

APRIL - EARLY
JUNE PROGRAM
REGISTRATION
OPENS MARCH 8
@ 6:00 AM



your playbook

youth & adult
recreation
registration
opens
march 8

online
edition

includes:
The Pavilion, Bend Senior Center
Juniper Swim & Fitness Center
& Larkspur Community Center

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

Hours, holidays and more available online at:
bendparksandrec.org

ART STATION

Art Station classes are temporarily relocated to Harmon Park Hobby Hut, Larkspur Community Center and some school locations.

Learn more and check specific locations for classes in the Adult Art and Youth Art sections.
p. (541) 389-7275

JUNIPER SWIM & FITNESS CENTER

800 NE 6th St. • p. (541) 389-7665

Hours, holidays, fees and more available online at:
bendparksandrec.org/juniper

Facility details on page 45.

LARKSPUR COMMUNITY CENTER HOME OF THE BEND SENIOR CENTER

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

Hours, holidays, fees and more available online at:
bendparksandrec.org/larkspur

Facility details on page 46.

PARK SERVICES

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

Hours, holidays and more available online at:
bendparksandrec.org

THE PAVILION

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

Hours, holidays, fees and more available online at:
bendparksandrec.org/pavilion

Facility details on page 47.



spring 2022

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:

Ariel Méndez, Board Chair • Debra Schoen, Vice-Chair • Xavier Borja • Nathan Hovekamp • Jason Kropf

BUDGET COMMITTEE:

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FOLLOW US:

Facebook - Bend Park & Recreation District, Servicios en Español de Bend Park and Recreation District, Juniper Swim & Fitness Center, Larkspur Community Center, The Pavilion, Bend Whitewater Park, Art Station and Bend Senior Center.

Instagram - [bendparks](https://www.instagram.com/bendparks), [juniperswimandfitness](https://www.instagram.com/juniperswimandfitness) and [larkspurcommunitycenter](https://www.instagram.com/larkspurcommunitycenter)

Twitter - Bend Park & Rec (@bendparksandrec)

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 | Contact: Kathya Avila p. (541) 706-6190

spring into play

*"The strength of the team
is each individual member.
The strength of each
member is the team."
- Phil Jackson*

INTRODUCTION

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everyone can play

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 past 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 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.

CLICK TO
LEARN MORE ABOUT
& APPLY FOR
RECREATION
SCHOLARSHIPS



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



Your Health & Safety in Park & Recreation

The health and safety of our community is our top priority. Bend Park & Recreation District maintains high standards related to health and wellness and closely follows guidance from state and local health authorities.

Temporary rules and special requirements may be in place for programs and activities. Be sure to visit the district's website for up-to-date information about your program or activity.

CLICK TO
LEARN MORE ABOUT
CURRENT HEALTH & SAFETY
CONDITIONS
& REQUIREMENTS



FREQUENTLY ASKED QUESTIONS:

Q: Are masks required in programs and facilities?

A: BPRD has followed Oregon Health Authority requirements throughout the pandemic. As of March 12, mask use indoors is a voluntary, personal decision, and mutual respect is an expectation for all in our programs and facilities.

Q: Did BPRD consider continuing the mask requirement?

A: There was discussion about how mask use indoors has been cited as one of the reasons that Oregon has fared better than many other states during the pandemic. We respect all perspectives on this topic and choose to focus our efforts on providing the best park and recreation experiences possible while others provide public health expertise. Individuals and households are encouraged to make decisions about their activities based on their circumstances and comfort level.

Q: Do you require vaccinations for patrons or employees?

A: No, showing proof of vaccination status is not a requirement for participation in our programs or as a condition of employment. Youth recreation staff members who work in school-based programs are subject to the same rules as school district employees, subject to change.

Q: What are the cleaning protocols in indoor facilities?

A: During business hours, air circulation systems are programmed to bring in outside air as much as possible. In addition, patrons are expected to sanitize equipment before and after use. The fitness center, fitness rooms and restrooms receive daily deep cleanings with ionized disinfectants. Restrooms are cleaned thoroughly and staff disinfect high touch points.



how to register

REGISTER ONLINE:

[https://register.
bendparksandrec.org](https://register.bendparksandrec.org)



Registration Options

If you are not able to register online, you can register in person at Juniper Swim & Fitness Center, Larkspur Community Center, The Pavilion or the BPRD District Office. If you need further assistance, call Customer Service at (541) 389-7275.

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

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, Larkspur Community Center, The Pavilion or Bend Senior Center. The default password is your last name (first letter capitalized) unless you set it up differently.

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

Wait Lists

If the registration for a program is listed as "full," be sure to add your name on the waitlist. This important step lets us know you are interested if an opportunity becomes available. Being on the waitlist does not guarantee placement in a program or commit you to participating.

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.

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.



Cooking & Baking

With Your Child: **NEW** I Made It Myself!

Ages: 8 & up with Adult
Larkspur Community Center
DIY kid-friendly breakfasts and snacks...your kids make themselves! If you are tired of bland freezer waffles or boring cereal for breakfast...or a bag of starchy chips or store bought cardboard granola bars for your after school snack, this class is for you! We will work with beautiful, delicious ingredients to make your morning breakfast experience bright, tasty and healthy. Revamp the "after school snack," all of which you can make yourself with just a few minutes of adult help! Instructor: Shannon Hodgen.

\$69.00 ID \$82.80 OD

Activity: [102250](#)

Sa: 2:00 - 5:00 pm

Session: 4/2

With Your Child: **NEW** Dog Treats & Pet Toys

Ages: 8 & up with Adult
Larkspur Community Center
You will do the cooking as we learn to make homemade grain-free dog treats for your furry friend. These treats are easier on the wallet and ideal for training or spoiling. Your dog will go nuts for these recipes! In the second half of our class we will make easy pet toys for cats and dogs. Your pet will be so happy! Bring containers for take-home treats. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [102269](#)

F: 5:30 - 7:30 pm

Session: 4/8

Simple Cheese Making for Soft Cheeses

Ages: 16 & up
Larkspur Community Center

In this class you will learn how to make simple soft cheeses with minimal supplies and equipment. You will learn the ins and outs of choosing the appropriate dairy source, flavorings, cultures and rennet. This easy process will take you from start to finish in a fun filled and informative class setting. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102221](#)

Sa: 12:00 - 3:00 pm

Session: 4/16

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?

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: **NEW** Almost from Scratch

Ages: 8 & up with Adult
Larkspur Community Center
Sometimes the secret to becoming a great home cook is knowing simple "kitchen hacks" and shortcuts. This class will focus on using items found in most grocery stores. With a little creativity you will learn how to turn these items into unique and tasty treats. Using phyllo dough to prepare parchment chicken and puff dough to prepare turnovers, we will create savory and sweet snacks. Bread dough for naan bread, and calzone. Bring your culinary creativity to class. Instructor: Chef Julian Darwin.

\$69.00 ID \$82.80 OD

Activity: [102264](#)

Sa: 1:00 - 4:00 pm

Session: 4/23

With Your Child: Pasta! Pasta! Pasta!

Ages: 8 & up with Adult
Larkspur Community Center
Learn how to make homemade pasta with your child including dough-handling techniques, the pasta-making process and making a simple sauce. You will create a delicious dish with plenty to take home. Bring containers for leftovers. Class is priced per adult and child team; only the adult registers. Instructor: Shannon Hodgen

\$69.00 ID \$82.80 OD

Activity: [102263](#)

Sa: 2:00 - 5:00 pm

Session: 4/30



With Your Child: **NEW** Fabulous French Bread

Ages: 5 & up with Adult
Larkspur Community Center

Spend some time with your child learning to make French bread. In this class we will learn the steps of baking your best loaf including the best yeast, sweeteners and flours for your baking needs. The class will heat up when we put our hands to the dough to make our baked creations. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102249](#)

Sa: 1:00 - 3:00 pm

Session: 5/7

Spice it Up: **NEW** Exploration of East Indian Spices

Ages: All Adults
Larkspur Community Center

Are you tired of serving up the same rotation of meals? Are you curious about the use of those herbs and spices you see at the grocery store but have no idea how to use? Then this class is for you! We will prepare and eat a vibrant array of Indian dishes that are comforting, warming and vegetarian. Impress yourself and your dinner guests with: Tarka Dahl and cardamom scented jasmine rice, Paneer with Spinach (Saag Paneer) and refreshing Mango or Salty Lassi. You will also be introduced to the ancient practice of "Ayurveda," where food is medicine. Instructor: Shannon Hodgen.

