Adults

Norton Avenue Apartments

Have you participated in organized water fitness yet? Now is your chance! Get a workout while you fine tune your swimming skills during lap swim.

\$75.00 ID \$90.00 OD / session

Activity: 104113

Th: 6:00 - 7:15 pm

Session: 4/2 - 5/7

Night at the Pool

All Adults

Norton Avenue Apartments

We will enjoy an evening of open recreation swim and games at the Juniper Swim and Fitness Center pool, followed by an ice cream social.

\$15.00 ID \$18.00 OD / session

Activity: 104503

F: 7:00 - 9:00 pm

Sessions: 4/3, 5/8



Outdoors

Snowshoeing NEW

All Adults

Norton Avenue Apartments

Explore the beautiful snowy mountain scenery of winter while snow shoeing together on a guided tour through the trees.

\$125.00 ID \$150.00 OD / session

Activity: 104705

Sa: 11:30 am - 4:30 pm

Session: 1/25 - 2/1

Snow Tubing NEW

All Adults

Norton Avenue Apartments

Winter in Central Oregon isn't complete without enjoying the snow up at the mountain. Bring your warm clothes and get ready to have the best time tubing with friends at Mt. Bachelor.

\$75.00 ID \$90.00 OD / session

Activity: 104704

Sa: 9:00 am - 3:00 pm

Session: 2/22

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

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

\$3.00 / drop-in fee

M: 6:00 - 8:00 pm

Session: 1/6 - 6/8





play to learn

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.

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 classes:

Art, pages 76 - 77
Cooking, page 41
Crafts, page 43

Cooking & Crafts

Cook & Create NEW

Ages: 3 - 5

Harmon Park Hobby Hut

Your child will become Tiny Chefs on Tuesdays, learning basic food prep, making delicious treats and exploring new tastes. On Thursdays, children will create various art projects based on different themes. Children must be potty-trained.

Register for Cook & Create and Let's Make Lunch on Thursdays and your child will be supervised between classes.

\$99.00 ID \$118.80 OD / session

Activity: 106101

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

Sessions:

2/4 - 27 For Your Valentine

3/3 - 4/2 Leprechauns & Shamrocks
(no class 3/24 & 3/26)

4/7 - 30 April Showers, May Flowers

5/5 - 28 Animal Kingdom



Let's Make Lunch NEW

Ages: 3 - 5

Harmon Park Hobby Hut

Who's hungry? This preschool cooking class will help children to see the importance of good nutrition and gain confidence in preparing their own simple lunch and snacks. Children must be potty-trained.

\$69.00 ID \$82.80 OD / session

Activity: 106223

Th: 11:00 am - 12:00 pm

Sessions: 2/6 - 27

3/5 - 4/2 (no class 3/26)

4/9 - 30 5/7 - 28



Dance

With Your Child: Come Dance With Me

Ages: 3.5 - 4.5 with adult

Academie De Ballet

Experience the magic of classical dance together in this With Your Child dance class - perfect for shy and bold children alike. Includes age-appropriate ballet activities to ensure a safe learning experience and an introduction to ballet steps and terminology to develop language skills while practicing the French names to ballet steps.

\$80.50 ID \$96.60 OD / session

Activity: 106570

Tu: 10:45 - 11:15 am

Sessions: 1/7 - 2/18
2/25 - 4/14 (no class 3/24)

Born to Dance

Ages: 2.5 - 3.5

Academie De Ballet

Little ones will be dreaming of dancing at a ball! Budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement.

\$80.50 ID \$96.60 OD / session

Activity: 106573

Tu: 10:00 - 10:30 am

Sessions: 1/7 - 2/18
2/25 - 4/14 (no class 3/24)

Playdance

Ages: 3 - 5

Academie De Ballet

Playdance does so much for your child as little dancers discover spatial awareness, working and sharing with partners -- all done with glee and the joy of dance. A variety of props keeps children engaged and entertained as they dance as ballerinas, hip hoppers and Broadway stars.

\$85.50 ID \$102.60 OD / session

Activity: 106580

Th: 11:00 - 11:45 am

Sessions: 1/9 - 2/20
2/27 - 4/16 (no class 3/26)

Fantasy Ballet

Ages: 4 - 6

Academie De Ballet

Children are delighted to dance through magical places while using their newly learned ballet steps. This fantasy-themed ballet class is designed to cultivate your child's independence, creativity, individuality and artistry while discovering ballet terminology and the ballet culture of discipline and respect. Observation for parents and families held first lesson of the month.

\$105.00 ID \$126.00 OD / session

Activity: 106582

F: 3:30 - 4:25 pm

Sessions: 1/10 - 2/21
2/28 - 4/17 (no class 3/27)

Martial Arts

Lil'est Dragons

Age: 3

Odyssey Martial Arts

Beginning with the basics of Tang Soo Do Karate, this class teaches children discipline, self-control, confidence, and teamwork while developing motor skills. T-shirt included.

\$74.00 ID \$88.80 OD / session

Activity: 106752

Tu/Th: 3:30 - 4:00 pm

Sessions: 2/4 - 27
3/3 - 4/2 (no class 3/24 & 3/26)
4/7 - 30 5/5 - 28

Intro to Lil' Dragons

Ages: 4 - 6

Odyssey Martial Arts

Designed for beginning white belts, this class teaches the basics of Tang Soo Do Karate. Children will learn discipline, self-control, confidence, and teamwork - all while developing motor skills. Uniform included.

\$74.00 ID \$88.80 OD / session

Activity: 106750

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

Sessions: 2/4 - 27
3/3 - 4/2 (no class 3/24 & 3/26)
4/7 - 30 5/5 - 28



With Your Child: Explore & Play NEW

Ages: 2 - 5 with adult

Harmon Park Hobby Hut

Come explore with your child as we jump into games, science, art and cooking while meeting other new friends and creating a community of sharing and support. With Youth Child classes are a great way for children to get acquainted with a classroom so they can start their school adventures with confidence and a growing sense of independence.

\$69.00 ID \$82.80 OD / session

Activity: 106100

M: 1:00 - 2:00 pm

Sessions: 2/3 - 24
3/2 - 30 (no class 3/23)
4/6 - 27 5/4 - 6/1

Kindermusik™

Cascade School Music

Cascade School of Music's licensed Kindermusik™ educators use the power and joy of music-making to help children learn and grow during the years most critical to brain development in support of a lifetime love of learning.

\$200.00 ID \$240.00 OD / session

Kindermusik™: Cuddle & Bounce

Ages: Newborn - 1 year with adult

Your baby's brain is filled with billions of neurons waiting to be connected through sensory stimulation. Our baby music classes offer a sensory-rich yet caring and gentle environment. The activities and relationships you engage in will develop and strengthen your baby's neural pathways, enhance your growing parent-child bond and help you understand the 'hows' and 'whys' of your baby's development.

Activity: 106353

W: 9:30 - 10:15 am

Sessions: 1/8 - 2/26
3/4 - 4/29 (no class 3/25)

Kindermusik™: Sing & Play

Ages: 1 - 2 with adult

Get ready to sing, play and move with your little one in this high-energy music class designed to be just right for very young children. This class focuses on your child's beginning movement, helping to build the muscles needed to walk, run and climb as well as vocal development, helping to nurture your child's speaking and singing voice.

Activity: 106351

M: 9:30 - 10:15 am

Sessions: 1/6 - 2/24
3/2 - 4/27 (no class 3/23)

Tu: 9:30 - 10:15 am

Sessions: 1/7 - 2/25
3/3 - 4/28 (no class 3/24)

Th: 9:30 - 10:15 am

Sessions: 1/9 - 2/27
3/5 - 4/30 (no class 3/26)



Kindermusik™: Wiggle & Grow

Ages: 2 - 3 with adult

Wiggle & Grow is a super-fun, music-filled learning experience that celebrates the unique joys of the energetic 2 and 3 year old. Children enjoy singing, dancing and instrument play activities designed to promote cognitive development, encourage social skills and cultivate early literacy skills.

Activity: 106350

Tu: 10:45 - 11:30 am

Sessions: 1/7 - 2/25
3/3 - 4/28 (no class 3/24)

W: 10:45 - 11:30 am

Sessions: 1/8 - 2/26
3/4 - 4/29 (no class 3/25)

Th: 10:45 - 11:30 am

Sessions: 1/9 - 2/27
3/5 - 4/30 (no class 3/26)

More programs for little guys & gals at:

Art, pages 71 - 77

Fitness, page 22

Swimming, pages 22 - 25

Sports, pages 87 - 98

Kindermusik™: Laugh & Move

Ages: 3 - 5

Each week we celebrate your child's natural love of music, storytelling and imaginative play. Age-appropriate musical activities introduce music concepts and foster independence, social and emotional skills, language growth and creativity. Your child will also learn some basic music vocabulary and age-appropriate musical notation - all setting the stage for future success in school and music.

Activity: 106354

M: 10:45 - 11:30 am

Sessions: 1/6 - 2/24
3/2 - 4/27 (no class 3/23)



Kindermusik™: Family Class

Ages: 1 - 5 with adult

Bringing children of all ages together provides a dynamic and integrated learning experience for everyone. We have rolled favorite Kindermusik™ songs and activities into a fun, family class where each child is welcomed and valued and family together time is celebrated and cherished.

Activity: 106355

F: 10:45 - 11:30 am

Session: 1/10 - 2/28

F: 10:45 - 11:30 am

Session: 3/6 - 5/1 (no class 3/27)

Sa: 9:30 - 10:15 am

(adj. fee \$100.00 ID \$120.00 OD)

Sessions: 1/11 - 2/1 2/15 - 3/7
4/4 - 25 5/2 - 23

Preschool Play

Busy Buddies Preschool

Includes weekly swim lessons and yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

This program includes weekly swim lessons, yoga and movement play! Children will enjoy arts and crafts, dramatic play, and more. Children will be introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting. A daily snack is included.

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

Monthly Fee:

2 days/week: \$200.00 ID \$240.00 OD
(payment is due by the 5th of each month.)

Registration fee:

\$20.00 non-refundable registration fee is due at the time of enrollment.

Activity: 405601

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

- OR -

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

Dates: Now - June 11

Stepping Stones Preschool

Ages: 3 - 5

Harmon Park

Join us for an inclusive pre-school program. We will put your child's talents and creativity to use through games, learning activities, art projects, and local field trips. Instructors: BPRD Therapeutic Recreation Staff

\$175.00 ID \$210.00 OD / session

Activity: 104850

M/W: 9:30 am - 12:00 pm

Sessions: 1/13 - 29, 2/3 - 26, 3/2 - 30
4/6 - 29, 5/4 - 27, 6/1 - 10



Art Parties

All Ages

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

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

Guests: Adult Party:

10 guests

Kids Party:

10 children
& 10 adult chaperones

Fees: **Art Party:** 2 hours
\$225.00 ID \$270.00 OD

Clay Party: 2 hours
\$250.00 ID \$300.00 OD

Includes:

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

To Book a Party:

Call (541) 617-1317 to see if your desired date and time is available. Please fill out an online party request form at: bendparksandrec.org.



Clay

Youth Wheel Throwing

Ages: 7 - 13

Art Station

All levels are welcome to learn how to throw pots on the wheel. Follow the process of basic wheel throwing practice, trimming and glazing. Small class sizes will allow more one on one time with students to improve their skills. Instructor: Amanda Krammes

\$139.00 ID \$166.80 OD / session

Activity: 111202

Tu: 3:00 - 5:00 pm

Sessions: 1/28 - 2/18 2/25 - 3/17
3/31 - 4/21 4/28 - 5/19

W: 3:00 - 5:00 pm

Session: 2/5 - 26

creativity
equals
expression

Art allows each of us
to play and express
our unique thoughts
and individuality.

"Every child is an
artist."
~ Pablo Picasso

ArtFull Wednesday Afternoons

Ages: 6 - 12

Art Station

Expand your artistic horizon! In each two-week session, kids discover the world of texture, line, shape and color as they create original artwork. Through this series, a wide range of basic media skills are developed including painting, drawing, collage, printmaking, and sculpture. Each week expands the artistic horizon of the children. Take one or all!

\$89.00 ID \$106.80 OD / session

Activity: 111240

W: 1:30 - 5:00 pm

Pirate Booty

Session: 1/15 - 22

Craft your own pirate treasures including a chest to store them in and a map to know where you hid it! Make a treasure box from popsicle sticks, gold treasure coins from foil, a parrot sun-catcher, ocean crayons and treasure map.

Re-think & Re-Use

Session: 2/12 - 19

What can we create from recycled materials? Make "junk" sculptures and paintings, recycled paper and learn book binding methods to create books with beautiful paper. We'll also learn a little about artists who reuse materials in their work.

Awesome Insects

Session: 3/11 - 18

Learn about different bugs while learning about printmaking and sculpting! Choose your favorite bug hand build a sculpture and create a unique print that can be used many different ways! Bring a t-shirt, pillowcase, or notebook to put this creepy crawly print on.

Gifts for Mom

Session: 4/15 - 22

Give mom or grandma a special vase made from clay by you! Work in the multimedia studio creating other gifts and keepsakes that will be cherished forever.

Explore Color!

Session: 5/13 - 20

Mixing colors and exploring color relationships through several multimedia projects that cover the entire color spectrum. Learn about color in art and nature!