\$69.00 ID \$82.80 OD

Activity: [102270](#)

Sa: 2:00 - 5:00 pm

Session: 5/21

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 12 - 15

DIY:

DIY: Mosaic Garden Hearts

Ages: All Adults
Larkspur Community Center

Bling for your garden! Not a stepping stone, but a cement heart will be your base. You'll decorate it with stained glass pieces - lines, circles, swirls - let your creativity flow! Learn the basics of mosaic while creating a one-of-a-kind piece of outdoor art to adorn your own yard, or to give as a gift. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [102422](#)

Sa: 12:30 - 5:00 pm

Session: 4/2



DIY: Stepping Stones

Ages: All Adults
Larkspur Community Center

Mosaic step 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 for your yard or garden. You will create your design, add colorful pieces of stained glass. Grouting will be completed by the instructor; art pickup available on or after May 16. All materials and safety glasses provided. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [102434](#)

Sa: 12:30 - 5:00 pm

Session: 5/14

DIY: Wet Felting NEW Woolen Dryer Balls

Ages: 16 & up

Larkspur Community Center

Ditch the dryer sheets and join us for a hands-on lesson in wet felting wool. In this 2-hour class you will learn the terms and techniques to make your own wool dryer balls. Wool dryer balls are an eco-friendly way to shorten your drying time and eliminate static from your laundry. Add a drop or two of essential oils and you have a scented solution to your laundry drying task. You will leave class with a set of dryer balls for your personal use. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102426](#)

Sa: 2:00 - 4:00 pm

Session: 6/4

Fitness - Specialized

Go-Go Gadget Octagon Workout

Ages: 16 & up

Larkspur Community Center

Come get a great functional workout using all the exercise gadgets that you've always been curious about! Learn how to perform various exercises using TRX straps, kettlebells, medicine balls, sand bags, core bags and more. You will get a workout plan on Monday, then your homework assignment will be to perform that plan on your own that same week. A different workout plan with different equipment each week. Get personalized instruction from Alli Jorgensen

\$59.00 ID \$70.80 OD

Activity: [102731](#)

M: 11:30 am - 12:30 pm

Sessions: 4/4 - 25 5/2 - 23

Better Brains

Ages: 50 & up

Larkspur Community Center

This class is designed for mature adults wanting to improve their lives by keeping a sharp and active mind. Special activities and lessons will help participants enhance the functioning of major areas of the brain, fostering increased confidence and independence. Instructor: Alice Staley, MEd.

\$59.00 ID \$70.80 OD

Activity: [102780](#)

Th: 10:30 - 11:30 am

Session: 4/28 - 6/2



Baby & Me Post-natal Fitness

Ages: Adults with infant,
6 weeks to crawling

Juniper Swim and Fitness

The early stages of parenthood can be deeply transformative. This class will provide a framework to guide that transformation through fitness, connection and introspection. This class is focused on strategic engagements, proper alignment, purposeful movement and core connection in order to support your body while you develop newfound strength. Come with a well-fitted baby carrier.

\$65.00 ID \$78.00 OD

Activity: [105608](#)

W: 9:00 - 10:10 am

Session: 5/4 - 25



Music

Beginning Ukulele I

Ages: 16 & up

Larkspur Community 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.

\$49.00 ID \$58.80 OD

Activity: [102100](#)

W: 5:00 - 6:00 pm

Sessions: 4/6 - 27 5/4 - 25
6/1 - 22

Beginning Ukulele II

Ages: 16 & up

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [102103](#)

W: 6:15 - 7:15 pm

Sessions: 4/6 - 27 5/4 - 25
6/1 - 22

Beginning Guitar I

Ages: 16 & up

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [102106](#)

Th: 5:00 - 6:00 pm

Sessions: 4/7 - 28 5/5 - 26
6/2 - 23

Beginning Guitar II

Ages: 16 & up

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [102107](#)

Th: 6:15 - 7:15 pm

Sessions: 4/7 - 28 5/5 - 26
6/2 - 23

iPhone for Beginners

Ages: All Adults

Larkspur Community Center

This series will help you decide what to buy, how to set up and customize your learning experience with your new phone. Instructor: Stace Rierson.

\$19.00 ID \$22.80 OD / session



IPHONE FOR BEGINNERS: WHAT TO CONSIDER BEFORE BUYING AN IPHONE

Ready to purchase your first iPhone? Figuring out which is right for you can be confusing. Do you need 1T storage with an XDR display, or will 64GB with Retina HD more than meet your needs? We will guide you through the Apple website and explain terminology to help you ask the right questions.

Activity: [102501](#)

Th: 1:00 - 2:30 pm

Session: 4/7

UNBOXING YOUR NEW IPHONE

You have purchased your first iPhone. Now what? This class is geared for beginner iPhone users, including those new to mobile devices or transitioning from an android device. Learn how to register an Apple ID, customize settings, set up your Home Screen, and send a text message. Ideal for those who learn best with step-by-step guidance and a small group setting.

Activity: [102562](#)

Th: 1:00 - 2:30 pm

Session: 4/14

DEEP DIVE INTO SETTINGS

Learn how to make your iPhone more accessible for your needs and interests. We will examine accessibility features for those with vision and hearing impairments.

Activity: [102563](#)

Th: 1:00 - 2:30 pm

Session: 4/21

SKIMMING THE SURFACE OF THE APP STORE

In this class we will learn about the App Store, how to download & delete apps, & how to arrange them on your Home Screen & in folders.

Activity: [102564](#)

Th: 1:00 - 2:30 pm

Session: 4/28

CONTACTS, CALENDAR & MORE

Learn how to fill out a contact form and add events to your calendar.

Activity: [102565](#)

Th: 1:00 - 2:30 pm

Session: 5/5

CAMERA AND PHOTOS

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

Activity: [102566](#)

Th: 1:00 - 2:30 pm

Session: 5/12

SIRI, KEYCHAIN, APPLE PAY & TIPS

Learn how to talk to Siri, Apple's personal digital assistant, and how to customize your iPhone with tips and tricks.

Activity: [102567](#)

Th: 1:00 - 2:30 pm

Session: 5/19



Voice-Overs... Now is Your Time!

Ages: All Adults

Larkspur Community Center

Learn how to use your speaking voice for commercials, films, videos and more. In this introductory class, you will learn about this 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

Activity: [102161](#)

Sa: 10:00 am - 12:00 pm

Session: 4/9

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 12 - 15.

Technology

Apple Watch for Beginners: Unboxing your New Watch

Ages: All Adults

Larkspur Community Center

You've purchased your first Apple Watch. Now what? This class is geared for beginner watch wearers to learn how to customize watch faces, set reminders and alarms, and install apps. Ideal for those who learn best with step-by-step guidance and a small group setting. Instructor: Stace Rierson

\$19.00 ID \$22.80 OD

Activity: [102568](#)

Th: 1:00 - 2:30 pm

Session: 5/26



Travel

Majestic Canadian Rockies

Ages: All Adults

Spend five nights in one hotel in the heart of the Canadian Rockies - Banff. Your hotel is located in the town center with easy access to restaurants and shops. Enjoy daily sightseeing to take in the unparalleled beauty of the Majestic Canadian Rockies. Visit highlights, include Lake Louise, Moraine Lake, the Icefields Parkway, Yoho National Park and so much more!

\$3,049.00 each - Category D
(dbl. occupancy, land/air/ tax from Portland)

Dates: 7/10 - 15, 2022

Cape Cod & the Islands NEW

Ages: All Adults

Lodge for six nights on The Cape to experience its beauty and history. Enjoy a tour of historic Boston and dinner at a local restaurant. Take a ferry ride to Martha's Vineyard to see the colorful Victorian cottages of Oak Bluffs and Edgartown and view beautiful pristine beaches along the shore. Cruise to scenic and historic Nantucket Island, with a visit to the Nantucket Whaling Museum. In Newport, Rhode Island, enjoy a guided tour of The Breakers mansion and other exquisite mansions from the turn of the century along the "Ten Mile Drive."

\$2,725.00 each
(dbl. occupancy, land/air/ tax from Portland)

Dates: 9/10 - 16, 2022



Treasures of Ireland NEW

Ages: All Adults

Travel to Dublin for a wonderful ten-day trip around Ireland. Your trip begins in Belfast, Northern Ireland where you can take a history-focused tour, visit Giant's Causeway and the Titanic Museum. Then we travel to the republic of Ireland where you'll see the famed Cliff's of Moher and diner in a Castle with live Entertainment. Take a ride on the Ring of Kerry and enjoy a full day of the spectacular scenery of Ireland. You'll have an opportunity to kiss the Blarney stone before continuing to Dublin to take in all the Highlights of Ireland's Capital city!

\$4,045.00 each
(dbl. occupancy, land/air/ tax from Portland)

Dates: 10/11 - 20, 2022

San Antonio Holiday NEW

Ages: All Adults

Settle into your hotel right on the banks of San Antonio's River Walk for a wonderful 4-night stay. Visit the Alamo, the birthplace of Texas, and learn the history of this unique monument. Take a cruise on the beautiful River Walk to acquainted with this one-of-a-kind city and see the beautiful Christmas light displays. Visit the artist community of Fredericksburg in the heart of Texas' hill country and visit the LBJ Ranch, the birthplace of our 36th president. We return to San Antonio's River Walk where you take in Las Luminarias, the festival of lights, where the entire city is lit up by candlelight and Christmas displays.