Kooky Clay Creations

Ages: 6 - 12

Art Station

Construct kooky characters and wild creatures. Base your projects on real animals or craft your own distinctive creatures. Focus on using your imagination while learning about techniques to sculpt with clay. Imagination is mandatory! Instructor: Amanda Krammes

\$95.00 ID \$114.00 OD / session

Activity: 111200

Th: 3:00 - 5:00 pm

Session: 1/30 - 2/20

W: 3:00 - 5:00 pm

Session: 5/6 - 27

Advanced Youth Wheel Throwing

Ages: 7 - 13

Art Station

For students who have attended Intro to Youth Wheel Throwing, it's time to take it to the next level. Learn how to throw different vessels on the wheel and understand the process to create mugs, plates, bowls, vases and more! Meeting twice a week for three weeks works great to give you more time to work with and understand the material. Instructor: Madeleine Meyers

\$219.00 ID \$262.80 OD / session

Activity: 111203

M/Th: 4:00 - 6:00 pm

Session: 3/2 - 19

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

Build a Clay Birdhouse

Ages: 7 - 13

Art Station

Learn the basics of hand building while creating a one of a kind birdhouse. You'll get to do each step from sketching it out to hanging it up! Each unique house will be perfect for its new inhabitant and these make wonderful gifts for loved ones. Instructor: Madeleine Meyers

\$59.00 ID \$70.80 OD / session

Activity: 111206

Th: 4:00 - 6:30 pm

Session: 4/30 - 5/7



Teacher Feature Gifts

Ages: 6 - 12

Art Station

Say "thank you" to your favorite teacher by giving them a special gift and sculpt a handmade slab built mug or bowl. Then use letter stamps to personalize your piece with your teacher's name or message. Let your teacher know how much you care for them and thank them for a great school year! Instructor: Amanda Krammes

\$39.00 ID \$46.80 OD / session

Activity: 111205

Sa: 2:00 - 3:30 pm

Session: 5/9 - 16



Drawing, Painting & Multimedia

Science of the Spectrum NEW

Ages: 8 - 13

Art Station

This class will focus on how the human eye sees color, the science behind the color spectrum, and the study of art theories concerning color. Gain an understanding of the science involved in the human experience of color while creating color theory art pieces including handmade kaleidoscopes and monochromatic portraits. Instructor: Molly Alles

\$95.00 ID \$114.00 OD / session

Activity: 111241

Th: 4:00 - 6:00 pm

Session: 1/30 - 2/20

Awesome Acrylic Painting

Ages: 6 - 12

Art Station

Learn all the tricks of the trade! You will learn how to mix colors and different ways to apply the paint for the affects you want. Explore a range of painting surfaces and paint in styles ranging from realism to full abstract design. You will be totally prepared to paint what you want with this fun and versatile paint medium. Instructor: Julie Wilson

\$95.00 ID \$114.00 OD / session

Activity: 111242

Tu: 3:00 - 5:00 pm

Session: 2/4 - 25

Artist Elements

Art Station

Artist Elements classes are designed to strengthen art skills and an appreciation for art. Participants will learn about art fundamentals, terms and techniques to improve art skills and develop creativity.

Advanced Drawing NEW

Ages: 12 - 16

Learn how to use the building blocks of art and design in your art work. Explore different drawing surfaces and media. Practice drawing still life, portraits and animals. The elements of art, the principles of design and drawing techniques will be discussed so that you can apply that knowledge in your art work. Instructor: Julie Wilson

\$95.00 ID \$114.00 OD / session

Activity: 111250

Sa: 10:00 am - 1:00 pm

Session: 2/22 - 3/7

Acrylic Painting II

Ages: 10 - 14

You've got the basics already, so let's take your acrylic painting skills to the next level in this fun painting class. Explore painting in different styles while improving your skills and techniques. Complete four different paintings of diverse subject matter while learning color relationships and mixing colors, tints, shades and tones. Instructor: Julie Wilson

\$95.00 ID \$114.00 OD / session

Activity: 111251

Th: 4:00 - 6:00 pm

Session: 2/27 - 3/19



Drawing Essentials

Ages: 8 - 12

Learn the basics of using value, line, texture, shape and space to improve your artwork. Understand the building blocks of drawing while exploring graphite, watercolor and pastels. Instructor: Kathleen Branch

\$95.00 ID \$114.00 OD / session

Activity: 111252

M: 3:00 - 5:00 pm

Session: 4/6 - 27



Scientific Drawing NEW

Ages: 9 - 13

Learn the art elements of shape, line and value while exploring the science of mammal skulls, botany and insects. Be introduced to the skill of identifying certain adaptations of plant and animal subjects while learning art techniques. Instructor: Molly Alles

\$79.00 ID \$94.80 OD / session

Activity: 111253

Sa: 10:00 am - 12:00 pm

Session: 4/11 - 25

Drawing Illusions & Reality

Ages: 8 - 13

Learn perspective drawing techniques to make 2-D pictures look 3-D and real. Explore one- and two-point perspective while creating realistic perspective using value, tints, shades, tones and ordinary lines to create illusions. Instructor: Julie Wilson

\$95.00 ID \$114.00 OD / session

Activity: 111254

Th: 4:30 - 6:30 pm

Session: 5/7 - 28





Home School Academy

Art Station

Wheel Throwing

Ages: 7 - 13

All levels welcome to learn to throw pots on the wheel. Follow the process of basic wheel throwing practice, trimming and glazing. Small class size allows more one on one time to improve your skills. Instructor: Amanda Krammes

\$139.00 ID \$166.80 OD / session

Activity: 111261

Tu: 12:00 - 2:00 pm

Sessions: 1/28 - 2/18 3/31 - 4/21

Pet Pals

Ages: 6 - 12

A bowl for the cat, a bowl for the dog, a bowl for me! Make food and water bowls to take home for your own furry friend. Also, make a wall plaque or sculpture of your pet with their favorite toy. Instructor: Amanda Krammes

\$95.00 ID \$114.00 OD / session

Activity: 111262

Tu: 12:00 - 2:00 pm

Session: 2/25 - 3/17

En Plein Air

Ages: 6 - 12

Looking at shapes and forms in nature, students explore En Plein Air, the act of painting outdoors. Students work with pencil, charcoal, ink and watercolor to create nature journals. Poetry and images will be used to create a personal interpretation of one's outdoor experience. Instructor: Anne Rustand

\$95.00 ID \$114.00 OD / session

Activity: 111260

Th: 10:00 am - 12:00 pm

Session: 5/7 - 28



Watercolor Techniques NEW

Ages: 9 - 13

Art Station

There are many techniques that are used to create watercolor paintings. Young artists will be introduced to the basics of watercolor that can be applied to their own pieces. Practice washes, value scale, wet on wet and dry brush techniques. Instructor: Kathleen Branch

\$95.00 ID \$114.00 OD / session

Activity: 111221

M: 4:00 - 6:00 pm

Session: 2/24 - 3/16

Fairy Gardens

Ages: 7 - 14

Art Station

Make your own fairy garden! Sculpt and glaze a ceramic house in the first class. Second class, fill pots with dirt, construct fences, ladders, swings, benches etc. to place in the gardens. These are imaginative and magical sculptures! Instructor: Amanda Krammes

\$85.00 ID \$102.00 OD / session

Activity: 111249

Sa: 10:00 am - 1:00 pm

Session: 5/2 - 9

Drawing Animals

Ages: 6 - 10

Art Station

Draw fuzzy and furry creatures! Learn how they are made up of shapes and how those shapes fit together. Complete your drawing with color using different mediums while developing an understanding of light and dark tones. Instructor: Kathleen Branch

\$75.00 ID \$90.00 OD / session

Activity: 111210

M: 3:00 - 5:00 pm

Session: 5/4 - 6/1 (no class 5/25)

No-School Days

Winter Inspirations NO SCHOOL

Ages: 6 - 12

Art Station

Come chill with us in the multimedia studio and learn how to use a variety of materials for printing and creating a winter themed ceramic project. Instructors: Kim O'Hagan & Helen Bommarito

\$65.00 ID \$78.00 OD / session

Activity: 111400

M: 9:00 am - 4:00 pm

Session: 1/20

Dino Romp

NEW **NO SCHOOL**

Ages: 6 - 12

Art Station

Learn how to build your favorite kind of dino using hand building methods. Then, add cool details like scales and teeth. Also, create a prehistoric masterpiece in the multimedia studio. Instructors: Anne Rustand & Amanda Krammes

\$65.00 ID \$78.00 OD / session

Activity: 111401

F: 9:00 am - 4:00 pm

Session: 1/31

Ornate Owls

NEW **NO SCHOOL**

Ages: 6 - 12

Art Station

Join us in a fun, feathery camp as we construct owls out of clay! These owl sculptures are functional wall pockets to hang on the wall. Create owl art with a variety of materials in the multimedia studio. Now whooooo wouldn't want to make that?! Instructors: Anne Rustand & Amanda Krammes

\$65.00 ID \$78.00 OD / session

Activity: 111402

M: 9:00 am - 4:00 pm

Session: 2/17



Positive & Negative Spaces

NEW **NO SCHOOL**

Ages: 6 - 12

Art Station

Create positive and negative images while drawing, painting, collaging and printing with negative and positive spaces, emphasized by color, shape and dominance. Next, create clay works in the ceramic studio. Instructors: Anne Rustand and Michael Greene

\$130.00 ID \$156.00 OD / session

Activity: 111403

M/Tu: 9:00 am - 4:00 pm

Session: 3/23 - 24



Wild West

NEW **NO SCHOOL**

Ages: 6 - 12

Art Station

Join us for a journey through the world of the wild west with clay and multimedia. Learn clay hand building techniques to create a cool horse shoe wall hanging and a slithery rattle snake. Explore horse and western style art in the multimedia studio. Instructors: Molly Alles & Amanda Krammes

\$195.00 ID \$234.00 OD / session

Activity: 111404

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

Session: 3/25 - 27

Awesome Oregon

NEW **NO SCHOOL**

Ages: 6 - 12

Art Station

Celebrate the amazing state we call home with art! Use clay, a variety of art materials and your creativity to make colorful salmon, a snowy cascade mountain vase and a tall ponderosa pine tree. This is a super fun way to learn about our awesome state of Oregon! Instructors: Molly Alles & Amanda Krammes

\$195.00 ID \$234.00 OD / session

Activity: 111405

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

Session: 4/8 - 10

Young Children

Art Play Group

Ages: 2 - 5 with adult

Art Station

Come and make a delightful mess with us! Parents, grandparents, nannies and others get to connect with their child at the art station. Each session features different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Instructor: Anne Rustand

\$19.00 ID \$22.80 OD / session

Activity: 111300

F: 9:00 - 10:00 am

Sessions: 1/17 2/7
3/13 4/17
5/15



PreClay

Ages: 3 - 5 with adult

Art Station

This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create projects with bright colored glazes. Instructor: Helen Bommarito

\$19.00 ID \$22.80 OD / session

Activity: 111304

F: 9:45 - 10:45 am

Sessions: 1/24 2/21
3/20 4/24
5/22

Art StART

Ages: 2 - 5 with adult

Art Station

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Instructor: Anne Rustand

\$69.00 ID \$82.80 OD / session

Activity: 111302

Tu: 9:00 - 10:00 am

Sessions:

1/28 - 2/18: Monster Madness
2/25 - 3/17: Pop of Color
3/31 - 4/21: Outer Space Art
4/28 - 5/19: Spring into Spring



With Your Child: Clay

With Your Child: Unicorns NEW

Ages: 6 & up with adult

Art Station

Bring your imagination to create a one of a kind clay unicorn! Learn to sculpt a horse using modeling tools and hand building methods. Then add a textured mane, facial features and a magical horn! Paint your unicorn with bright colors of your choice. Instructor: Amanda Krammes

\$55.00 ID \$66.00 OD / session

Activity: 111502

Sa: 10:00 am - 12:30 pm

Sessions: 1/18 3/14

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

With Your Child: Clay Dragons

Ages: 5 & up with adult

Art Station

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

\$59.00 ID \$70.80 OD / session

Activity: 111500

Sa: 10:00 am - 1:00 pm

Sessions: 2/8

With Your Child: Tiny Homes

Ages: 5 & up with adult

Art Station

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

\$59.00 ID \$70.80 OD / session

Activity: 111501

Sa: 10:00 am - 1:00 pm

Sessions: 2/22 5/23

With Your Child: Garden Gnomes NEW

Ages: 5 & up with adult

Art Station

Enter the magical world of folklore. Using slab and hand building techniques sculpt a whimsical gnome with a tall hat. Place your gnome outside to watch over your garden. Instructor: Amanda Krammes

\$55.00 ID \$66.00 OD / session

Activity: 111503

Sa: 10:00 am - 12:30 pm

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

Session: 4/25



With Your Child: Berry Baskets NEW

Ages: 7 & up with adult

Art Station

Work side by side with your child to hand build and weave a terracotta basket! These art pieces are berry cute and functional. Instructor: Amanda Krammes

\$59.00 ID \$70.80 OD / session

Activity: 111504

Sa: 10:00 am - 1:00 pm

Session: 5/16

With Your Child: Fused Glass

With Your Child: Glass Night-Lights

Ages: 5 & up with adult

Art Station

Create a useful and illuminating piece of art! Design what you like: an animal, a butterfly or a beautiful geometric design and we will attach it to night-light for all to see. Additional charge of \$20 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$39.00 ID \$46.80 OD / session

Activity: 111560

Sa: 10:00 am - 12:30 pm

- OR - **2:00 - 4:30 pm**

Session: 1/11

With Your Child: Valentines in Glass

Ages: 5 & up with adult

Art Station

Can you feel the love? Create a Valentine Heart in glass using mosaic pieces. Adult and child work together to create a 5x5 inch trivet or small dish. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$39.00 ID \$46.80 OD / session

Activity: 111561

Sa: 10:00 am - 12:30 pm

- OR - **2:00 - 4:30 pm**

Session: 2/1

Looking for more With Your Child classes?

Adult Activities,
pages 41 - 43
Young Children,
page 69.

With Your Child: Wildflower Gardens

Ages: 5 & up with adult

Art Station

Just in time for spring, creating wild flowers! Families will work together to create 4x10" tack fused and slumped piece depicting wildflower gardens in fused glass. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$39.00 ID \$46.80 OD / session

Activity: 111562

Sa: 10:00 am - 12:30 pm

- OR - 2:00 - 4:30 pm

Session: 3/14



With Your Child: NEW Handprints in Glass

Ages: 5 & up with adult

Art Station

Create wonderful Mother's Day keepsakes by fusing your child's handprint in glass! Adult and child work together using fiber paper and a kiln casting technique to create a 5x5" piece that can be used for decorative or functional purpose. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$39.00 ID \$46.80 OD / session

Activity: 111564

Sa: 10:00 am - 12:30 pm

- OR - 2:00 - 4:30 pm

Session: 5/2



With Your Child: Garden Stakes

Ages: 5 & up with adult

Art Station

Create garden art! A variety of flower designs and choices will be available for this whimsical project. Garden flowers will be attached to a steel stake for use in the garden or potted plants. Additional charge of \$20 per piece paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$39.00 ID \$46.80 OD / session

Activity: 111563

Sa: 10:00 am - 12:30 pm

- OR - 2:00 - 4:30 pm

Session: 4/4



With Your Child: Multimedia

With Your Child: Dual Canvas Painting

Ages: 6 & up with adult

Enjoy a relaxing time together making a dual-canvas painting! You and your child will be guided through an acrylic painting experience. Each pair receives two canvases to create an image and when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation.

\$39.00 ID \$46.80 OD / session



EVENINGS

at Bend Senior Center

Instructor: Diane Burns

Activity: 102415

Th: 5:30 - 7:00 pm

Sessions:

1/23 Winter Birch Trees

2/13 Love Birds

5/7 Lady Bugs & Flowers

SUNDAY AFTERNOONS at The Art Station

Instructor: Kathleen Branch

Activity: 111546

Su: 2:30 - 4:00 pm

Sessions:

2/2 Vibrant Valentines

3/15 Folk Art Owls

5/3 Summer Flowers

With Your Child: Acrylic Pouring

Ages: 7 & up with adult

Art Station

Pour your masterpiece in this family friendly class! Swirl, slip and slide acrylic paint across an 8x10 canvas and create amazing results while learning acrylic pouring technique and applications. Instructor: Michael Greene

\$55.00 ID \$66.00 OD / session

Activity: 111540

Sa: 10:30 am - 12:00 pm

Sessions: 1/25 5/16

With Your Child: Valentine Printmaking NEW

Ages: 6 & up with adult

Art Station

Bring your child and make heartfelt Valentines for those you love. By using techniques from printmaking and collage, each parent and child will have multiple Valentines ready to give to friends and family. Instructor: Madeleine Meyers

\$59.00 ID \$70.80 OD / session

Activity: 111541

Sa: 3:00 - 5:00 pm

Session: 2/8



KPOV RADIO
& MORE
.....
**SPRING BREAK
CAMPS**
.....
PAGE 82

kiddin' around

ENRICHMENT WEDNESDAYS

The serious business of play.

"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood." ~ Fred Rogers

At Your School:

Grades: K - 5

Make Wednesday afternoons into something special! Register your child to experience and learn something new such as martial arts, computer coding, science, theater, chess, clay modeling, dance, Spanish, robotics, animal habitats, and more!

Early Release Wednesdays:
1:00 - 2:30 pm

Sessions & Fees:

1/8 - 2/19
\$80.00 ID \$96.00 OD

2/26 - 4/15 (no class 3/25 & 4/8)
\$70.00 ID \$84.00 OD

4/22 - 6/3
\$80.00 ID \$96.00 OD

BEAR CREEK ELEMENTARY

Grades: K - 5

All Programs: 406601

STEM Club with Sylvan Learning Center

Join us for all things STEM! Science, technology, engineering and math are all incorporated in this hands-on and interactive course. Students will build LEGO robots, engineer bridges, practice math and explore science concepts throughout this class. No experience necessary!

Session: 1/8 - 2/19

Experiment with Art

Try your hand at a variety of art mediums and see which you like the best! Learn new techniques and bring home some incredible art projects.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)



Viva l'Italiano!

This is an introduction to the Italian language through conversations, games, songs and stories. By the end of the course the child should have acquired basic, daily life vocabulary and be able to have a basic conversation. Greetings, colors, numbers, days, months, seasons, family members, school items, foods etc. will be taught.

Sessions: 2/26 - 4/15 (no class 3/25 & 4/8)
4/22 - 6/3

Early Release Wednesdays: 1:00 - 2:30 pm

1/8 - 2/19

2/26 - 4/15 (no class 3/25 & 4/8)

4/22 - 6/3

\$80.00 ID \$96.00 OD

\$70.00 ID \$84.00 OD

\$80.00 ID \$96.00 OD

ENRICHMENT

WEDNESDAYS

YOUTH ACTIVITIES



HIGH LAKES ELEMENTARY

All Programs: 406605

Grades: K - 5

Experiment with Art

Try your hand at a variety of art mediums and see which you like the best! Learn new techniques and bring home some incredible art projects.

Session: 1/8 - 2/19

Sportsters

Calling all kids! Join us for gym games, flag tag, high energy play and end the session with a mini field day.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Nature Club **NEW**

Join a naturalist from Sunriver Nature Center & Observatory and explore nature in your schoolyard. Perform science experiments, learn about and meet live animals and create nature-themed art projects!

Session: 4/22 - 6/3

Intro to STEM with Fun Works Engineering

Children are introduced to Engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 4/22 - 6/3



HIGHLAND ELEMENTARY

All Programs: 406606

Grades: K - 5

Ki Aikido

Ki-Aikido and Ki Development give kids a foundation to rely on for a lifetime of positive growth. While children's bodies and minds are growing, develop them together in a physically active and cooperative learning environment as they learn the martial art Ki-Aikido. Kids will learn how to many activities - school, play, sports and relationships.

Session: 1/8 - 2/19

Intro to STEM with Fun Works Engineering

Children are introduced to Engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Japanese Culture 101 **NEW**

Every week, students will watch a brief animation video in Japanese and practice simple Japanese phrases. Playing with origami and learning Japanese pop culture, students will be introduced to Japanese history and traditional culture.

Session: 4/22 - 6/3

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.
Visit bendparksandrec.org/jobs

BUCKINGHAM ELEMENTARY

All Programs: 406602

Grades: K - 5

Challenging Skill- Building FUN!

Participate in various team building games that are fun and challenging, each week participants will help develop trust and problem-solving skills while working together.

Session: 1/8 - 2/19

Spanish Immersion

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Sportsters

Calling all kids! Join us for gym games, flag tag, high energy play and end the session with a mini field day.

Session: 4/22 - 6/3

ELK MEADOW ELEMENTARY

All Programs: 406603

Grades: K - 5

Fun Science Projects

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science hands-on activities and experiments to discover and explore the world around you.

Session: 1/8 - 2/19

Nature Club **NEW**

Join a naturalists from Sunriver Nature Center & Observatory and explore nature in your schoolyard. Perform science experiments, learn about and meet live animals and create nature-themed art projects!

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Challenging Skill- Building FUN!

Participate in various team building games that are fun and challenging, each week participants will help develop trust and problem-solving skills while working together.

Session: 4/22 - 6/3

ENRICHMENT WEDNESDAYS

YOUTH ACTIVITIES



JEWELL ELEMENTARY

All Programs: 406607

Grades: K - 5

Intro to STEM with Fun Works Engineering

Children are introduced to Engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 1/8 - 2/19

Ki Aikido

Ki-Aikido and Ki Development give kids a foundation to rely on for a lifetime of positive growth. While children's bodies and minds are growing, develop them together in a physically active and cooperative learning environment as they learn the martial art Ki-Aikido. Kids will learn how to many activities - school, play, sports and relationships.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Fun, Funky, Fresh Dance

Have fun by moving and grooving to music and expressing yourself through dance. We'll also integrate dance games including limbo, freeze dance, dance teacher and more!

Session: 4/22 - 6/3

Early Release Wednesdays: 1:00 - 2:30 pm

1/8 - 2/19

2/26 - 4/15 (no class 3/25 & 4/8)

4/22 - 6/3

\$80.00 ID \$96.00 OD

\$70.00 ID \$84.00 OD

\$80.00 ID \$96.00 OD

JUNIPER ELEMENTARY

All Programs: 406608

Grades: K - 5

Challenge Skills Building FUN!

Participate in various team building games that are fun and challenging, each week participants will help develop trust and problem-solving skills while working together.

Session: 1/8 - 2/19

Japanese Culture 101 NEW

Every week, students will watch a brief animation video in Japanese and practice simple Japanese phrases. Playing with origami and learning Japanese pop culture, students will be introduced to Japanese history and traditional culture.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Experiment with Art

Try your hand at a variety of art mediums and see which you like the best! Learn new techniques and bring home some incredible art projects.

Session: 4/22 - 6/3



LAVA RIDGE ELEMENTARY

All Programs: 406609

Grades: K - 5

Nature Club NEW

Join a naturalist from Sunriver Nature Center & Observatory and explore nature in your schoolyard. Perform science experiments, learn about and meet live animals and create nature-themed art projects!

Session: 1/8 - 2/19

Fun, Funky, Fresh Dance

Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games including limbo, freeze dance, dance teacher and more!

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Ki Aikido

Ki-Aikido and Ki Development give kids a foundation to rely on for a lifetime of positive growth. While children's bodies and minds are growing, develop them together in a physically active and cooperative learning environment as they learn the martial art Ki-Aikido. Kids will learn how to many activities - school, play, sports and relationships.

Session: 4/22 - 6/3

MILLER ELEMENTARY

All Programs: 406610

Grades: K - 5

Spanish Immersion

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 1/8 - 2/19

Intro to Karate NEW

Discover Tang Soo Do Karate! Students will acquire control, focus, discipline, self-defense and confidence, while learning basic techniques and having fun.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Intro to Filmmaking NEW

Kids learn the basics of film composition, camera techniques, storytelling and genres, which helps develop the skills to recognize, analyze, describe and enjoy film as an art and entertainment form. Working in small groups, students will produce their very own short film they can share with the world! This course is for third to fifth graders.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Featured Creatures NEW

Each week, learn about a local Central Oregon forest mammal and create an art piece featuring that creature.

Session: 4/24 - 6/3

Volunteer with kids!

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

Early Release Wednesdays: 1:00 - 2:30 pm

1/8 - 2/19 \$80.00 ID \$96.00 OD 4/22 - 6/3 \$80.00 ID \$96.00 OD

2/26 - 4/15 (no class 3/25 & 4/8) \$70.00 ID \$84.00 OD

NORTHSTAR ELEMENTARY

All Programs: 406614

Grades: K - 5

Fun, Funky, Fresh Dance

Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games including limbo, freeze dance, dance teacher and more!

Session: 1/8 - 2/19

Featured Creatures NEW

Each week, learn about a local Deschutes River Woods mammal and create an art piece featuring that creature.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Spanish Immersion

Hola! Receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 4/22 - 6/3



PINE RIDGE ELEMENTARY

All Programs: 406611

Grades: K - 5

SPARK Your Inner Robot

Come join us and SPARK some fun! Students will use Sphero SPRK+ robots to learn about the engineering design process, programming, design skill and coding. Using simple code, kids program robots to dance, speak, change color and much more.

Session: 1/8 - 2/19

Challenge Skills Building FUN!

Participate in various team building games that are fun and challenging, each week participants will help develop trust and problem-solving skills while working together.

Session: 2/26 - 4/15 (no class 3/25 & 4/8)

Intro to Karate NEW

Discover Tang Soo Do Karate! Students will acquire control, focus, discipline, self-defense and confidence, while learning basic techniques and having fun.

Session: 4/22 - 6/3

Intro to Filmmaking NEW

Kids learn the basics of film composition, camera techniques, storytelling and genres, which helps develop the skills to recognize, analyze, describe and enjoy film as an art and entertainment form. Working in small groups, students will produce their very own short film they can share with the world! This course is for third to fifth graders.

Session: 4/22 - 6/3

KIDS INC

bend park & recreation district

2019-20 Afterschool Program

Grades: K - 5

Located at your school!

For more information: Call (541) 389-7275.

Why KIDS INC?

CONVENIENT: Great program for working parents to meet your family's child care needs.

NO TRANSPORTATION NEEDED: Co-located program at school demonstrates close partnership between school district and park district to help children thrive.

ACTIVE LIFESTYLE: Games and play promote movement and fitness.

SKILL BUILDING: Creative, theme-based enrichment activities that challenge children and encourage problem solving.

PROFESSIONAL STAFF: Dedicated to the care and safety of your child. Staff engage and interact with participants while being positive role models and mentors. All staff are trained in youth development, CPR/first aid and receive background checks.

KIDS INC Hours:

Monday, Tuesday, Thursday
& Friday Afterschool:
2:30 - 6:00 pm

Early Release Wednesday:
1:00 - 6:00 pm

KIDS INC Fees:

Registration Fee: \$20 per child. Non-refundable.

Reserve your child's spot.

Most of KIDS Inc. programs are full for 2019-20. Please sign up on the waitlist.

Monthly Fee: \$165.00 / month
Fee is a single price regardless of number of days used.

Rec Zone is no longer offered.
Participants are encouraged to register for KIDS INC.

2019-20 SCHOOL LOCATIONS

BEAR CREEK
BUCKINGHAM
ELK MEADOW
ENSWORTH
HIGH LAKES
HIGHLAND
JEWELL

JUNIPER
LAVA RIDGE
MILLER
NORTH STAR
PINE RIDGE
PONDEROSA
SILVER RAIL





No School Days



Grades: K - 5
Jewell Elementary
& Ensworth Elementary

NO SCHOOL

When school isn't in session, it's time to get the Operation going! Operation Recreation, that is!

Serious fun that meets the serious needs of the working parent and the fun-seeking child, this program operates on non-school days for Kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips.

Open to all elementary school children throughout the school district.

KIDS INC Families: If you are interested in this program, it requires a separate registration from KIDS INC

\$45.00 ID \$54.00 OD / session

Activity: 107400

Weekdays: 7:00 am - 6:00 pm

Sessions:

F: 1/31	M: 3/23	W: 4/8
	Tu: 3/24	Th: 4/9
	W: 3/25	F: 4/10
	Th: 3/26	
	F: 3/27	

Spring Break Day Camps

Westside Village Spring Break Adventure Camp

NO SCHOOL

Ages: 5 - 14

Westside Village

Adventure, art, boundless creativity - Dive into a journey packed with drama, signing, dancing, and playing the ukuleles and drums. Create inspiring art projects and play engaging games. Get moving with walking adventures or playing at the park. Imagination has no limits! This week includes all amenities that Westside Village Magnet School has to offer under the guidance of trained educators.