\$2,175.00 each
(dbl. occupancy, land/air/ tax from Portland)

Dates: 11/30 - 12/4, 2022

LET'S
GET ARTY!
.....
**PAINTING
& MORE**
.....
PAGE 13

play it up

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.

Clay

Adult Wheel Experience

Ages: 16 & up

Harmon Park

For those who have always wanted to give the wheel a spin and test the water, this class is for you. Follow the process of basic wheel throwing practice, trimming and glazing. Instructor: Hunter Teig.

\$209.00 ID \$250.80 OD

Activity: [111105](#)

Tu: 11:00 am - 2:00 pm

Sessions: 4/5 - 5/3 5/17 - 6/14



Day Clay

Ages: 16 & up

Harmon Park

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.

\$209.00 ID \$250.80 OD

Activity: [111100](#)

W: 11:00 am - 2:00 pm

Sessions: 4/6 - 5/4 5/18 - 6/15

Th: 11:00 am - 2:00 pm

Sessions: 4/7 - 5/5 5/19 - 6/16

F: 11:00 am - 2:00 pm

Sessions: 4/8 - 5/6 5/20 - 6/17



All Skills Pottery

Ages: 16 & up

Harmon Park

This class will cover hand building and wheel thrown stoneware pottery projects for all skill levels. Learn basic techniques as a beginner or expand your knowledge and skills as a more experienced potter. Tools and the first 10lbs of clay provided, additional clay available for purchase at studio. Instructor: Hunter Tieg.

\$209.00 ID \$250.80 OD

Activity: [111101](#)

W: 6:00 - 9:00 pm

Sessions: 4/6 - 5/4 5/18 - 6/15

Multimedia

Intro to Calligraphy

Ages: 14 & up

Larkspur Community Center

Calligraphy is an ancient writing technique using flat edged pens to create artistic lettering with thick and thin lines depending on the direction of the stroke. Learn some essential tips and techniques all beginner calligraphers can use to improve their letter forms and calligraphy style. Instructor: Bill Lewis.

\$89.00 ID \$106.80 OD

Activity: [111143](#)

F: 12:30 - 2:30 pm

Session: 4/8 - 29

Let's Collage

NEW

Ages: 16 & up

Larkspur Community Center

Collage uses anything paper - magazine clippings, old books, music sheets or any paper medium - to form an art composition on paper. Zen out and relax with this fun way to create a piece of art that is unique to you. All skill levels are welcome to cut, color, paste and draw your own piece. A mix of mediums - magazine clippings, old newspapers and colorful paper - will be provided but you're welcome to bring your own paper materials to make your art more personal. Instructor Carolyn Parker.

\$99.00 ID \$118.80 OD

Activity: [111116](#)

M: 2:30 - 4:30 pm

Session: 4/11 - 5/2



Metal Tooling

Ages: 16 & up

Larkspur Community Center

Discover how easy it is to emboss designs into copper and brass to create beautiful pieces of art. Learn about the tools and techniques used to create these unique designs. Students will walk away with two finished pieces, one in copper and one in brass. No experience necessary. Students are welcome to bring their own design to emboss. All materials provided. Instructor: Bill Lewis.

\$89.00 ID \$106.80 OD

Activity: [111170](#)

F: 12:30 - 2:30 pm

Session: 5/6 - 27

Copic Marker Creations

NEW

Ages: 16 & up

Larkspur Community Center

Learn the basics of working with Copic Markers, an alcohol-based marker from Japan that blends like watercolor! Come play with color, learn to blend and create colorful work using the techniques of value, form and composition. Popular in Japan, these markers are often used in Manga and Anime art. Instructor Carolyn Parker.

\$99.00 ID \$118.80 OD

Activity: [111235](#)

M: 2:30 - 4:30 pm

Session: 5/9 - 6/6 (no class 5/30)

Painting

Fun With Acrylics

Ages: All Adults

Larkspur Community Center

Carol Picknel, Certified Acrylic Instructor, will introduce you to the basics of acrylic painting in these 2 1/2 hour classes. All skill levels are welcome. Class will focus on the techniques of color, values, and composition. You come with the desire to paint and go home with a completed painting ready to frame. Take one or all 3 classes You will need to purchase a kit for each class from the instructor for an additional \$20, which will include all supplies.

\$15.00 ID \$18.00 OD

Activity: [102409](#)

W: 1:00 - 3:30 pm

Sessions:

4/20 Pansies Galore

5/18 Vintage Truck

6/15 Koi Pond



Acrylic Pouring

Ages: 14 & up

Larkspur Community Center

Swirl, slip and slide acrylic paint across a canvas and create amazing results. Learn acrylic pouring technique and applications. Instructor: Stephen Teater.

\$99.00 ID \$118.80 OD

Activity: [111540](#)

Tu: 6:00 - 8:00 pm

Session: 5/3 - 24

Genre Painting

NEW

Ages: 16 & up

Larkspur Community Center

Join the tradition of the 19th-Century genre painters in this updated take on painting scenes from everyday life using oil paints. Students will explore the concepts of visual narrative, focal point, and linear and atmospheric perspective. Scenes will be completed layer-by-layer as the instructor demonstrates and explains the painting process, allowing plenty of time for individual assistance and painting. Guidance on preparing a reference photo to paint from will be provided before the series begins, or students may choose to work from a provided reference image. Instructor: Stephen Teater.

\$169.00 ID \$202.80 OD

Activity: [111233](#)

Tu: 6:00 - 8:00 pm

Session: 5/3 - 24



Get creative with your kiddos!

"With Your Child" art classes on page 14 - 15.



Spring Flora & Fauna

Ages: 16 & up

Larkspur Community Center

Paint spring flora and fauna using oil medium. Instructor Stephen Teater.

\$189.00 ID \$226.80 OD

Activity: [111232](#)

F: 6:00 - 8:00 pm

Session: 5/6 - 27

Pet Portraits

Ages: 16 & up

Larkspur Community Center

Design and develop a pet portrait with oil paints utilizing unexpected luminous color, abstract shapes and layered creative brushstrokes. Students will explore form through light and shadow, color balance and temperature, and paint with a variety of layered brushstrokes. Instructor will demonstrate how to fine tune and finesse painting allowing a lot of time for individual assistance and painting. instructor : Stephen Teater.

\$169.00 ID \$202.80 OD

Activity: [111120](#)

Sa: 9:00 am - 12:00 pm

Session: 5/7 - 28



Intro to Chinese Brush Painting

Ages: All Adults

Larkspur Community Center

Take the first step to learning this age old painting style with brush and ink. We will have fun learning how to use the brush to create a simple painting. No experience necessary. \$10 supply fee due to instructor at class. Instructor: Michelle Oberg.

\$25.00 ID \$30.00 OD

Activity: [102405](#)

Th: 1:00 - 3:30 pm

Session: 5/19

With Your Child: Clay

With Your Child: Fun With Clay

Ages: 5 & up with Adult

Harmon Park

Create something new each class! Including animals, imaginative creatures, bowls and so much more. Learn hand building skills and techniques, and glaze your pieces with bright colors.

\$55.00 ID \$66.00 OD

Activity: [111510](#)

Sa: 10:00 am - 12:00 pm

- OR - 12:30 - 2:30 pm

Sessions: 4/9 4/16
4/23 4/30
5/7 5/14
5/21

With Your Child: Unicorns

Ages: 6 & up with Adult

Larkspur Community Center

Bring your imagination to create a one-of-a-kind unicorn! Paint your creature with bright colors of your choice. Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111502](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 4/9



With Your Child: Garden Gnomes

Ages: 5 & up with Adult

Larkspur Community Center

Enter the magical world of folklore. Build and draw a whimsical gnome with a tall hat then place your gnome outside to watch over your garden! Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111503](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 5/7



With Your Child: Fused Glass

With Your Child: Fused Glass Nightlight

Ages: 6 & up

Larkspur Community Center

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

\$69.00 ID \$82.80 OD

Activity: [102414](#)

F: 5:00 - 7:00 pm

Session: 5/6

With Your Child: Fused Glass Suncatcher

Ages: 6 & up

Larkspur Community Center

Enjoy an evening of creativity with your child. In this class we will make a fun suncatcher to capture those summer sunrays. The projects will be kiln-fired and available for pickup a week after class. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [102416](#)

F: 5:00 - 7:00 pm

Session: 6/3

With Your Child: Multimedia

With Your Child: Jewelry

Ages: 5 & up with Adult

Larkspur Community Center

Create a one-of-a-kind jewelry piece together with your child. Your finished piece can be used as a gift for someone special or as a collector item for yourself! Instructor: Kaia Seiffert.

\$55.00 ID \$66.00 OD

Activity: [111560](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 4/23

With Your Child: Wildflower Garden

Ages: 5 & up with Adult

Larkspur Community Center

Just in time for spring, we'll create wildflowers! Adult/child pairs will work together to create a piece depicting wildflower gardens. Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111562](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 5/21



With Your Child: Summer Wind Chimes

Ages: 5 & up with Adult

Larkspur Community Center

You will love the sound of these wind chimes! Create flowers, butterflies or anything that reminds you of summer with texture, patterns and bright glazes. Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111506](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 6/4

With Your Child: Garden Stakes

Ages: 5 & up with Adult

Larkspur Community Center

Adult and child will work together to create whimsical spring-themed artwork. Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111563](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 4/23



With Your Child: Painting

With Your Child: Dual Canvas Painting

Ages: 6 & up

Larkspur Community Center

Enjoy a fun 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 to be placed together into one masterpiece. The design is prepped prior and the instructor will provide direction for your creation. Instructor: Diane Burns.

\$49.00 ID \$58.80 OD

Activity: [102415](#)

Th: 5:30 - 7:00 pm

Sessions:

4/7 Bouncing Bunnies

5/5 Owl Always Love You

6/2 Lovable Llamas



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 exercise, make new friends and either learn a new skill or keep an old one alive. And that is the real fountain of youth.

Disc Golf

Adult **Intro to Disc Golf**

NEW

Ages: All Adults

Pine Nursery Park Disc Course

Welcome to the world of disc golf! This clinic will bring your game to the next level, whether this is your first time or it's your new favorite hobby. We will help you fine tune a variety of throwing techniques and discuss game strategy. Participants are welcome to bring their own disc set or use provided rental discs.

\$50.00 ID \$60.00 OD

Activity: [108101](#)

Sa: 1:00 - 4:00 pm

Session: 6/11

Be a coach!
Volunteer coaches
needed for
youth sports.

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



With Your Child: **Intro to Disc Golf**

NEW

Ages: 6 - 17 with Adult

Pine Nursery Park Disc Course

Disc golf is a great opportunity to spend time together and fun for all ages! We will help you fine tune a variety of throwing techniques and discuss game strategy. Participants are welcome to bring their own disc set or use provided rental discs. Sign up under child's name; registration includes one adult.

\$100.00 ID \$120.00 OD

Activity: [107103](#)

Sa: 9:00 am - 12:00 pm

Session: 6/11

Roller Hockey

Adult Roller Hockey Skills & Drills: Turning & Stopping

Ages: All Adults

The Pavilion

Let's get together, learn something new and play hockey! Designed to develop the fundamentals of the game, hone in turning, stopping and other skills, promote physical fitness and, above all else, have fun.

\$12.00 ID \$14.40 OD

Activity: [110421](#)

M: 5:30 - 6:30 pm

Sessions:	4/18	4/25
	5/2	5/9
	5/16	5/23
	6/6	6/13

Adult Roller Hockey League

Ages: All Adults

The Pavilion

Get into spring hockey action with BPRD's Adult Roller Hockey League! Sign up as an individual then be drafted onto teams. Teams enjoy our rink while playing 8 games on Monday nights. Games are 45 minutes and will be held between 6:30 - 8:30 pm. There will be no playoffs. Players provide their own gear with a light and a dark jersey (no yellow or gray).

For more information, contact Clare at (541) 706-6196 or Clare@bendparksandrec.org.

Registration deadline: 4/26

\$125.00 ID \$150.00 OD

Activity: [110520](#)

M: 6:30 - 10:00 pm

Sessions: 5/2 - 6/27

W: 6:30 - 10:00 pm

Session: 5/4 - 6/29

Adult Pick-up Roller Hockey

Ages: All Adults

The Pavilion

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

Activity: [210403](#)

Adult: \$12.00 ID
\$14.40 OD / 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: Monday - Friday
Times and days will vary.
Check online schedule.



Required Hockey Gear

PLAYERS: Helmet, mouth guard, elbow pads, hockey pants, shin pads, hockey socks and hockey stick. Shoulder pads recommended but optional.

GOALIES: Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove and goalie stick.

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. 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) 706-6115.



Adult Summer 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. Games played in evening.

League Season:	May through mid-August	
Registration deadline:	4/18 at 5:00 pm or until full	
League	Days	Team Fee
Women's League	Wednesdays	\$749.00 / team
Men's B League	Tuesdays	\$749.00 / team
Men's C League	Tuesdays or Thursdays	\$749.00 / team
Men's D League	Thursdays	\$749.00 / team
Coed League	Wednesdays	\$569.00 / 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	\$400.00 / team
Men's Rec League	Varies	\$400.00 / team
Registration deadline:	4/25 or until full	

[Click here to register.](#)



wonders of water

Liquid benefits.

It's never too late to become a swimmer! 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.

DID YOU KNOW?

Why you should learn to swim for your safety:

More than a third of adults in the United States can't swim the length of a pool, according to the Centers for Disease Control and Prevention, which puts them at risk of being one of the 10 people who drown every day in this country.

Adult Swimming

Level 1 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

This class is designed for adults 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 held in shallow water.

\$67.50 ID \$81.00 OD / session

Activity: [105554](#)

Tu: 5:30 - 6:15 pm

Sessions: 3/29 - 4/26 5/3 - 31

Sa: 7:45 - 8:30 am

Sessions: 4/2 - 30 5/7 - 6/11 (no class 5/28)

Level 2 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

Learn basic front crawl and back stroke skills in a comfortable environment. Appropriate for adults unable to swim 15 meters.

\$67.50 ID \$81.00 OD / session

Activity: [105555](#)

Th: 5:30 - 6:15 pm

Sessions: 3/31 - 4/28 5/5 - 6/2

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 race.

Fitness/Swim Pass or drop-in fee.

March 21 - June 17

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

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

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

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

CLICK TO LEARN
ABOUT LAP SWIMMING
OFFERINGS



**Enjoy the water?
Be a lifeguard.**

Learn more at
bendparksandrec.org/jobs

**YOUTH
THERAPEUTIC
RECREATION**
.....
PAGES 19 - 20

always in play

Youth & Teen Therapeutic Recreation

Kid's Game Night

Ages: 8 - 16

District Office

Join us for an evening of crafts and games. Weather dependent, we will get outside for some games in Riverbend Park.

\$30.00 ID \$36.00 OD

Activity: [104802](#)

F: 6:00 - 8:00 pm

Session: 4/8



Kid's Adventure Days

Ages: 6 - 12

Harmon Park

Kids, save the cartoons for later and come join us for fun activities in and around Bend. Activities may include scenic hikes, checking out new playgrounds or other exciting areas in Central Oregon. This program is available to kids with disabilities and their siblings/friends!

\$45.00 ID \$54.00 OD

Activity: [104811](#)

Sa: 1:30 - 5:00 pm

Session: 4/23 5/21

Teen Adventure Club

Ages: 13 - 21

Harmon Park

Looking for an exciting and active morning of adventure and fun with your friends? Join the Teen Adventure Club. Come enjoy games, field trips around Central Oregon, community events and much more. This program is for teens with disabilities and siblings/friends!

\$45.00 ID \$54.00 OD

Activity: [104820](#)

Sa: 9:30 am - 1:00 pm

Session: 4/23 5/21

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!

*"It's not our
disabilities,
it's our abilities
that count."
~ Chris Burke*



Kid's Night at the Pool

Ages: 7 - 17

Larkspur Community Center

Splash, Splash! Come enjoy a night at the pool with all your friends! This program is designed for kids with disabilities and their siblings or friends.

\$20.00 ID \$24.00 OD

Activity: [104801](#)

F: 5:15 - 6:45 pm

Session: 5/13

Arts & Crafts

April Showers NEW Bring May Flowers

Ages: All Adults

Twin Knolls Trans

Join us as we celebrate everything Spring. We will create butterflies, flowers and more using different art techniques.

\$80.00 ID \$96.00 OD

Activity: [104412](#)

W: 6:30 - 8:00 pm

Session: 4/6 - 27

Work for play!

View BPRD jobs available at
bendparksandrec.org/jobs.

Everything Glass NEW

Ages: All Adults

Twin Knolls Trans

Enjoy the age-old art of working with glass! In this class we will create painted glass, fused glass and stained glass, just to name a few.

\$80.00 ID \$96.00 OD

Activity: [104414](#)

W: 6:30 - 8:00 pm

Session: 5/4 - 25

Artful Antics NEW

Ages: All Adults

Twin Knolls Trans

Love art? Then this is the class for you! Join us as we experiment with different art techniques. From painting to ceramics, this class is sure to bring out your creative side.

\$80.00 ID \$96.00 OD

Activity: [104415](#)

W: 6:30 - 8:00 pm

Session: 6/1 - 29



Cooking & Baking

Roll Up with NEW Cooking Class

Ages: All Adults

Twin Knolls Trans

Learn the art of rolling up your food! We'll make burritos, lasagna roll ups, pigs in a blanket, roly pollys, and more.

\$100.00 ID \$120.00 OD

Activity: [104311](#)

W: 4:30 - 6:30 pm

Session: 4/6 - 27



South of NEW the Border Cooking

Ages: All Adults

Twin Knolls Trans

Celebrate Cinco de Mayo with a month full of Mexican dishes. We will try out new recipes and cook up some old favorites.