\$225.00 ID \$270.00 OD / session

Activity: 106510

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

Session: 3/23 - 27

KPOV Radio Camp

NO SCHOOL

Ages: 10 - 14

KPOV Radio

Learn how to be a radio DJ, interview a friend and tell a story with sound effects, music and humor. The produced show will be broadcast on 88.9 PM and you'll get a copy to take home!

\$105.00 ID \$126.00 OD / session

Activity: 106650

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

Session: 3/23 - 27

Fun Works Intro to Engineering/STEM with LEGO

NO SCHOOL

Ages: 5 - 7

Silver Rail Elementary

Children are introduced to Engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun No. 1 for this age group. LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects for campers.

\$120.00 ID \$144.00 OD / session

Activity: 106651

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

Session: 3/23 - 27

Fun Works Engineering/STEM with LEGO

NO SCHOOL

Ages: 8 - 11

Silver Rail Elementary

Children are introduced to Engineering concepts and develop their understanding of cause and effect, problem solving and trial and error. Students typically build two projects per day and modify the mechanics as well as have competitions. Most projects use motorized LEGO and the week ends with an amazing monorail/battle track project.

\$120.00 ID \$144.00 OD / session

Activity: 106652

M - F: 1:00 - 4:00 pm

Session: 3/23 - 27



For Kids' Sake

Bend Park & Recreation District and Bend La Pine Schools work cooperatively so that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.





Cooking & Baking

Pizza & Stromboli

NO SCHOOL

Ages: 9 - 13

Cascade Middle School

Learn how to make your own pizza dough and top it and fill it with your favorite fillings and complete a stromboli. Bring containers for leftovers. Instructor: Carol Knowles

\$49.00 ID \$58.80 OD / session

Activity: 106204

F: 10:00 am - 12:30 pm

Session: 1/31

Cinnamon Rolls

Ages: 9 - 13

Cascade Middle School

Oh yum! Learn how to use yeast and make homemade cinnamon rolls from scratch and top with homemade frosting. Bring containers for leftovers. Instructor: Carol Knowles

\$49.00 ID \$58.80 OD / session

Activity: 106202

Sa: 10:00 am - 12:30 pm

Session: 2/1

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.
Visit bendparksandrec.org/jobs

Valentine Treats

Ages: 9 - 13

Cascade Middle School

Put some "heart" into your baking as we learn how to create several different candies, cookies and more for family and friends for Valentine's Day! Bring containers to bring treats home. Instructor: Carol Knowles

\$49.00 ID \$58.80 OD / session

Activity: 106201

Sa: 10:00 am - 12:30 pm

Session: 2/8

Bento Chef I

NO SCHOOL

Ages: 10 - 14

Cascade Middle School

Beginner students, learn to make bento from locally-found ingredients such as rice balls with simple side dishes. Instructor: Chieko Saito

\$159.00 ID \$190.80 OD / session

Activity: 106228

M/Tu: 9:00 am - 2:30 pm

Session: 3/23 - 24

Bento Chef II

NO SCHOOL

Ages: 10 - 14

Cascade Middle School

Intermediate to advanced students, come learn to make bento for others from locally-found ingredients such as California rolls and tempura with simple side dishes. Instructor: Chieko Saito

\$159.00 ID \$190.80 OD / session

Activity: 106229

W/Th: 9:00 am - 2:30 pm

Session: 3/25 - 26



Let's Make Japanese Treats

Ages: 10 - 14

Cascade Middle School

Spring is the time to celebrate and enjoy sweet treats under cherry blossoms. Learn how to make sweet beans from scratch and manju from locally-found ingredients. Instructor: Chieko Saito

\$95.00 ID \$114.00 OD / session

Activity: 106226

Sa: 9:00 am - 2:30 pm

Session: 4/18

Crafts

Build A Box

Ages: 10 - 17

DIYcave

Come learn a lot of great, practical skills including measuring, cutting with a saw and building a wooden project. Kids go home with a hand-crafted wooden box perfect for storing small treasures. It's a wonderful first project and introduction to the joy of woodworking. All materials included.

\$69.00 ID \$82.80 OD / session

Activity: 106156

Th: 4:30 - 7:30 pm

Sessions: 1/9 5/14

W: 10:00 am - 1:00 pm

Session: 3/25

NO SCHOOL

Sheet Metal Art

Ages: 10 - 17

DIYcave

Learn to use a torch to cut creative forms from sheet metal. Hammer the artwork into shape and braze on a hook for displaying it. This exciting class provides a great introduction to the world of metal art and sculpture. All materials included.

\$59.00 ID \$70.80 OD / session

Activity: 106155

Th: 4:30 - 6:30 pm

Sessions: 1/9 3/26

5/28

NO SCHOOL



Kids Welding

DIYcave

In this hands-on class, kids will cut steel with a torch and weld pieces together. Learn some amazing skills and take your creations home. This is a powerful experience and won't soon be forgotten! All materials included.

\$59.00 ID \$70.80 OD / session

Activity: 106151

Ages: 8 - 12

Th: 4:00 - 6:00 pm

Sessions: 2/13 4/16
5/14

Ages: 13 - 18

Th: 4:00 - 6:00 pm

Sessions: 1/16 3/19

3D Printing

Ages: 10 - 17

DIYcave

In this beginner's course, you'll be introduced to 3D printing, learn how it works and find out why it's so revolutionary! Discover how something gets from an idea to a real world object and how "design and create" printing works. 3D printing is a skill that anyone can learn and enjoy. You'll even be directed to the proper software to add to your own computer for future self-learning too. All materials included.

\$59.00 ID \$70.80 OD / session

Activity: 106153

F: 5:30 - 8:30 pm

Sessions: 1/24 3/20
5/15



Wire Wrapped Earrings

Ages: 12 - 17

DIYcave

Make a lovely pair of earrings for yourself or as a gift! Learn techniques for texturing wire and basic wire wrapping. All materials provided.

\$49.00 ID \$58.80 OD / session

Activity: 106159

Sa: 10:00 am - 12:00 pm

Sessions: 1/25 3/21
5/23

Feather/Leather Earrings NEW

Ages: 12 - 17

DIYcave

Create two pair of sassy and unique earrings! You'll be guided through selecting, trimming, shaping and layering feathers and leather. Also use jewelry tools to make your own ear wire and headpins. All materials included.

\$59.00 ID \$70.80 OD / session

Activity: 106160

M: 10:00 am - 12:00 pm

Session: 2/17 NO SCHOOL

Th: 4:30 - 6:30 pm

Session: 3/12

Leather Bracelets

Ages: 12 - 17

DIYcave

Learn to punch holes into leather, set snap fasteners and embellish using colored cord, rivets, etc., into a fashionable leather bracelet. All materials included.

\$49.00 ID \$58.80 OD / session

Activity: 106157

F: 10:00 am - 12:00 pm

Session: 1/31 NO SCHOOL

Th: 4:30 - 6:30 pm

Session: 3/19



Articulated Robots NO SCHOOL

Ages: 10 - 17

DIYcave

Design and create an articulated robot buddy or pet using wood and recycled materials. Kids learn to use several woodshop tools to shape and assemble common materials into an articulated toy full of charm. It's a wonderful first project and introduction to the joy of woodworking. All materials included.

\$79.00 ID \$94.80 OD / session

Activity: 106158

Tu: 10:00 am - 2:00 pm

Session: 3/24



Trebuchet DIY

Ages: 10 - 17

DIYcave

3-2-1-Launch! Design and create a trebuchet capable of launching tennis balls! Over two sessions, kids will learn to use wood shop tools to shape and assemble a working trebuchet. All materials included.

\$79.00 ID \$94.80 OD / session

Activity: 106152

F: 5:30 - 7:30 pm and

Sa: 11:00 am - 1:00 pm

Session: 2/7 - 8

Th: 10:00 am - 2:00 pm

Session: 3/26 NO SCHOOL

Forge A Nail NEW

Ages: 10 - 17

DIYcave

Forge on and enter the world of blacksmithing. In colonial times, blacksmiths spent winters forging nails to use as trade goods in the spring. Come learn the time-honored craft of shaping and tapering metal while developing basic skills needed to begin forging in true maker fashion. All materials included.

\$49.00 ID \$58.80 OD / session

Activity: 106154

Th: 5:30 - 7:30 pm

Session: 2/20

Sa: 10:30 am - 12:30 pm

Session: 4/18

Music

Beginning Drums

Ages: 8 - 10

Cascade School of Music

Learn noted rhythmic patterns and beginning beats on the drum set for a well-rounded introduction to the basics of rhythm, which is crucial for all musicians.

\$350.00 ID \$420.00 OD / session

Activity: 106367

M: 4:00 - 4:50 pm

Session: 1/20 - 4/27 (no class 3/23)

Beginning Violin

Ages: 7 - 10

Cascade School of Music

Beginning with the basic techniques, you'll learn how to hold the bow and instrument along with basic rhythms and notes on the violin.

\$350.00 ID \$420.00 OD / session

Activity: 106366

Tu: 6:10 - 7:00 pm

Session: 1/21 - 4/28 (no class 3/24)

Beginning Piano

Cascade School of Music

In this solid introduction to the piano, you'll be introduced to music theory, note reading, rhythm and musical symbols on a staff while learning simple songs.

\$350.00 ID \$420.00 OD / session

Activity: 106363

Ages: 7 - 9

W: 1:30 - 2:20 pm

Ages: 10 - 12

W: 2:30 - 3:20 pm

Session: 1/22 - 4/29 (no class 3/25)





Beginning Guitar

Cascade School of Music

Learn the basics to get you strumming! We'll cover tuning, how to hold, strum and pick the guitar, chords, leads and some cool songs too.

\$350.00 ID \$420.00 OD / session

Activity: 106364

Ages: 7 - 9

W: 4:00 - 4:50 pm

Ages: 10 - 12

W: 5:00 - 5:50 pm

Session: 1/22 - 4/29 (no class 3/25)

Rhythm FUNDamentals

Ages: 6 - 9

Cascade School of Music

A solid understanding of rhythm is key for all musicians and this class is excellent preparation for formal instrumental study. Utilizing singing, the flutophone and the glockenspiel, you'll build rhythmic skills and reading ability in a fun environment.

\$280.00 ID \$336.00 OD / session

Activity: 106365

W: 2:30 - 3:20 pm

Session: 1/22 - 4/29 (no class 3/25)

Central Oregon Recording & Production Experience

Ages: 12 - 17

Central Oregon Recording

Make it, record it, play it - it's audio production! Gain hands-on experience in a fully-equipped recording and production studio as you learn about the recording process. Topics include studio pre-production strategies, studio gear and acoustics, studio etiquette and procedures, digital audio workstations, recording live musicians, mixing concepts and even career paths available in the audio production field.

\$330.00 ID \$396.00 OD / session

Activity: 106371

Tu: 4:30 - 6:00 pm

Session: 1/21 - 4/28 (no class 3/24)

Nature

WITH THE CHILDREN'S FOREST OF CENTRAL OREGON

Presented by the Children's Forest of Central Oregon partners, these family programs have something for kids (and adults) of all ages. Programs are designed for families to connect in nature together and are open to parents, grandparents, and siblings. Learn more at childrensforestco.org/family.

Discover Nature Day: Winter Wonder

FREE

Ages: 6 - 10 with family

Saturday, February 8, 10:00 am - 12:00 pm

Shevlin Park

Join us for a fun morning of enjoying winter weather and learning about winter adaptations. We'll play fun games, explore Shevlin Park, and do a winter-themed art project. Snowshoes will be provided, if needed.

Puddlestompers

FREE

Ages: 3 - 5 with family

Spark a sense of wonder for nature through imaginative play, exploration, songs and stories.

ANIMAL SAFARI:

Saturday, March 14, 11:00 am - 12:00 pm

Ponderosa Park

EXPLORE YOUR SENSES:

Saturday, April 11, 11:00 am - 12:00 pm

Al Moody Park

Birds Without Borders: A Migratory Bird Day Event

All ages

Saturday, May 9, 9:00 am - 1:00 pm

Tumalo State Park

\$5 park admission per vehicle

An International Migratory Bird Day event, cosponsored by the partners of the Children's Forest of Central Oregon and Oregon State Parks. Family event featuring kid-friendly bird walks, educational activities, cultural and art activities, and more. Activities offered in English and Spanish.

Tiny Explorers

FREE

Ages: Newborn - 3 with family

Thursdays in March & April

10:00 am - 11:00 am

Visit childrensforestco.org/events for locations and details. Opt-in to receive text message updates by texting [tinyexplrs](https://www.instagram.com/tinyexplrs) to 77948.

Voice

Little Singers

Ages: 5 - 7

Cascade School of Music

A beginning class for children who love to sing! Through singing and games, students are taught proper singing technique to support vocal performance and introduced to basic music theory such as note names, note values, dynamics and rhythm. An excellent introduction to the joy of music making, this class helps build a base for further music education.

\$280.00 ID \$336.00 OD / session

Activity: 106362

W: 1:30 - 2:20 pm

Session: 1/22 - 4/29 (no class 3/25)

World Choir for Girls

Ages: 9 - 12

Cascade School of Music

Singing with a choir gives girls a forum to work together to bring the beauty of music to life. The process of ensemble music-making cultivates the sense of connection, confidence and poise. Students will explore ways to find ease and comfort while singing music from around the world. All levels welcome - no experience needed and no auditions.

\$280.00 ID \$336.00 OD / session

Activity: 106370

Th: 4:30 - 5:45 pm

Session: 1/23 - 4/30 (no class 3/26)

Shining Stars Homeschool Choir

NEW

Ages: 6 - 10

Cascade School of Music

Students learn the basic elements of rhythm and note reading in a group setting while learning proper singing technique to use in a wide variety of fun and engaging repertoire. Students have several performance opportunities throughout the semester including community outreach performances at adult assisted living homes and a winter recital at the end.

\$280.00 ID \$336.00 OD / session

Activity: 106374

W: 12:00 - 12:50 pm

Session: 1/22 - 4/29 (no class 3/25)



Science & Technology

Ages: 6 - 11

Elk Meadow Elementary

Bring your sense of fun and adventure along with a water bottle, lunch and snack.