\$100.00 ID \$120.00 OD

Activity: [104312](#)

W: 4:30 - 6:30 pm

Session: 5/4 - 25

Blast from NEW the Past Cooking

Ages: All Adults

Twin Knolls Trans

Let's revive some recipes from the past and give them another shot! We'll choose old favorites and some that could use another try!

\$100.00 ID \$120.00 OD

Activity: [104313](#)

W: 4:30 - 6:30 pm

Session: 6/1 - 29



Fun & Games

Game Night

Ages: All Adults

Norton Avenue Apts

Join us for an evening of games and friendly competition. We will play a few old favorites and learn a couple of new games to enjoy with your friends.

\$25.00 ID \$30.00 OD

Activity: [104509](#)

F: 5:30 - 7:30 pm

Session: 4/1

Disc Golf

Ages: All Adults

Norton Avenue Apts

Disc golf was such a hit in the fall we thought we'd play it again! Join us as we navigate the Central Oregon courses. We will start with beginner courses and progress to some more challenging.

\$50.00 ID \$60.00 OD

Activity: [104107](#)

Th: 5:30 - 7:30 pm

Session: 4/7 - 28

Night at the Pool

Ages: All Adults

Norton Avenue Apts

Come join us for an evening of swimming and games at Larkspur Community Center.

\$20.00 ID \$24.00 OD

Activity: [104503](#)

F: 5:00 - 7:00 pm

Session: 5/6



Outdoor Games

Ages: All Adults
Norton Avenue Apts

Let's enjoy the weather and play some outdoor games! We will try out typical backyard games and some field sports.

\$50.00 ID \$60.00 OD

Activity: [104108](#)

Tu: 5:30 - 7:30 pm

Session: 5/31 - 6/28

Bowling Night

Ages: All Adults
Norton Avenue Apts

Bowling has been a huge hit so we're getting one more bowling night in before summer is in full swing! All skill levels welcome for a fun night of strikes, spares, and gutter balls!

\$30.00 ID \$36.00 OD

Activity: [104130](#)

Th: 5:00 - 7:00 pm

Session: 6/2

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. 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, call (541) 706-6115.

Biking with Oregon Adaptive Sports

Ages: All Adults
Norton Avenue Apts

Try out our brand new biking program with Oregon Adaptive Sports (OAS)! OAS has an impressive fleet of adaptive bikes and there is something for everyone. We encourage all skills levels to join and we will have the support for beginners as well as challenges for more experienced riders.

\$65.00 ID \$78.00 OD

Activity: [104110](#)

Th: 4:30 - 6:45 pm

Session: 6/9 - 30

Day Trips

Spring Festival

Ages: All Adults
Norton Avenue Apts

Let's welcome spring at Bend's Spring Festival. We'll check out all the sidewalk chalk art, local art and food vendors and catch some live music too!

\$35.00 ID \$42.00 OD

Activity: [104620](#)

Sa: 11:00 am - 2:00 pm

Session: 4/9

Day Trip to the Painted Hills and John Day Fossil Beds

Ages: All Adults

Norton Avenue Apts

Join us for a day trip to the John Day area. We will check out the Painted Hills, one of the Seven Wonders of Oregon, as well as the Fossil Beds. The trip will include multiple scenic viewpoints and short hikes.

\$55.00 ID \$66.00 OD

Activity: [104603](#)

Sa: 8:00 am - 6:00 pm

Session: 4/30



Hiking Around Bend

Ages: All Adults

Norton Avenue Apts

Explore hiking trails in and around town with friends. This group will take on some tougher terrain while enjoying Bend's beautiful landscapes.

\$50.00 ID \$60.00 OD

Activity: [104706](#)

Tu: 5:30 - 7:30 pm

Session: 5/3 - 24

Saturday Adventure

Ages: All Adults

Norton Avenue Apts

Get out on adventure with friends in or around Bend! The destination will be determined based on weather, but may include exploring a state park or visiting a local farm.

\$45.00 ID \$54.00 OD

Activity: [104700](#)

Sa: 10:00 am - 4:00 pm

Session: 5/14

Fitness & Sports

Get Fit

Ages: All Adults

Norton Avenue Apts

Be challenged to reach your personal fitness goals while working on strength and endurance in this Get Fit program. Participants will also have the opportunity to swim on a rotating schedule.

\$50.00 ID \$60.00 OD

Activity: [104104](#)

Tu: 5:30 - 7:30 pm

Session: 4/5 - 26

Moving to Music

Ages: All Adults

Norton Avenue Apts

Get ready to shake, shimmy, and salsa your way to a healthier you! Dance away the afternoon with a fun, energetic blend of dance music. This is an easy and fun way to workout on your own or with friends.

\$55.00 ID \$66.00 OD

Activity: [104105](#)

Th: 5:30 - 7:15 pm

Session: 5/5 - 26

Walking & Jogging 5k Prep

Ages: All Adults

Norton Avenue Apts

I hope you're ready for a challenge! In this program we will take 5 weeks to prepare ourselves to walk, jog or run a 5k here in Bend!

\$75.00 ID \$90.00 OD

Activity: [104102](#)

F: 5:30 - 7:30 pm

Session: 5/20 - 6/17

Sa: 7:00 am - 1:00 pm

Session: 6/18





born to play

Discovery through play.

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

Art & Clay

Art StART

Ages: 2 - 5 with Adult
Larkspur Community Center
 Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Join us for play-based art explorations inspired by child friendly themes. Children ages 2-3 must be accompanied by an adult. Instructor: Anne Rustand.

\$79.00 ID \$94.80 OD

Activity: [111302](#)

Tu: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 4/5 - 26 5/3 - 24

W: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 4/6 - 27 5/4 - 25

Th: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 4/7 - 28 5/5 - 26

Art Play Group

Ages: 2 - 5 with Adult
Larkspur Community Center
 Parents, grandparents, family, nannies get to connect with their child at the art station! Each session will have different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. Child must be accompanied by adult. Instructor: Anne Rustand.

\$22.00 ID \$26.40 OD

Activity: [111300](#)

F: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 4/8 4/22
 5/6 5/20
 6/3 6/17

PreClay

Ages: 3 - 5 with Adult
Harmon Park

This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create a ceramic piece and decorate it with bright colored glazes. Child must be accompanied by adult. Instructor: Helen Bommarito.

\$22.00 ID \$26.40 OD

Activity: [111304](#)

F: 9:45 - 10:45 am

Sessions: 4/15 5/6
 6/10

With Your Child classes:

Art, pages 24 - 27

Cooking, page 7

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Dance

Born to Dance

Age: 3

Academie De Ballet

Little ones will travel to the zoo, the sea or maybe the moon - it could be anywhere in this creative dance class! Budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Parents are able to sit in class with their dancer. Dress code is required; details online at activity link.

\$84.00 ID \$100.80 OD

Activity: [106753](#)

W: 10:45 - 11:15 am

Session: 4/20 - 6/1

Sa: 9:30 - 10:00 am

Session: 4/23 - 6/4



Happy Hip Hop

Ages: 5 - 7

Academie De Ballet

Come and learn the latest dance style of today's top choreographers. Utilizing moves from street dance - breaking, popping, locking and freestyle - and incorporating them into a vibrant dance combination that expresses your individuality. Dress code is required; details online at activity link.

\$106.75 ID \$128.10 OD

Activity: [106572](#)

W: 2:30 - 3:15 pm

Session: 4/20 - 6/1

Fantasy Ballet

Ages: 5 - 6

Academie De Ballet

A delightful start to ballet! Together we'll develop fundamentals of classical dance and creative movement in a lively environment. Leap over imaginary streams, fly over snow capped mountains and land lightly on a flower petal in this fun ballet series. Dress code is required; details online at activity link.

\$106.75 ID \$128.10 OD

Activity: [106582](#)

F: 3:30 - 4:15 pm

Session: 4/22 - 6/3

Come Dance With Me

Age: 4

Academie De Ballet

Little budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Learn jumps, leaps, and feet movement in an imaginary setting. Dress code is required; details online at activity link.

\$94.50 ID \$113.40 OD

Activity: [106570](#)

Sa: 10:10 - 10:45 am

Session: 4/23 - 6/4

Martial Arts

Lil' Dragons

Ages: 4 - 6

Odyssey Martial Arts

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

\$79.00 ID \$94.80 OD

Activity: [106750](#)

M/W: 3:20 - 3:50 pm

Sessions: 4/4 - 27 5/2 - 25



More programs for little guys & gals at:

Art, pages 24 - 27

Sports, pages 31 - 34

Swimming, pages 35 - 38



Preschool Play

Busy Buddies Preschool

Includes weekly swim lessons and yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly 2 days/week:

\$200.00 ID \$240.00 OD / session
(payment is due by the 5th of each month.)

Registration Fee:

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

Activity: [405601](#) - Wait list available

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

- OR -

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

Dates: now - June 16

Look for 2022-23 school year to open in May.