\$65.00 ID \$78.00 OD / session

Alternative Energy

NO SCHOOL

Join us as we create fun hands-on practical applications of solar, wind and water power.

Activity: 106616

M: 9:00 am - 3:00 pm

Session: 3/23

Light & Lasers

NO SCHOOL

Explore the way light and lasers behave by making telescopes, kaleidoscopes and more! Explore lasers in the Laser Dome! Take home your creations to continue your scientific explorations.

Activity: 106613

Tu: 9:00 am - 3:00 pm

Session: 3/24

Fantastic Flight

NO SCHOOL

Future aviators! Learn how airplanes, helicopters and hot air balloons work as we do hands-on investigations about things that fly!

Activity: 106614

W: 9:00 am - 3:00 pm

Session: 3/25

Secret Agent for a Day

NO SCHOOL

How do they make all those cool gadgets? Join us to make your own and learn the science of stealth and disguise.

Activity: 106610

Th: 9:00 am - 3:00 pm

Session: 3/26

Science & Technology

ACT Boot Camp

NO SCHOOL NEW

Ages: 15 - 18

Sylvan Learning Center Northwest Crossing

Calling all high school juniors! Get ready for the district-wide ACT college admissions test in February - join this crash course focused on testing strategies for the ACT's four sections: Math, Science, English and Reading. This class includes diagnostic practice test and personalized follow-up conference with detailed score reports and recommendations for further study (to be scheduled at your convenience). All course materials provided; personal calculator recommended; bring lunch for 30-minute break and water bottle.

\$195.00 ID \$234.00 OD / session

Activity: 106653

M: 10:00 am - 2:30 pm

Session: 1/20

Bot Lab 100/200

NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center Northwest Crossing

These one-day workshops keep learning fun, encourage creativity and challenge students to problem-solve and work logically with STEM. Students work with LEGO® technology to build themed robots and use computer software to program them to come to life! If also enrolled in Engineering 100/200, bring lunch for break at 12:00 - 12:30 pm.

\$49.00 ID \$58.80 OD / session

Activity: 106660

F: 10:00 am - 12:00 pm

Sessions: 1/31 4/10

Engineering 100/200

NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center Northwest Crossing

Use your engineering brain while planning, designing, building and testing simple machines and complex bridge structures in this one-day workshop. Explore the STEM world and discover the mechanics behind the machines we use every day! If also enrolled in Bot Lab 100/200, bring lunch for break at 12:00 - 12:30 pm.

\$49.00 ID \$58.80 OD / session

Activity: 106656

F: 12:30 - 2:30 pm

Sessions: 1/31 4/10



Fun Works Intro to Engineering/STEM with LEGO

NO SCHOOL

Ages: 5 - 7

Elk Meadow Elementary

Children are introduced to Engineering concepts and focus on building skills and techniques. Each project is modified and customized by the student. LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects for campers.

\$120.00 ID \$144.00 OD / session

Activity: 106651

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

Session: 4/8 - 10

Fun Works Engineering/STEM with LEGO

NO SCHOOL

Ages: 8 - 11

Elk Meadow Elementary

Children are introduced to engineering concepts and develop their understanding of cause and effect, problem solving and trial and error. Students typically build 2 projects per day and modify the mechanics as well as have competitions. Most projects use motorized LEGO and the week ends with an amazing monorail/battle track project.

\$120.00 ID \$144.00 OD / session

Activity: 106652

W - F: 1:00 - 4:00 pm

Session: 4/8 - 10



All Sports

All Sport Camp - Spring Break

NO SCHOOL

Ages: 7 - 11

Cascade Indoor Sports Center

Join us for a great day of sports camp! We'll be playing all of your favorite games: soccer, kickball, tag, ultimate Frisbee, flag football, volleyball, dodgeball, Capture the Flag, floor hockey, garbage ball and more! Campers must bring running shoes, appropriate clothing, water bottle and snack each day.

Single Day: \$45.00 ID \$54.00 OD

All 4 Days: \$160.00 ID \$192.00 OD

Activity: 103300

Daily: 8:30 am - 12:30 pm

M: 3/23

Tu: 3/24

W: 3/25

Th: 3/26



Start Smart Sport Sampler

Ages: 3 - 6 with adult

Riverbend Park

Sample a variety of sports this spring! This program introduces the basics of lacrosse, golf and baseball. Move through stations with your child as they learn motor skills in a group environment. Adult must attend and participate with their child. All equipment provided.

\$49.00 ID \$58.80 OD / session

Activity: 103024

Tu/Th: 6:15 - 7:05 pm

Session: 5/5 - 21

Baseball

Bitty Baseball

Ages: 4 - 5

The Pavilion

A good introduction for the younger player, Bitty Baseball will focus on skill development, teamwork and fun. Teams meet for practice and scrimmages for 60 minutes each Saturday. Team t-shirt and hat included. Choose group for age as of April 1st, 2020. This program is dependent on volunteer coaches. Interested in coaching this season? Visit our website and complete a BPRD Volunteer Application.

\$48.00 ID \$57.60 OD / session

Registration deadline: 3/7 or until full

Activity: 110764 Age: 4

110765 Age: 5

Sa: 9:00 am - 1:00 pm

Session: 4/18 - 5/16

Everybody wins.

Sports, whether team-based or individual, are great activities for kids that provide a variety of benefits other than just physical activity. Sports help build self-esteem and confidence, motivate kids to excel and develop social skills. With those benefits, everyone is a winner.

Basketball

COBO Basketball Camps & Training

Directed by basketball coach Craig Reid and his staff, these camps offer a friendly environment to gain basketball knowledge and experience, develop individual skills and learn team concepts.

No School Day Basketball Camps

NO SCHOOL

Grades: 3 - 5

Pilot Butte Middle School

No school? Cool, come play some ball! This camp is geared towards the elementary age player.

\$30.00 ID \$36.00 OD / session

Activity: 103055

M: 9:00 am - 12:00 pm

Sessions: 1/20, 2/17

F: 9:00 am - 12:00 pm

Session: 1/31

Advanced Basketball Training

Highland Elementary

These sessions offer an excellent opportunity to begin your skill work in a small group setting. Skill focus will include shooting form, ball handling, passing, perimeter attack skills and defense.

\$94.00 ID \$112.80 OD / session

Activity: 103060

Grades: 4 - 6

Tu: 6:00 - 7:30 pm

Grades: 7 - 9

Tu: 7:30 - 9:00 pm

Session: 4/7 - 28



Fencing

Beginning Foil Fencing

Ages: 9 - 12

High Desert Fencing

Learn to swordfight like an Olympic fencer. We will cover basic footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts or jeans please). US Fencing annual membership and waiver (\$10 additional) required at the first class.

\$76.00 ID \$91.20 OD / session

Activity: 106780

Tu: 4:30 - 5:30 pm

Sessions: 1/21 - 3/10 3/31 - 5/19

Beginning Epee Fencing

Ages: 13 - 19

High Desert Fencing

Learn the Olympic sport of competitive epee fencing. You'll learn the basic footwork, blade work and tactics to safely enjoy the sport. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts or jeans please). US Fencing annual membership and waiver (\$10 additional) required at the first class.

\$96.00 ID \$115.20 OD / session

Activity: 106782

Tu: 5:30 - 7:00 pm

Sessions: 1/21 - 3/10 3/31 - 5/19

Golf

Awbrey Glen Youth Golf Lessons

Ages: 9 - 13

Awbrey Glen Golf Club

Never played or are new to golf? This program is a fantastic opportunity to get your golf game off to a great start in a small group setting. Clubs provided or bring your own. Dress code applicable.

\$84.00 ID \$100.80 OD / session

Activity: 103085

F: 4:15 - 5:15 pm

Session: 4/10 - 24 5/1 - 15

River's Edge Youth & Junior Golf Lessons

Ages: 8 - 13

River's Edge Golf Club

Choose one or both sessions! We'll build knowledge and technique while introducing your child to a great lifelong sport. Taught by director of instruction Stuart Allison, these small-group lessons focus on the fundamentals, etiquette and fun. Clubs provided or bring your own.

\$89.00 ID \$106.80 OD / session

Activity: 103086

W: 4:30 - 6:00 pm

Session: 4/13 - 27

M: 4:30 - 6:00 pm

Session: 5/4 - 18

Hockey

Learn to Play Hockey 1 & 2

Ages: 4 - 14

The Pavilion

Our "Learn to Play" program is designed to introduce players with little or no hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and above all else have fun. Rental equipment is available, \$50.00/session. Rental skates included.

\$84.00 ID \$100.80 OD / session

Activity: 110201

M: 4:45 - 5:45 pm

- OR -

M: 6:00 - 7:00 pm

Session: 1/13 - 2/24



Need to learn to skate before you can pick up a hockey stick?

See page 91 for Hockey Skate Lessons.



Ice Skating

Ice Skating Troupe

Ages: 9 - 15

The Pavilion

Bring your creativity and teamwork to the ice! Enhance your individual and synchronized skating skills with music, choreography, and costumes. We will focus on Synchronized Skating, and will perform a piece in our Bend Ice End of Season Show on Saturday, April 4, 2020. For level 4+ figure skaters only (must be comfortable with forward crossovers and using edges).

\$175.00 ID \$210.00 OD / session

Activity: 110163

Sa: 8:45 - 9:30 am

Session: 1/4 - 2/22 (no class 1/28)

Ice Dance Technique

Ages: 16 & up

The Pavilion

Explore the basic techniques used in the sport of Ice Dance! This series will focus on improving edgework and introducing dance patterns, skated with music. Prerequisite: skaters must be able to do forward crossovers and use edges comfortably.

\$72.00 ID \$86.40 OD / session

Activity: 110162

Tu: 5:45 - 6:15 pm

Session: 1/7 - 2/11

Parent & Seal Pup: Skate Together

Ages: 3 - 4

The Pavilion

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

\$36.00 ID \$43.20 OD / session

Activity: 110100

Tu: 9:50 - 10:20 am

Sessions: 1/7 - 1/21 1/28 - 2/11
2/18 - 3/3

Skate & Splash Day Camp

Ages: 7 - 11

The Pavilion

It's the polar bear lifestyle! Play on the ice; play in the water! This camp is something different and super cool! In the morning, we'll ice skate, play games both on-and-off the ice and do art projects. In the afternoon, we will head to Juniper Swim & Fitness Center for recreation swim.

\$45.00 ID \$54.00 OD / session

Activity: 110150

Daily: 9:00 am - 4:00 pm

Sessions: 1/20, 2/17,
3/24, 3/25, 3/26

Sharpen Your Skating Skills

Ages: 11 & up

The Pavilion

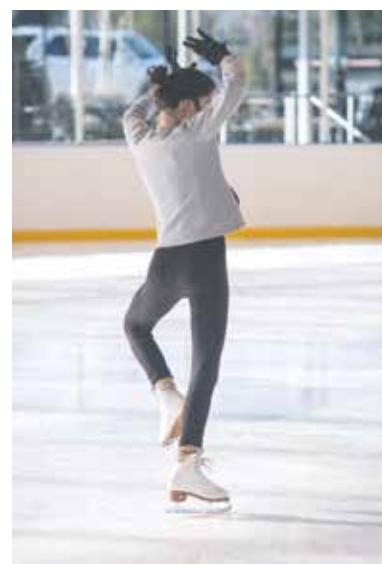
Sharpen your figure skating skills with these drop-in style workshops! Each individual session will provide focused instruction on a specific topic to improve your skating technique and conditioning. Hosted by Bend Ice Figure Skating Coaches. Prerequisite: skaters must be able to do forward crossovers and use edges comfortably.

\$12.00 ID \$14.40 OD / session

Activity: 110161

Sa: 9:40 - 10:25 am

Sessions: 1/18 1/25
2/8 2/15
2/22 3/7
3/14



Specialized Ice Sessions

Fees: Youth: \$10.00 / session

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get your fifth session for FREE!

Registration: Opens 72 hours prior to scheduled session. You must check-in with the front desk before the beginning of the session.

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

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

Stick Time

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

Activity: 110401 - Youth

Coached Stick & Puck

NEW

The same unstructured hockey "Stick Time" you love, but with coaching available. Get specialized tips and tricks from our coaching staff to help your skill development.

Activity: 110410 - Youth

Freestyle

Take your skating to the next level! Freestyle is a practice session designed for intermediate and advanced figure skaters to take advantage of the full ice surface to work on edgework, jumps, spins and choreography.

Activity: 110160



Learn to Skate: Youth

Ages: 4 - 15

The Pavilion

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

Our ice skating lessons are...

- **Age Appropriate:** Most classes grouped by ages 4 - 5, 6 - 11, 12 - 15 and 16+.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating or hockey.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

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

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

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

KinderSkate 1 & 2

Ages: 4 - 5

Learn how to stand, march, dip and swizzle on the ice with fun songs and games. Protective headgear required. One previous ice skating experience preferred.

Activity: 110101

KinderSkate 2 & 3

Ages: 4 - 5

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

Activity: 110102



Learn to Skate: Family

Ages: 6 - 11

Young skaters - grab a parent, a relative or another adult in your life and come learn to skate together! Through new skills and fun games, we'll help you become confident enough to skate during our Open Skate sessions or to progress to higher-level group classes on your own. Register the child's name and one adult is included. Figure or hockey skates available. Helmets recommended.

Activity: 110110

Learn to Skate: Levels 1 - 3

Ages: 6 - 11

Get started figure skating! Learn how to march, swizzle, glide and even skate backwards on the ice. Helmets recommended. One previous ice skating experience preferred.

Activity: 110111

Learn to Skate: Levels 4 - 6

Ages: 6 - 11

Find your strength and grace on the ice! We will work on mastering forward crossovers, backward skating skills and even a beginning spin. Figure skates only. Prerequisite: successful completion of Level 3.

Activity: 110114

Learn to Skate: Levels 7 - 8

Ages: 6 - 15

Introduces waltz jump, one-foot spin and the skills needed to learn them successfully including landing position, mohawks and edge transitions. Figure skates only. Prerequisite: successful completion of Level 6.