LET'S
GET ARTY!
.....
**ART-RAGEOUS
CAMP**
.....
PAGE 25

art as play

**creativity
equals
expression**

Art allows each of us
to play and express
our unique thoughts
and individuality.

"I don't say
everything, but I
paint everything."
~ Pablo Picasso

Cartooning & Drawing

Cartooning with Carolyn

Ages: 7 - 12

Larkspur Community Center

Become a cartoonist! Learn basic cartooning skills, draw using shape and volume and practice doodling to build innovative and inventive cartoons. Such a fun skill to have! Instructor: Carolyn Parker.

\$95.00 ID \$114.00 OD

Activity: [111209](#)

Th: 4:00 - 6:00 pm

Session: 4/7 - 28



Amazing Animals

Ages: 7 - 13

Larkspur Community Center

Use a variety of artistic media to create some of your favorite animals. Instructor: Anne Rustand.

\$99.00 ID \$118.80 OD

Activity: [111210](#)

Tu: 3:30 - 5:30 pm

Session: 4/12 - 5/3

Learn to Draw Manga

Ages: 8 - 12

Larkspur Community Center

"Manga" refers to comics and graphic novels created in Japan, but this style of comic is popular worldwide. To draw manga or illustrations in a manga style, we will practice sketching facial features, clothing styles, and other elements common to manga. We will also incorporate elements of "anime" -- Japanese animation -- into your drawings.

\$99.00 ID \$118.80 OD

Activity: [111234](#)

W: 4:00 - 6:00 pm

Session: 4/20 - 5/4



Clay

Youth Wheel Throwing

Ages: 7 - 13

Harmon Park

Learn how to throw pots on the wheel. Follow the process of basic wheel throwing, trimming and glazing. Small class sizes will allow more one-on-one time with students to improve their skills. All levels welcome. Instructor: Amanda Krammes & Justin LeBart.

\$139.00 ID \$166.80 OD

Activity: [111202](#)

M: 3:30 - 5:30 pm

Sessions: 4/4 - 25 5/9 - 6/6
(no class 5/30)

W: 3:30 - 5:30 pm

Sessions: 4/6 - 27 5/11 - 6/1

Th: 3:30 - 5:30 pm

Sessions: 4/7 - 28 5/12 - 6/2

Sa: 3:30 - 5:30 pm

Sessions: 4/9 - 30 5/14 - 6/4

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.

Fun with Clay

Ages: 7 - 12

Harmon Park

Create something new each class including animals, imaginative creatures, bowls and so much more. Learn hand building skills and techniques, and glaze your pieces with bright colors. Instructor: Amanda Krammes.

\$99.00 ID \$118.80 OD

Activity: [111216](#)

Tu: 3:30 - 5:30 pm

Sessions: 4/5 - 26 5/10 - 6/7

Home School Academy: Youth Wheel Throwing

Ages: 7 - 13

Harmon Park

Learn how to throw pots on the wheel. Follow the process of basic wheel throwing, trimming and glazing. Small class sizes will allow more one-on-one time with students to improve their skills. All levels welcome. Instructor: Justin LeBart.

\$139.00 ID \$166.80 OD

Activity: [111261](#)

M: 1:00 - 3:00 pm

Sessions: 4/4 - 25 5/9 - 6/6 (no class 5/30)

Multimedia

Multimedia Design

Ages: 10 - 13

Larkspur Community Center

Learn fundamentals of art and design in this multimedia class. Explore color, rhythm, balance, space and patterns in painting, cut paper, weaving and many other exciting mediums. Great for any level art student. Instructor Julie Wilson.

\$115.00 ID \$138.00 OD

Activity: [111231](#)

Sa: 1:00 - 3:00 pm

Session: 4/9 - 30

Young Jewelers

Ages: 8 - 13

Larkspur Community Center

Learn beginning jewelry-making skills and create some razzle-dazzle to wear or share with friends. This class is designed for those interested in basic beading skills and jewelry design. Instructor: Kaia Seiffert.

\$95.00 ID \$114.00 OD

Activity: [111243](#)

F: 3:30 - 5:30 pm

Sessions: 4/8 - 22 5/13 - 27
6/3 - 17



Art-rageous Camp

NO SCHOOL

Ages: 6 - 11

Cascade Middle School

Explore, inspire, create! Discover your creative side with painting, pastels, drawing and mixed media. Come play in the studio - the possibilities are endless.

\$65.00 ID \$78.00 OD

Activity: [111228](#)

F: 9:00 am - 4:00 pm

Session: 4/15





Art & The Young Child

Art StART

Ages: 2 - 5 with Adult
Larkspur Community Center

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Join us for play-based art explorations inspired by child friendly themes. Children ages 2-3 must be accompanied by an adult. Instructor: Anne Rustand.

\$79.00 ID \$94.80 OD

Activity: [111302](#)

Tu: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 4/5 - 26 5/3 - 24

W: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 4/6 - 27 5/4 - 25

Th: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 4/7 - 28 5/5 - 26

**ADULTS
CAN GET
ARTSY TOO!**

Adult Art classes
on pages 13 - 15.

Art Play Group

Ages: 2 - 5 with Adult
Larkspur Community Center

Parents, grandparents, family, nannies and others get to connect with their child through art! Each session will have different activities that are play based and will foster creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us! Child must be accompanied by adult. Instructor: Anne Rustand.

\$22.00 ID \$26.40 OD

Activity: [111300](#)

F: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 4/8 4/22
5/6 5/20
6/3 6/17

PreClay

Ages: 3 - 5 with Adult
Harmon Park

This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create a ceramic piece and decorate it with bright colored glazes. Child must be accompanied by adult. Instructor: Helen Bommarito.

\$22.00 ID \$26.40 OD

Activity: [111304](#)

F: 9:45 - 10:45 am

Sessions: 4/15 5/6
6/10

With Your Child: Clay

With Your Child: Fun With Clay

Ages: 5 & up with Adult
Harmon Park

Create something new each class! Including animals, imaginative creatures, bowls and so much more. Learn hand building skills and techniques, and glaze your pieces with bright colors.

\$55.00 ID \$66.00 OD

Activity: [111510](#)

Sa: 10:00 am - 12:00 pm

- OR - 12:30 - 2:30 pm

Sessions: 4/9 4/16
4/23 4/30
5/7 5/14
5/21

With Your Child: Unicorns

Ages: 6 & up with Adult
Larkspur Community Center

Bring your imagination to create a one-of-a-kind unicorn! Paint your creature with bright colors of your choice. Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111502](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 4/9

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: Garden Gnomes

Ages: 5 & up with Adult
Larkspur Community Center

Enter the magical world of folklore. Build and draw a whimsical gnome with a tall hat then place your gnome outside to watch over your garden! Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111503](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 5/7



With Your Child: Fused Glass

With Your Child: Fused Glass Nightlight

Ages: 6 & up
Larkspur Community Center

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

\$69.00 ID \$82.80 OD

Activity: [102414](#)

F: 5:00 - 7:00 pm

Session: 5/6



With Your Child: Fused Glass Suncatcher

Ages: 6 & up

Larkspur Community Center

Enjoy an evening of creativity with your child. In this class we will make a fun suncatcher to capture those summer sunrays. The projects will be kiln-fired and available for pickup a week after class. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [102416](#)

F: 5:00 - 7:00 pm

Session: 6/3

With Your Child: Multimedia

With Your Child: Jewelry

Ages: 5 & up with Adult
Larkspur Community Center

Create a one-of-a-kind jewelry piece together with your child. Your finished piece can be used as a gift for someone special or as a collector item for yourself. Instructor: Kaia Seiffert.

\$55.00 ID \$66.00 OD

Activity: [111560](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 4/23

With Your Child: Wildflower Garden

Ages: 5 & up with Adult
Larkspur Community Center

Just in time for spring, let's create wildflowers! Adult/child pairs will work together to create a piece depicting wildflower gardens. Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111562](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 5/21



With Your Child: Summer Wind Chimes

Ages: 7 & up with Adult
Larkspur Community Center

You will love the sound of these wind chimes! Create flowers, butterflies or anything that reminds you of summer with texture, patterns and bright glazes. Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111506](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 6/4

With Your Child: Garden Stakes

Ages: 5 & up with Adult
Larkspur Community Center

Adult and child will work together to create whimsical spring-themed artwork. Instructor: Anne Rustand.

\$55.00 ID \$66.00 OD

Activity: [111563](#)

Sa: 9:00 - 10:30 am

- OR - 11:00 am - 12:30 pm

Session: 4/23

With Your Child: Painting

With Your Child: Dual Canvas Painting

Ages: 6 & up

Larkspur Community Center

Enjoy a fun 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 to be placed together into one masterpiece. The design is prepped prior and the instructor will provide direction for your creation. Instructor: Diane Burns.