Activity: 110117

Free Practice FREE

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

See session descriptions on page 27.

Schedules at thepavilioninbend.com.

Learn to Skate:
Teen Levels 1 - 3

Ages: 12 - 15

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

Activity: 110131

Learn to Skate:
Teen Levels 4 - 6

Ages: 12 - 15

Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for turns, edgework and crossovers. Prerequisite: successful completion of Teen Level 3.

Activity: 110133

Free Skate 1 - 3

Ages: 6 - 15

Step into the world of advanced figure skating as you learn new edge, footwork patterns and the first half of the single revolution jumps. Continue refining your artistry and technique by practicing skills you already have. Prerequisite: successful completion of Level 6.

Activity: 110136

Learn to Skate: Hockey 1

Ages: 6 - 11

Learn hockey skating skills to be successful in the game of hockey. We will practice stance, falling, swizzles & snowplow stops with fun games and drills. Protective headgear required; other protective gear optional. This class is taught without a stick and puck. One previous ice skating experience preferred.

Activity: 110120

Learn to Skate: Hockey 2

Ages: 6 - 11

Advance your hockey skating skills! Work on C-Cuts, T-Pushes and 2-foot turns with fun games and drills. Protective headgear required; other protective gear optional. Hockey skates only. This class is taught without a stick and puck. Prerequisite: successful completion of Learn to Skate: Hockey Level 1.

Activity: 110122

ONE-DAY-
A-WEEK
SESSIONS

\$72.00 ID \$ 86.40 OD

\$72.00 ID \$ 86.40 OD

KinderSkate 1 & 2

KinderSkate 2 & 3

Learn to Skate: 1 - 3

Learn to Skate: 4 - 6

Learn to Skate: Hockey 1

Learn to Skate: Hockey 2

Teen Levels 1 - 3

Teen Levels 4 - 6

\$72.00 ID \$ 86.40 OD

\$72.00 ID \$ 86.40 OD

KinderSkate 1 & 2

KinderSkate 2 & 3

Learn to Skate: Family

Learn to Skate: 1 - 3

Learn to Skate: 4 - 6

Learn to Skate: 7 - 8

Learn to Skate: Hockey 1

Learn to Skate: Hockey 2

\$72.00 ID \$ 86.40 OD

\$72.00 ID \$ 86.40 OD

KinderSkate 1 & 2

KinderSkate 2 & 3

Learn to Skate: 1 - 3

Learn to Skate: 4 - 6

Learn to Skate: Hockey 1

Learn to Skate: Hockey 2

Free Skate 1 - 3

TUESDAYS

Jan. 7 - Feb. 11

Feb. 18 - Mar. 31 (no class 3/24)

5:05 pm

4:30 pm

4:30 pm

5:05 pm

5:05 pm

4:30 pm

5:45 pm

5:45 pm

THURSDAYS

Jan. 9 - Feb. 13

Feb. 20 - Apr. 2 (no class 3/26)

4:30 pm

5:05 pm

5:45 pm

5:05 pm

4:30 pm

5:45 pm

4:30 pm

5:05 pm

SATURDAYS

Jan. 4 - Feb. 15 (no class 1/25)

Feb. 22 - Apr. 4 (no class 3/28)

9:55 am

9:20 am

8:45 am

9:20 am

9:55 am

9:20 am

9:40 am

Each lesson is 30 minutes long.

Free Skate 1 - 3 is 45 minutes long. Start times listed.



About Bend Ice

Bend Ice is Bend Park & Recreation District's community partner in helping promote and develop ice sports available at The Pavilion including hockey, curling and figure skating. Founded in 2010, Bend Ice traces its roots to a small group of ice sports enthusiasts dedicated to creating a culture of ice sports in Central Oregon. A non-profit, community-supported organization, Bend Ice has seven active Board members and a team of dedicated volunteers.

Bend Ice
Figure Skating Club

Come meet new friends, develop your skating skills and have a blast! The Bend Ice Figure Skating Club is perfect for skaters who have mastered basic skating skills equivalent to level 4 and above. Club members get access to exclusive practice ice time to skate as a team and prepare for testing, competition and exhibition events. Joining the club helps take an individual sport to a team sport and gives skaters the opportunity to skate with like-minded athletes.

Bend Rapids Hockey Club

The mission of the Bend Rapids Hockey Club is to provide travel teams an instructional and competitive environment aimed at developing hockey players. The club's philosophy is to provide both on-and-off-ice training using USA Hockey trained coaches for U8, U10, U12, U14 and high school teams. Adhering to USA Hockey safe sport policies, the club offers a competitive travel schedule designed to stretch players as they develop into excellent athletes and young people.

For more information,
visit bendice.org



Youth Lacrosse League

Grades: 1 - 8

Locations to be determined

It's no wonder why lacrosse is so popular - it's exciting, fast-paced and great fun. A wonderful off-season complement to many other sports, this league emphasizes skill development, participation, teamwork, sportsmanship and fun. Teams will meet twice a week and play an eight-game schedule.

Helmets, sticks and mouth guards provided. All players on coed and boys teams must provide their own shoulder pads, arm pads and gloves.

This program is dependent on volunteer coaches. Anyone interested in coaching this season, please visit our website and complete a BPRD Volunteer Application.

\$80.00 ID \$96.00 OD / season

Registration deadline: 3/2

Season: 4/6 - 6/5

COED

Activity: 103401 Grades: 1 - 2

BOYS

Activity: 103403 Grades: 3 - 4
103407 Grades: 5 - 6
103411 Grades: 7 - 8

GIRLS

Activity: 103404 Grades: 3 - 5
103410 Grades: 6 - 8



Lacrosse

Boys Spring Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex - Field 4

Get ready for the upcoming season! Taught by Summit High School coaches and players, this camp will tune you up for your games ahead. Bring your own helmet, stick, pads and gloves. If needed, helmet and sticks will be issued on Tuesday, 3/17 4:00 - 4:30 pm at the old fire station building at Big Sky Park.

\$48.00 ID \$57.60 OD / session

Registration deadline: 3/15 or until full

Activity: 103100

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

Session: 3/17 - 19

Girls Spring Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex - Field 1

Girls, this camp is all about you and the best way to get ready for your upcoming season! Local high school girls' coaches and their female staff are committed to teaching all ability levels the skills and techniques required to know and enjoy lacrosse. Equipment provided or bring your own goggles and stick. If needed, equipment will be issued 30 minutes prior to the first session.

\$45.00 ID \$54.00 OD / session

Registration deadline: 3/15 or until full

Activity: 103105

M - W: 4:30 - 5:45 pm

Session: 3/16 - 18

Martial Arts

Lil'est Dragons

Age: 3

Odyssey Martial Arts

Beginning with the basics of Tang Soo Do Karate, this class teaches children discipline, self-control, confidence, and teamwork while developing motor skills. T-shirt included.

\$74.00 ID \$88.80 OD / session

Activity: 106752

Tu/Th: 3:30 - 4:00 pm

Sessions: 2/4 - 27
3/3 - 4/2 (no class 3/24 & 3/26)
4/7 - 30 5/5 - 28

Intro to Lil' Dragons

Ages: 4 - 6

Odyssey Martial Arts

Designed for beginning white belts, this class teaches the basics of Tang Soo Do Karate. Children will learn discipline, self-control, confidence, and teamwork - all while developing motor skills. Uniform included.

\$74.00 ID \$88.80 OD / session

Activity: 106750

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

Sessions: 2/4 - 27
3/3 - 4/2 (no class 3/24 & 3/26)
4/7 - 30 5/5 - 28

Intro to Karate

Ages: 6 - 14

Odyssey Martial Arts

Discover what Tang Soo Do Karate is all about in this class designed for white belts! Students will acquire control, focus, discipline, self-defense and confidence, while learning techniques and having fun. Uniform included.

\$74.00 ID \$88.80 OD / session

Activity: 106751

M/W: 4:30 - 5:00 pm

Sessions: 2/3 - 26
3/2 - 4/1 (no class 3/23 & 3/25)
4/6 - 29
5/4 - 27 (no class 5/25)
(Adj. fee \$64.75 ID \$77.70 OD / session)

Tu/Th: 4:30 - 5:00 pm

Sessions: 2/4 - 27
3/3 - 4/2 (no class 3/24 & 3/26)
4/7 - 30 5/5 - 28



Children's Ki Aikido

Ages: 5 - 14

Oregon Ki Society

Help your children cultivate good habits at an early age through the martial art of Ki-Aikido and Ki Development. Participants will develop their minds and bodies together in a physically active and cooperative learning environment. As they grow, they learn how to apply these lessons to all activities: school, play, sports, and relationships.

\$94.00 ID \$112.80 OD / session

Activity: 106758

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

Sessions: 1/7 - 30 2/4 - 27
3/3 - 26 4/7 - 30
5/5 - 30

Volunteer coach youth sports.

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



Rugby

Flag Rugby League

Grades: 4 - 8

High Lakes Elementary

The newest Olympic sport is coming to Bend through a joint program between Rugby Oregon and BPRD. Flag Rugby 7's is a fun, fast and inclusive team sport where all players will be running, passing, catching, scoring and working together! Teams practice during the week; games played on weeknights. Uniform shirt and ball provided; players must provide own cleats. Teams are co-ed.

This program is dependent on volunteer coaches. If you are interested in coaching this season, visit our website and complete a BPRD Volunteer Application.

\$79.00 ID \$94.80 OD / season

Registration deadline: 3/26 or until full

Activity: 103654

W: 5:30 - 7:00 pm

Season: 4/8 - 5/27

Scootering & Skateboarding

Spring Break Scootering Camp

NO SCHOOL

Ages: 6 - 17

Ponderosa Skate Park

Learn new skills and tricks with pro instructors and enjoy progressing in the sport, while we have a blast with games and activities. Riders are divided into groups based on age and skill level. Camps feature Jake Clark and Matt Edleston as pro scooter instructors and include appearances from other pro riders! On the last day, we'll show off our skills in a mini competition with awesome prizes for the riders. Scooter, helmet, pads, water bottle and sack lunch required.

\$215.00 ID \$258.00 OD / session

Activity: 106778

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

Session: 3/25 - 28



CLIP IT OUT!
(RE) PLACE IT ON YOUR FRIDGE!
DON'T MISS OUT ON THE ACTION!

Yo! Sports Fans!

Plan Ahead!

2020

Youth League

Registration Deadlines:

WINTER-SPRING 2020 REGISTRATION: Opens Dec. 9

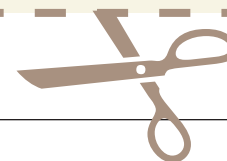
Program/League	Season	Registration Deadline
Youth Lacrosse League	April - June	March 2
Girls Softball League	April - June	March 11
Bitty Baseball	April - May	March 7
Middle School Flag Rugby League	April - May	March 26

SUMMER 2020 REGISTRATION: Opens March 23

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	Early June
Youth Tackle Football League	August - October	Early June
Youth Flag Football League	Sept. - November	Early July
Kindergarten Soccer League	Sept. - October	Early August
6th Grade Volleyball League	Sept. - October	Mid-August
Middle School Tennis League	Sept. - October	Mid-August

FALL 2020 REGISTRATION: Opens Early August

Program/League	Season	Registration Deadline
Youth Volleyball League	October - Dec.	September
Bitty Basketball	Nov. - Dec.	October
Middle School Basketball - Boys	Nov. - Dec.	October
High School Basketball League	Dec. - March	November
Youth Basketball League	January - March	November
Middle School Basketball - Girls	January - March	December
Youth Hockey League	January - March	December





Girls Softball League

Ages: 6 – 14 (as of 1/1/20)

Locations to be determined

What a great way to play, make friends and grow your game! The season swings into action with a players' clinic. Teams practice twice a week; most games during the week with a few games on Saturdays. Includes uniform top, shorts and socks.

This program is dependent on volunteer coaches. If you are interested in coaching this season, please visit our website and complete a BPRD Volunteer Application.

Registration deadline: 3/11
or until full

Season: 4/6 - 6/4

AGES: 8 & UNDER

\$79.00 ID \$94.80 OD / season

Activity: 103450

AGES: 11 & UNDER

\$89.00 ID \$106.80 OD / season

Activity: 103453

AGES: 14 & UNDER

\$89.00 ID \$106.80 OD / season

Activity: 103456



Skate Skills Camp

NO SCHOOL

Ages: 5 - 12

Bearings Skateboard

Interested in skateboarding but don't know where to start? This skate skills camp is perfect for beginner-to-intermediate skateboarders. Our friendly coaching staff will teach you step-by-step and encourage you to get out of your comfort zone. This is a safe and fun way to get comfortable on your board while playing with others. Bring a lunch and water bottle. Skateboard/helmets required. Knee/elbow pads encouraged. Rentals available.

\$240.00 ID \$288.00 OD / session

Activity: 106772

M - Th: 10:00 am - 1:00 pm

Session: 3/23 - 26

Little Miss Ladies Skate

NO SCHOOL

Ages: 5 - 12

Bearings Skateboard

Girls Rule! Join us for a girls-only skate camp at Bearings private skatepark with professional skateboard coaches. Make new friends and learn new skills, such as stance, pushing, turning and cool tricks - all in a positive environment. Bring a lunch and water bottle. Skateboard/helmets required. Knee/elbow pads are encouraged. Rentals available.

\$60.00 ID \$72.00 OD / session

Activity: 106773

M: 9:00 am - 1:00 pm

Sessions: 1/20, 2/17, 5/25

Get on Board

NO SCHOOL

Ages: 5 - 12

Bearings Skateboard

Get on board and skate! Receive one-on-one coaching to help you build your skills and confidence to safely board. Perfect for beginners and intermediate skateboarder alike, this group class teaches foot placements and develops your comfort level on a board, including doing ramp drop-ins. Returning students - you'll pick up where you left off and keep advancing skills. Bring a lunch and water bottle. Skateboard/helmets required. Knee/elbow pads encouraged. Rentals available.

\$185.00 ID \$222.00 OD / session

Activity: 106774

W - F: 10:00 am - 1:00 pm

Session: 4/8 - 10

Softball

Pre-Season Softball Clinics

Ages: 8 - 14

Bend FieldHouse

Get ready for the upcoming season and improve your game! Held indoors, all sessions are under the direction of local high school coach Mike Carpenter.

\$59.00 ID \$70.80 OD / session

Registration deadline: 2/28
or until full

Activity: 103140

Su: 1:00 - 2:30 pm

Session: 3/1 - 22

Girls Softball Pitching Clinics

Ages: 9 - 14

Harmon Park

Smokin' fast balls and tricky sliders! Get ready for the upcoming season and improve your pitching skills under the direction of local high school coach Mike Carpenter. Participants must bring someone to act as their "catcher" during each session.

\$29.00 ID \$34.80 OD / session

Registration deadline: 4/17
or until full

Activity: 103145

Su: 1:30 - 2:30 pm

Session: 4/19 - 5/3

LOOKING FOR MORE BASEBALL & SOFTBALL?

About Bend North Little League

Bend North Little League is Bend Park & Recreation District's community partner in helping promote and develop youth baseball and softball in Bend. Through proper guidance and leadership, the Little League program assists children ages 5 to 14 in developing the qualities of citizenship, discipline, teamwork and physical well-being.

Bend North Little League is part of Oregon District 5 Little League which covers the bulk of Central Oregon and leagues along the Columbia Gorge. A non-profit, community-supported organization, Bend North Little League is led by a board of directors and supported by dedicated volunteers.

For more information, visit bnll.org



SoccerJrs

Cascade Indoor Sports Center

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.

\$110.00 ID \$132.00 OD / session

SoccerJrs - Teddies

Ages: 18 - 35 Months

Parents participate with the child as they learn soccer basics and fun activities.

Activity: 103310

Tu: 10:00 - 10:55 am

Sessions: 1/7 - 2/18 2/25 - 4/14 (no class 3/24)

W: 11:00 - 11:55 am

Sessions: 1/8 - 2/19 2/26 - 4/15 (no class 3/25)

Th: 5:00 - 5:55 pm

Sessions: 1/9 - 2/20 2/27 - 4/16 (no class 3/26)

Sa: 10:00 - 10:55 am

Sessions: 1/11 - 2/22 2/29 - 4/18 (no class 3/28)

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.
Visit bendparksandrec.org/jobs

SoccerJrs - Cubs

Ages: 3 - 4

An introductory program teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions.

Activity: 103311

M: 5:00 - 5:55 pm

Sessions: 1/6 - 2/17 2/24 - 4/13 (no class 3/23)

Tu: 10:00 - 10:55 am

- OR - **4:00 - 4:55 pm**

Sessions: 1/7 - 2/18 2/25 - 4/14 (no class 3/24)

W: 11:00 - 11:55 am

- OR - **4:00 - 4:55 pm**

Sessions: 1/8 - 2/19 2/26 - 4/15 (no class 3/25)

Th: 4:00 - 4:55 pm

Sessions: 1/9 - 2/20 2/27 - 4/16 (no class 3/26)

Sa: 10:00 - 10:55 am

Sessions: 1/11 - 2/22 2/29 - 4/18 (no class 3/28)

SoccerJrs - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

Activity: 103312

M: 4:00 - 4:55 pm

Sessions: 1/6 - 2/17 2/24 - 4/13 (no class 3/23)

Tu: 5:00 - 5:55 pm

Sessions: 1/7 - 2/18 2/25 - 4/14 (no class 3/24)

W: 3:00 - 3:55 pm

Sessions: 1/8 - 2/19 2/26 - 4/15 (no class 3/25)

Bend FC Timbers



Central Oregon Soccer League

Ages: U6 - U12

Bend FC Timbers offers a spring developmental soccer league. School-based and divided by gender and age, teams practice twice a week and play games on Saturdays and/or Sundays. Instruction, number of players on teams and game field sizes are age-appropriate and grow incrementally. Each child receives a uniform.

Season: March 1 - May 10

Future Timbers Academy

Ages: U7 - U8

Seasonal: Summer / Fall / Spring

For soccer players looking for additional technical development. The Future Timbers program is focused on developing the individual player versus the whole team. It is encouraged that players continue to play in recreational leagues while increasing their soccer skills with the Future Timbers.

Junior Academy

Ages: U9 - U10

Year-round with breaks

For soccer players looking for a more competitive environment, this program features an academy that will train under the guidance of the Bend FC Timbers professional coaching staff. The Academy will focus primarily on skill development and small-sided games.

Academy Teams

Ages: U11 - U18

Year-round with open enrollment

For highly committed soccer players looking to train and play year-round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts every May.

For more information on Central Oregon Soccer League and Bend FC Timbers programs, visit BendFCTimbers.com.



Soccer

Start Smart Soccer

Ages: 3 - 5 with adult

Riverbend Park

Get involved with your child in this introductory soccer program that prepares kids for organized soccer in a friendly environment. This program is perfect for those with little or no soccer experience who want to learn the basics - kicking, trapping, dribbling, throw-ins and more! All participants will receive equipment to practice their skills at home. Adult must attend and participate with their child.

\$49.00 ID \$58.80 OD / session

Activity: 103022

Tu/Th: 6:15 - 7:05 pm

Session: 4/16 - 30

Youth Spring Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports Center

Get out of the cold weather and join youth indoor soccer league! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All registered players will be placed on a team for the season and given a team shirt. League games are on Saturdays; one game a week for eight weeks. Space is limited, registration is available until program is full.

\$110.00 ID \$132.00 OD / season

Activity: 103340

Season: 3/7 - 4/25

Grade: Saturdays:

K	Mid-morning
1 - 2	Late morning
3 - 5	Early morning
6 - 8	Late afternoon

Track & Field

Middle School Track Clinics

Grades: 6 - 8

Cascade Middle School

Get a jump on the upcoming season! Join friends and local middle school track coaches as they help you improve your personal best or try a new event, while emphasizing individual improvement. Includes program t-shirt.

\$45.00 ID \$54.00 OD / session

Activity: 103170

M/Tu/Th: 4:00 - 5:15 pm

Session: 3/9 - 19



Cheetah Cubs Youth Track Program

NEW

Grades: 1 - 5

Mountain View High School

Join the Central Oregon Track Club for the Cheetah Cubs track program. Geared to athletes of all ability levels, our coaches are committed to teach the very best techniques and skills in a fun and safe environment. Bring running shoes, appropriate clothing and water bottle.

\$99.00 ID \$118.80 OD / session

Activity: 103175

M/Th: 6:00 - 7:30 pm

Session: 4/27 - 5/21



Volleyball

NPJ Spring Volleyball Clinics

Grades: 4 - 8

Pilot Butte Middle School

Our NPJ spring clinics are designed for players wanting to improve their skills as they prepare for the next level of volleyball. Lead by local club volleyball coaches, we split into two groups: grades 4 - 5 and grades 6 - 8.

\$83.00 ID \$99.60 OD / session

Activity: 103192

Th: 6:30 - 8:00 pm

Session: 4/16 - 5/21

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6121.



thanks, coach.

Many thanks to every volunteer who generously contributed time as a coach for youth fall sports programs. These people share their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

Bend Unified Recreational Soccer League

Kyle Anderson	Aaron Chambers	Zachary Frank	James Jarrett	Jim Maloney	Robert Rahner	Kevin Switzer
Mark Anderson	Greta Cheney	Mike Franz	Justin Johnson	Ripdeep Mangat	Jose Ramirez	John Tavares
Mark Antonio	Ryan Cheney	Andi Freeman	Nicole Johnson	Erin Martin	Jesse Rasmussen	Stephen Tee
Chris Arathoon	Craig Chenoweth	Mark Garcia	Michael Jones	Nikki McCabe	Matthew Rex	Shane Therrian
Connor Babb	Phil Chung	Lori Gates	Dave Kang	Kristina McCann	Perry Rhodes	Mike Thomas
Dave Baker	Laura Clingham	Jeff Gautschi	Jessica Keegan	Chris McCarty	Mara Richardson	Katie Tiktin
Mary Barnes	Shane Cochran	Anne George	Christina Kennedy	David McDonald	Terry Richardson	Brian Tovar
Ethan Barrons	Danny Costa	Brian George	Joe Kennedy	Dave McKae	Jay Riker	Silas Towne
Eric Beck	Gabe Couch	Erik Gilbo	Berit Kerchner	Kevin McPhetridge	Eric Rohde	Allen Tucker
Chad Belding	John Courtney	Tyler Gist	James Kerr	Tawny McPhetridge	Amy Rohde	Shaun Tucker
Louis Bennett	Nicole Dale	Gabriel Goldman	Jimmy Kim	Bethany McWilliams	Shaun Roland	Amelia Valleton
Ian Betteridge	Kara Davis	Joshua Goldstein	Mike Knopp	Andy Mendenhall	Jesse Rosenzweig	Brian Vernon
Nicole Bianchi	Ashley Dawson	Justin Grasty	Tracy Knopp	Ariel Mendez	Scott Ross	Luke Voohries
Gemma Biancucci	Greg Dawson	Maranda Grasty	Brian Korfage	Matt Menegini	Scott Rowles	Randy Wadsworth
Caitlin Bjornstad	Rina Dean	Krissy Hardy	Amanda Krantz	Michelle Mertins	Joe Rundle	Michel Waller
Ryan Bloodworth	Matt Degroot	Frank Heimerdinger	Ross Kranz	Tim Monaco	Mehdi Salari	Brock Wheeler
Mark Boissevain	Dan Denning	Aaron Henderson	Jason Kropf	Brock Monger	Genti Salari	Shannon Wheeler
Graham Boostrom	Natalie Dent	Jenny Hendrickson	Craig Langer	Matt Montagne	Carl Salvo	David Willingham
Kevin Boss	Tim Derosa	Lindsey Henson	Clare Langford	Ned Myers	Jason Sexton	Nate Wilson
Douglass Brons	Holly Dierdorf	Kyle Hewlett	Christy Lansing	Nate Nielsen	Niki Singlaub	Jennifer Winans
Daron Brown	Tiggy Dierdorf	Erin Hoar	Laura Lathrop	Cara Nowak	Anne Smith	Jeff Winstead
Nicole Butler	Amy Dimmitt	Alex Hoban	Daniel Laudenslager	Brandon Olin	Christopher Smith	Jason Winters
Robert Byczkowski	Ryan Douglass	Will Hoover	Cesar Lemus	Ryan Oster	Ian Smith	Matthew Wissbaum
Brandon Cardwell	David Duarte	Jonathan Hopper	Brian Lepore	Joel Paniagia	Nick Smith	Darin Wodke
Julie Cardwell	Mike Duarte	Megan Hughson	Kenny Lightenberg	Ryan Paris	Judd Sproba	Scott Woodford
Shelley Carlson	Erin Dugan	Natalie Hummel	Erik Lira	Morgan Peterson	Ethan Stelzer	Jacob Young
Dana Carmichael	Cynthia Eckhoff	Steve Hummel	Shone Logreco	Brynn Pierce	Ryan Stillwater	Andrew Zalewski
Jeanette Cassisi	Paul Edmonds	Tim Hunter	Grant Ludwick	Greg Powell	Brian Sullivan	Andrew Zapp
John Cassisi	Danny Ellis	Paul Hutter	Angie Lutz	Sean Purdy	Brian Sweeney	
Mike Chamberland	Samual Fox	Joe Janes	Taylor Mahoney	Colleen Quinn	Ben Swinehart	

Volunteers Needed to Coach Youth Team Sports

Make a difference for a group of kids!

Volunteers are essential to youth sports programs. We are currently seeking volunteer coaches for:

- Girls Middle School Basketball
- Ice Skating Lessons Support
- Bitty Baseball
- Youth Lacrosse
- Girls Softball
- Flag Rugby

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.



to our fall sports sponsors.

Sponsorship of BPRD sports programs provides resources that are directed to recreation scholarships.

Thank you to these sponsors whose valuable support will help fund scholarships for lower income children, families and adults in our community, so that everyone has access to quality recreation experiences.