\$49.00 ID \$58.80 OD

Activity: [102415](#)

Th: 5:30 - 7:00 pm

Sessions:

4/7 Bouncing Bunnies

5/5 Owl Always Love You

6/2 Lovable Llamas

But wait!
There's more
"With Your Child"
Classes:

Cooking & Baking, page 7

Sports, page 31





Learn + play.

“Play is often talked about as it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.”
- Fred Rogers, aka Mister Rogers

Play is the focus of youth activities whether it's crafts, dance or science. Because if you're having fun, then discovery, development and friendships come easy!

Cooking & Baking

Japanese Food Festival

Ages: 10 - 14

Cascade Middle School

Learn how to make “yakisoba” (stir fried noodles), crepes and other popular dishes sold by street vendors at Japanese festivals.

\$159.00 ID \$190.80 OD

Activity: [106229](#)

F: 9:00 am - 2:00 pm

Session: 4/15



DIY & Crafts

Sheet Metal Art

Ages: 10 - 17

DIYcave

Learn how to use a torch to cut creative forms from sheet metal. Hammer the artwork into shape and braze on a hook to display it. This exciting class provides a great introduction to the world of metal art and sculpture. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$79.00 ID \$94.80 OD

Activity: [106155](#)

Tu: 3:30 - 5:30 pm

Sessions: 4/5 5/10

W: 3:30 - 5:30 pm

Sessions: 4/27 5/18

Work for play!

View BPRD jobs available at
bendparksandrec.org/jobs.

3D Printing

Ages: 9 - 17

DIYcave

Have you wanted to try 3D printing? Are you curious about exactly how something gets from an idea to a real world object or intimidated by the whole “design and create” part? Then, this class is for you! Come see the 3D printers at DIYcave, learn how they work, and find out why 3D printing is so revolutionary and something most anyone can learn to use and enjoy. This class will cover everything from how a 3D printer works to creating and printing out custom designs. You will be directed to the proper software for your own computer for self-learning too. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$89.00 ID \$106.80 OD

Activity: [106153](#)

W: 3:30 - 6:30 pm

Sessions: 4/13 4/27

5/4 5/18

F: 5:30 - 8:30 pm

Sessions: 4/15 4/29

5/6 5/20

Kids' Welding

Ages: 10 - 17

DIYcave

In this hands-on class, kids will cut steel with a torch and weld the pieces back together. They'll learn some amazing skills and take their creations home with them. This can be a powerful experience for kids and it won't soon be forgotten! Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$79.00 ID \$94.80 OD

Activity: [106151](#)

Tu: 3:30 - 5:30 pm

Sessions: 4/19 5/24

W: 3:30 - 5:30 pm

Sessions: 4/13 5/4



Kids' Woodworking

Ages: 11 - 17

DIYcave

In this two-day workshop, kids receive an outlet for their creativity and tackle design challenges using problem-solving skills and mathematics to design and craft something special. Kids will focus on design, measurement and layout techniques while gaining experience with power tools such as the miter saw, drill press, palm and drum sanders, router and various hand tools. This is a wonderful project for young makers, introducing them to the joy of woodworking and the pride of creating something with your own hands. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$169.00 ID \$202.80 OD

Activity: [106152](#)

M - Tu: 5:00 - 7:00 pm

Sessions: 4/25 - 26 5/30 - 31



Dance

Happy Hip Hop

Ages: 5 - 7

Academie De Ballet

Come and learn the latest dance style of today's top choreographers. Utilizing moves from street dance, breaking, popping, locking and freestyle and incorporating them into a vibrant dance combination that expresses your individuality. Dress code is required; details online at activity link.

\$106.75 ID \$128.10 OD

Activity: [106572](#)

W: 2:30 - 3:15 pm

Session: 4/20 - 6/1

Fantasy Ballet

Ages: 5 - 6

Academie De Ballet

A delightful start to ballet! Together we'll develop fundamentals of classical dance and creative movement in a lively environment. Leap over imaginary streams, fly over snow capped mountains and land lightly on a flower petal in this fun ballet series. Dress code is required; details online at activity link.

\$106.75 ID \$128.10 OD

Activity: [106582](#)

F: 3:30 - 4:15 pm

Session: 4/22 - 6/3

Martial Arts

on page 32.

Technology

Fun Works Intro to Engineering/STEAM with LEGO®

NO SCHOOL

Ages: 5 - 7

Aspen Hall

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 #1 for this age group. LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects for campers. A mosaic art project will also be added. \$120.00 ID \$144.00 OD

Activity: [106651](#)

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

Session: 4/13 - 15



Fun Works Engineering/STEAM with LEGO®

NO SCHOOL

Ages: 8 - 11

Aspen Hall

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 add decorations and mini figures. Most projects use motorized LEGO and the week ends with an amazing monorail/battle track project.

\$120.00 ID \$144.00 OD

Activity: [106652](#)

W - F: 1:00 - 4:00 pm

Session: 4/13 - 15



No School Days

Grades: K - 5

NO SCHOOL

Elk Meadow Elementary & Lava Ridge Elementary

When school isn't in session, it's time to get the Operation going! Operation Recreation, that is!

Serious fun that meets the serious needs of working parents and fun-seeking children, this program operates on no-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities, crafts and games. Open to all elementary school-age children throughout the school district.

KIDS INC. Families: If you're interested in this program, it requires a separate registration from KIDS INC.

Space is limited - Sign up on wait lists if needed.

Activity: [107400](#)

Daily: 7:30 am - 5:30 pm

\$45.00 ID \$54.00 OD / session

W: 4/13

Th: 4/14

F: 4/15



At Your School

Ages: 5 - 12

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:
12:30 - 2:00 pm

\$70.00 ID \$84.00 OD / session

Sessions: 4/6 - 5/11 (no class 4/13)
5/18 - 6/15

ELK MEADOW ELEMENTARY

All Programs: [406603](#)

Juggling

Participants will learn to juggle up to 3-4 props and do various tricks, starting with scarfs, then working themselves up to bean bags, balls, rings and potentially clubs.

Session: 4/6 - 5/11 (no class 4/13)

Fun, Funky, Fresh, Dance

An amazing way to get some energy out by moving and grooving to music, expressing one's self through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 5/18 - 6/15



HIGH LAKES ELEMENTARY

All Programs: [406605](#)

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: 4/6 - 5/11 (no class 4/13)

Spanish Immersion

Hola! Children receive an introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 5/18 - 6/15

HIGHLAND ELEMENTARY

All Programs: [406606](#)

Fun, Funky, Fresh, Dance

An amazing way to get some energy out by moving and grooving to music, expressing one's self through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 4/6 - 5/11 (no class 4/13)

Juggling

Participants will learn to juggle up to 3-4 props and do various tricks, starting with scarfs, then working themselves up to bean bags, balls, rings and potentially clubs.

Session: 5/18 - 6/15

MILLER ELEMENTARY

All Programs: [406610](#)

Nature Club

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: 4/6 - 5/11 (no class 4/13)

Intro to STEM with Fun Works Engineering

Children are introduced to engineering concepts and will learn building skills and techniques. Projects are modified and customized by students and make fun number one! LEGO® motorized gear drive cars, airplanes and a monorail are just a few of the amazing projects.

Session: 5/18 - 6/15

PINE RIDGE ELEMENTARY

All Programs: [406611](#)

Spanish Immersion

Hola! Children receive an introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 4/6 - 5/11 (no class 4/13)

Nature Club

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: 5/18 - 6/15

Volunteer with kids!

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

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.



Archery

Youth & Teen Archery

Ages: 6 - 17

Shevlin Park - Aspen Meadow

Learn the 10,000-year-old art of shooting bows and arrows! Participants will learn safety and etiquette, and gain useful tips to improve archery skills while using recurve bows at an outdoor range. All skills welcome; no previous experience necessary. All archery equipment provided. Program meets at the residence across from Aspen Meadow Shelter. Note: This program is outdoors; dress for weather conditions.

\$50.00 ID \$60.00 OD

Activity: [107710](#)

Sa: 12:00 - 3:00 pm

Ages: 6 - 11

Sessions: 4/23 4/30

5/7 5/21

5/28 6/4

Ages: 12 - 17

Sessions: 5/14 6/11



Basketball

COBO Advanced Basketball Training

Grades: 4 - 8

Highland Elementary

Begin your offseason with small-group skill work with 10-time IMC championship coach Craig Reid. We'll focus on shooting form, ball handling, passing, perimeter attack and defense.

\$149.00 ID \$178.80 OD / session

Activity: [103060](#)

Grades: 4 - 6

Tu/Th: 6:00 - 7:20 pm

Grades: 7 - 9

Tu/Th: 7:25 - 8:45 pm

Session: 4/5 - 21

Disc Golf

Youth & Teen NEW Intro to Disc Golf

Ages: 6 - 17

Rockridge Park

Welcome to the world of disc golf! Bring your game to the next level whether it's your first time at playing or your new favorite hobby. This clinic will help you fine tune a variety of throwing techniques while teaching you about game strategy. Participants are welcome to bring their own disc set or use provided rental discs.