Youth Fall Soccer Program Sponsor

**The Center Orthopedic
& Neurosurgical Care & Research**

Youth Tackle Football Program Sponsor

**Krueger & Lenox
Oral & Maxillofacial Surgery**

Youth Flag Football Program Sponsor

Bigfoot Beverages

Youth Hockey Program Sponsor

**Krueger & Lenox
Oral & Maxillofacial Surgery**

Adult Hockey Program Sponsor

Miller Lumber

Adult Curling Program Sponsor

Miller Lumber

Kindergarten Soccer

Mary Bartholomew
Dave Borkowski
Kevin Boss
Daron Brown
Mark Buckley
Amanda Cantal
Brandon Cardwell
Erin Carrol
Josh Cordell
Adam Cortese
Brandi Cortese
John Courtney
Nicole Creamer

Jose Cruz
Dominic Donatoni
Kevney Dugan
Ashley Dunbar
Erik Emerson
CJ Ferrari
John Frazier
Stuart Gaunt
Sean Gregg
Patrick Grogan
Tony Gunsul
Lindsey Hagen
Tyson Hall

Mike Harrington
De Anna Hellwich
Nathan Holcomb
Anna Johnson
Patrick Johnstad
Callie Kackley
Matt Keirstead
Sean Leslie
Ariel Mendez
Chad Morris
Megan Quigley
Kyle Royse
Mariah Smith

Nick Smith
Judd Sproba
Heather Stadnisky
Mike Steinbach
Zach Stevens
Kacy Stickland
Michael Thompson
Matt Wissbaum
Nic Young
Mike Zacha

6th Grade Volleyball

Charlene Bayes
Tonya Burkett
Katy Cross
Francie Cushman
Amy Dimmit
Coreen Ehlinger
Adrianne Goodrich

Bobby Grover
Trisha Grover
Danielle Johnston
Lisa Keown
Holly Lyons
Kristen Martin
Ron McCracken

Angela Miller
Toni Myers
Sam Olson
Stephanie Parel
Christy Perret
Megan Perry
Molly Taroli

Kristi Testerman
Brooke Walton
Amie Wulff
Crystal Young

Middle School Tennis

Cameron Fischer
Angela Keranen

Sandra Lindsay
Heidi McHugh

Christy Perret
Cristina Stavro

Youth Flag Football

Mark Bartlett
Shane Bishop
Steve Blackmarr
Adam Bledsoe
Courtney Bledsoe
James Borges
Kevin Boss
Ryan Boyle
Adam Brant
Brian Carter
John Christenson
Jason Colguhoun
Chris Cox
David Crump
Jason Dellinger
Justin Dunn
Billy Elmore
Don Fain
Chris Fournier
David Graham

Matt Gylling
Katie Hallums
Alan Harrelson
Aaron Harvey
Mike Hawbecker
Richard Hawkins
Mark Henderson
Blake Hillary
Michael Hollibaugh
Jonathan Houston
Patrick Humphrey
Byron Jenson
Noah Johnson
Robert Johnson
Andrew Ketsdever
Ben Key
Jay Kightlinger
Casey Krahenbuhl
John Kvortek
Joven Kvortek

Luke Larwin
Jeff Lewis
Grant Ludwick
Ron Lund
Tyler Mackeson
Nate Macrostie
Jeff McHugh
Ryan McHugh
Jeff Melton
Michael Mill-Price
Cody Miranda
David Montgomery
Nathan Moses
Elijah Myers
Blair Nicol
Jeff Patterson
Matthew Perry
Ken Pflinger
Clint Pierce
Pratt Rather

Brian Riley
Ross Silver
Torin Slaughter
Andy Slaughter
Ben Spaulding
Mike Steder
Andrew Stefano
Rick Stilson
James Stroughton
Aaron Thomas
James Tibbot
TJ Toney
AJ Tyvand
Spencer Welch
Aaron Wells
James White
Jeff Williams
Justin Winn

Youth Tackle Football

James Borges
Clint Burleigh
Mike Carpenter
Kevin Cooper
Michael Garrett
David Haines

Alex Hall
Brett Hamrick
Mark Howell
Rob Imhoff
Wyatt Imhoff
Derek McCulley

Joe Nichols
Scott Novelli
Steve Pappas
Nick Pardo
Travis Perkins
Billy Reiter

Nathan Riley
Stephen Sehgal
Joe Sellers
Reid Smith
James Turner
Jason Urbach

Program Locations

Locations of winter and spring programs are in alphabetical order below.

Academie De Ballet Classique
162 NW Greenwood Ave, Bend, OR 97701

Art Station
313 SW Shevlin Hixon Dr, Bend, OR 97702

Awbrey Glen Golf Club
2500 Awbrey Glen Dr, Bend, OR 97701

Bearings Skateboard Academy
615 SE Glenwood Dr, Bend, OR 97702

Bear Creek Elementary School
51 SE 13th St, Bend, OR 97702

Bend Fieldhouse
401 SE Roosevelt Ave, Bend, OR 97702

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
510 NE 3rd St, Bend, OR 97701

Central Oregon Recording
61419 S Hwy 97, Suite N, Bend, OR 97702

DIYcave
444 SE 9th St #150, Bend, OR 97702

Elk Meadow Elementary School
60880 Brookwood Blvd, Bend, OR 97702

Ensworth Elementary School
2150 NE Daggett Ln, Bend, OR 97701

Harmon Park, Hobby Hut & Outdoor Center
1100 NW Harmon Blvd, Bend, OR 97701

High Desert Fencing
61445 S Hwy 97, Ste D, Bend, OR 97702

High Lakes Elementary School
2500 NW High Lakes Lp, Bend, OR 97701

Highland Elementary School at Kenwood
701 NW Newport Ave, Bend, OR 97701

Hollinshead Park & Barn
1235 NE Jones Rd, Bend, OR 97701

Jewell Elementary School
20550 Murphy Rd, Bend, OR 97702

Juniper Elementary School
1300 NE Norton, 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

Lava Ridge Elementary School
20805 Cooley Rd, Bend, OR 97701

Miller Elementary School
300 NW Crosby Dr, Bend, OR 97701

Mountain View High School
2755 NE 27th St, Bend, OR 97701



Norton Ave Apartments
415 NE Norton Ave, Bend, OR 97701

North Star Elementary
63567 Brownrigg Ln, Bend, OR 97703

Odyssey Martial Arts
924 B SE Wilson Ave, Bend, OR 97702

Oregon Ki Society
20685 Carmen Lp, Bend, OR 97702

The Pavilion
1001 SW Bradbury Way, Bend, OR 97702

Pilot Butte Middle School
1501 NE Neff Rd, Bend, OR 97701

Pine Forest Grange
63214 Boyd Acres Rd, Bend, OR 97701

Pine Nursery Sports Complex
3750 NE Purcell Blvd, Bend, OR 97701

Pine Ridge Elementary School
19840 Hollygrape St, Bend, OR 97702

Ponderosa Elementary School
3790 NE Purcell Blvd, Bend, OR 97701

Ponderosa Park & Skatepark
225 SE 15th St, Bend, OR 97702
and
1411 SE Wilson Ave, 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 NW Shevlin Park Rd, Bend, OR 97701

Silver Rail Elementary School
61530 SE Stone Creek St, Bend, OR 97702

Skyline Sports Complex
19617 Mountaineer Way, Bend, OR 97702

Sun Mountain Fun Center
300 NE Bend River Mall Dr, Bend, OR 97701

Sylvan Learning Center - Main
2150 NE Studio Rd, Bend, OR 97701

Sylvan Learning Center - Northwest Crossing
2863 NW Crossing Dr, Bend, OR 97701

Tumalo State Park
64170 O.B. Riley Rd, Tumalo, OR 97703

Twin Knolls Transition Co-op
2500 NE Twin Knolls Dr, Bend, OR 97702

Westside Village Magnet School at Kingston
1101 NW 12th St, Bend, OR 97703

Park Features & Amenities

Get out and play with our features and amenities guide. Need to know how to get to a park? An interactive map is available online at bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at bendparksandrec.org or call (541) 389-7275.

PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at bendparksandrec.org.

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans. Dogs are allowed in all parks except for Riley Ranch Nature Reserve.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on district property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

TRAIL USE:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails or in Riley Ranch Nature Reserve. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•		•			
Alpine Park	19500 SW Century Dr								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Senior Center	1600 SE Reed Market Rd					•			•				•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr														•		
Big Sky Park	21690 NE Neff Rd	•			•				•		•	•	•				
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•								•		
Canal Row Park	1630 NE Butler Market Rd								•		•	•		•			
Columbia Park	264 NW Columbia St							•			•	•	•		•		
Compass Park	2500 NW Crossing Dr								•		•	•	•				
Discovery Park	1315 NW Discovery Dr				•				•		•		•				
Dohema River Access	35 NW Drake Rd														•		
Drake Park	777 NW Riverside Blvd						•						•		•		
Eagle Park	62891 NE Nolan St										•	•		•			
Farewell Bend Park	1000 SW Reed Market Rd						•		•		•	•	•		•		
First Street Rapids Park	1980 NW First St						•		•				•		•		
Foxborough Park	61308 Sunflower Ln		•									•		•			
Gardenside Park	61750 Darla Pl										•	•		•			
Genna Stadium	401 SE Roosevelt Ave																
Harmon Park	1100 NW Harmon Blvd	•									•	•	•		•		
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 SE Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St					•							•				
Kiwanis Park	800 SE Centennial St	•	•								•	•		•			
Larkspur Park (parking closed)	1700 SE Reed Market Rd		•					•	•		•	•	•				
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					

NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
McKay Park	166 SW Shevlin Hixon Dr						•						•		•		
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•								•	•		•			
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•								•		
The Pavilion	1001 SW Bradbury Way					•							•				
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•	•	•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•	•	•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•			•	
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
Riley Ranch Nature Reserve	19975 Glen Vista Rd					•		•				•		•			
River Canyon Park	61005 Snowbrush Dr							•									
River Rim Park	19400 Charleswood Ln							•								•	
Riverbend Park	799 SW Columbia St						•				•	•			•		
Riverview Park	225 NE Division St								•								
Rockridge Park	20885 Egypt Dr			•					•		•	•	•			•	
Sawyer Park	62999 O.B. Riley Rd						•		•				•		•		
Sawyer Uplands Park	700 NW Yosemite Dr								•			•					
Shevlin Park	18920 NW Shevlin Park Rd					•	•		•		•	•	•				
Skyline Sports Complex Park	19617 Mountaineer Way	•									•	•	•				
Stone Creek Park	61531 SE Stone Creek Ln								•		•			•			
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•						•								•
Sun Meadow Park	61150 Dayspring Dr		•								•	•		•			
Sunset View Park	990 NW Stannium Rd								•								
Sylvan Park	2996 NW Three Sisters Dr								•			•					•
Three Pines Park	19089 Mt Hood Pl											•					
Wildflower Park	60955 River Rim Dr										•	•					
Woodriver Park	61690 Woodriver Dr		•									•		•			



Pine Nursery Park - Small Dog Off-Leash Area



Bend Heroes Memorial at Brooks Park



Alpine Park



life's a party

For your next birthday party or special celebration, come play with BRPD! With multiple options for hosting a playful get-together, you can combine fun and smiles, making for the perfect, special day.

- **JUNIPER SWIM & FITNESS CENTER:** Pool Parties
- **THE PAVILION:** Ice Skating, Roller Skating & Court Sports Parties
- **THE ART STATION:** Art Parties & Clay Parties
- **PARK PICNIC SHELTERS:** Rentable spaces for creating and hosting your own fun!

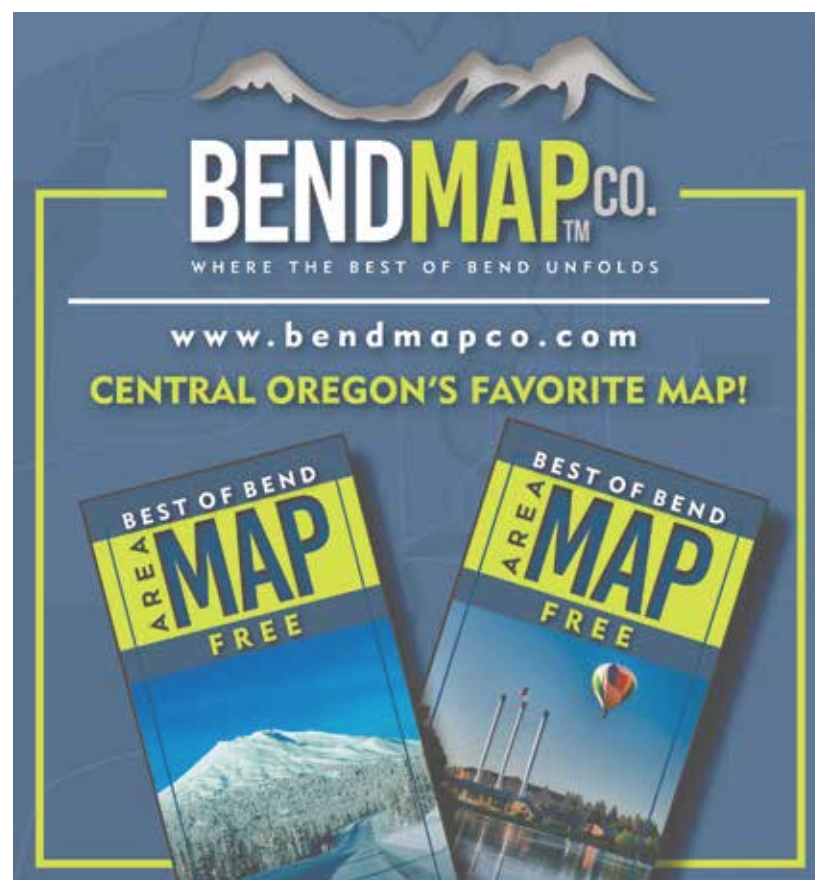
Learn more at bendparksandrec.org
or call (541) 389-7275.



play for life



**Thank you to our advertisers
for their support.**



Meet Birdie, the Bluefish therapy dog!

Going to the dentist just got more exciting for kids



I really
love kids!

BlueFish
DENTAL • ORTHO

Mention
"Park & Rec"
for \$50 off!*

*New patients only.
Cannot be combined.

Catherine Quas, DMD

John Frachella, DMD

Sheala Lansden, DDS

Bend • 541-317-1887

Redmond • 541-423-1300

www.bluefishdental.com

YEAR-ROUND WORLDCLASS PICKLEBALL IS JUST AROUND THE CORNER.



INTRO TO PICKLEBALL

COURTS OPEN TO THE PUBLIC

CLINICS / CAMPS

INDIVIDUAL AND GROUP LESSONS

RATING CLASSES

ORGANIZED PLAY



PZBEND.COM • 541-323-0100

K1 SPEED

BEND

NOW OPEN!

(541) 797-7979 k1speed.com/bend



799 SW Columbia Street
Bend, OR 97702

PRSR STD.
ECRWSS
U.S. POSTAGE
PAID
Bend, OR
Permit No. 149

RESIDENTIAL CUSTOMER

SIGN 'EM UP!

20-PLUS
SPRING
BREAK
ACTIVITIES



make your play
for spring break

This spring break,
there's serious fun to be had 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 how to take a break.

2020 SPRING BREAK YOUTH ACTIVITIES

Open Skate
Skate & Splash Day Camp
Open Recreation Swim
Family Swim
Operation Recreation
Art Camp: Positive
& Negative Spaces
Art Camp: Wild West

All Sport Camp
Bento Chef Cooking Camp
DIY: Build a Box
DIY: Sheet Metal Art
Articulated Robots
Trebuchet DIY
Spring Break
Scootering Camp
Skate Skills Camp

Westside Village Spring
Break Adventure Camp
Secret Agent for a Day
Fantastic Flight
Alternative Energy
Lights & Lasers
KPOV Radio Camp
Fun Works Engineering/
STEM with LEGO Camp

Learn more at
bendparksandrec.org
or call (541) 389-7275.



play for life