\$50.00 ID \$60.00 OD

Ages: 6 - 11

Activity: [107101](#)

Sa: 9:00 am - 12:00 pm

Sessions: 4/30 5/21

Ages: 12 - 17

Activity: [107102](#)

Sa: 1:00 - 4:00 pm

Sessions: 4/30 5/21

Work for play at BPRD.

Learn more at bendparksandrec.org/jobs.

Everybody wins.

Sports, whether team-based or individual, are a great activity for kids that provide a variety of benefits other than just physical activity. Sports help build self-esteem and confidence, motivate kids to excel and develop social skills. With those benefits, everyone is a winner.



With Your Child: **Intro to Disc Golf**

NEW

Ages: 6 - 17 with Adult

Pine Nursery Park Disc Course

Disc golf is a great opportunity to spend time together and fun for all ages! We will help you fine tune a variety of throwing techniques and discuss game strategy. Participants are welcome to bring their own disc set or use provided rental discs. Sign up under child's name; registration includes one adult.

\$100.00 ID \$120.00 OD

Activity: [107103](#)

Sa: 9:00 am - 12:00 pm

Session: 6/11

Golf

Youth Golf Lessons at Awbrey Glen

Ages: 9 - 13

Awbrey Glen Golf

Awbrey Glen Golf Club is offering a fantastic opportunity for those who have never played or are new to golf to get their golf game off to a great start in a small group setting. Clubs provided or bring your own. Participants must follow Awbrey Glen's dress code.

\$89.00 ID \$106.80 OD

Activity: [103085](#)

F: 5:00 - 6:00 pm

Sessions: 4/15 - 29 5/6 - 20

Martial Arts

Lil' Dragons

Ages: 4 - 6

Odyssey Martial Arts

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

\$79.00 ID \$94.80 OD

Activity: [106750](#)

M/W: 3:20 - 3:50 pm

Sessions: 4/4 - 27 5/2 - 25

Beginning White Belt Karate

Ages: 6.5 - 12

Odyssey Martial Arts

Discover what martial arts is all about in this class designed for white belt beginners! Students will acquire control, focus, discipline, self-defense skills, confidence, and respect, while learning karate techniques and having fun.

\$198.00 ID \$237.60 OD

Activity: [106751](#)

M/W: 3:55 - 4:40 pm

Session: 4/4 - 5/25



Roller Hockey

Youth Learn to Play Roller Hockey

Ages: 5 - 14

The Pavilion

Whether you have tried ice or roller hockey or a newbie to hockey altogether, continue your progression with Learn to Play Roller Hockey. All you need prior is the ability to roller skate unassisted. You'll learn fundamental hockey skills as well as start to transfer your practice skills into fun, game-like scrimmages.

\$60.00 ID \$72.00 OD

Activity: [110202](#)

Tu/Th: 4:45 - 6:45 pm

Session: 4/19 - 28

Youth Roller Hockey League

Ages: 7 - 15

The Pavilion

Looking for more hockey for when the ice is gone? Sign up for BPRD's Youth Roller Hockey League - your next step in developing your hockey skills. Confident roller skating experience recommended. The league is divided by age: 7 - 10 and 11 - 15. Practices on Tuesdays and Thursdays and games on Saturdays.

Registration deadline: 4/19

\$110.00 ID \$132.00 OD

Activity: [110204](#)

Tu/Th: 4:30 - 5:30 pm

Sa: 10:30 am - 1:00 pm

Session: 5/3 - 6/11

Required Roller Hockey League Gear

Protective equipment is required for each participant including: helmet with full face mask, mouthpiece, stick, shin pads, gloves, shoulder pads, pants and elbow pads. Rental equipment is not available for this program.

Uniforms including jersey and socks will be provided and are for the players to keep.



Stick Time

Fees: \$10.00 ID session
\$12.00 OD

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.

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: [210401](#) - Youth

F: 3:00 - 4:00 pm

Sa: 1:00 - 2:00 pm

Additional sessions may be added. Check online for scheduled dates.

Track

Cheetahs Cubs Youth Track

NEW

Grades: K - 5 (2021-22 school year)

Pilot Butte Middle School

We are excited to bring you this new youth track program! The "Cheetah Cubs" track program is designed for all ability levels and our coaches will teach you techniques and skills in a fun and safe environment. Participants must bring running shoes, appropriate clothing and water bottle each day.

\$99.00 ID \$118.80 OD

Activity: [103175](#)

Tu/Th: 5:30 - 7:00 pm

Session: 6/2 - 28



Volunteer with youth sports.

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

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. 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, call (541) 706-6115.

DON'T MISS OUT ON THE ACTION!

Yo! Sports Fans!

Plan Ahead!

2022 Youth League Registration

Spring 2022 Registration

Youth Roller Hockey

Summer 2022 Registration

Kindergarten Soccer League

Middle School Tennis League

Youth Fall Soccer League

Youth Flag Football League

Youth Tackle Football League

Fall 2022 Registration

Bitty Basketball

High School Basketball League

Middle School Basketball - Boys

Middle School Basketball - Girls

Youth Basketball League

Youth Hockey League

Youth Volleyball League

Winter 2023 Registration

Bitty Basketball

Middle School Basketball - Boys

High School Basketball League

Youth Basketball League

Middle School Basketball - Girls

Youth Hockey League



Volunteer Coaches & Winter Sponsors: Making a Difference for Hundreds of Kids & Families

Youth sport programs rely on fabulous volunteers to coach teams and support players. If you enjoy sports and spending time with great kids, consider being a coach. We make it easy and we know it will be rewarding and fun!

Cheers to all of the great volunteers currently coaching winter sport programs. Enrollment is at an all-time high and the opportunity to play sports is more important than ever. Their support is making a difference for hundreds of kids and families.

Thanks Sponsors!

Sport program sponsors provide resources for recreation scholarships so everyone has a chance to play. Thank you to these amazing businesses for providing support to our community.

Krueger & Lenox Oral and Maxillofacial Surgery - sponsor for Youth Hockey

The Center - sponsor for Youth Basketball

Miller Lumber - sponsor for Adult Hockey and Curling Leagues

Bigfoot Beverages - sponsor for Middle School Basketball Leagues

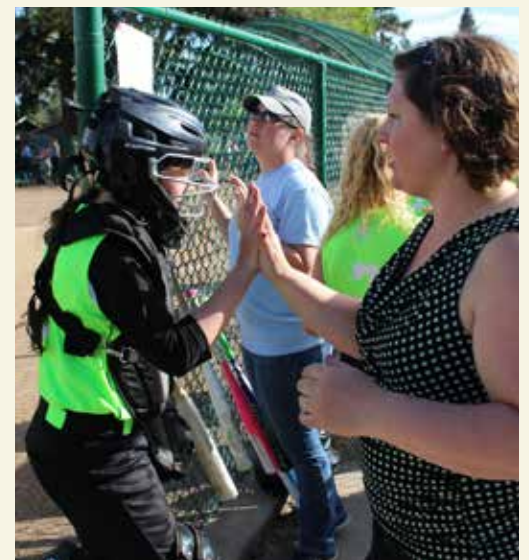
Ready to Coach Youth Team Sports?

Make a difference for a group of kids!

Volunteers are essential to youth sports programs. We are currently seeking volunteer coaches for:

Youth Lacrosse
Girls Softball
Youth Roller Hockey

Sport experience preferred, but mostly need to enjoy working with kids. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.





KIDS
SWIM
LESSONS
PAGES 36 - 37

water works

Dive into fitness and swimming.

Get your kids started with fitness and swimming! These important programs teach life-long skills to help your child be comfortable and safe around water. Lessons enable kids to understand how good fitness can feel and can unlock many outdoor water activities available in Central Oregon!

Youth & Teen Fitness

Teen Fitness

Ages: 11 - 17

Juniper Swim & Fitness Center & Larkspur Community Center

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 to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Orientations are free and offered weekly. See details [online](#).

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 and schedules available online.](#)

Youth Swimming

Busy Buddies Preschool

Includes weekly swim lessons & 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. In a small group setting, children will be introduced to basic educational concepts such as numbers, letters and phonics. Daily snack 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](#) - Wait list available

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

- OR -

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

Dates: now - June 16

Look for 2022-23 school year to open in May.



Enjoy the water?
Like helping people?
Be a lifeguard.

Learn more at
bendparksandrec.org/jobs.



Youth Swim Lessons

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!

For more information, call (541) 389-7665

Swim lessons fill fast! How to register:

1. **Based on your child's age, select a lesson group:**
 - 0 - 36 months: Parent-Tot
 - 30 - 36 months: Sea Stars
 - 3 - 5 years: Journey
 - 6 - 12 years: Level
 - 12 - 16 years: Teen Level
2. **Review lesson descriptions and select level for your child's skills and required class pre-requisites. Still not sure? Schedule a swim assessment (below right).**
3. **Determine preferred location.**
4. **Click on blue "View" hyperlinks to see offerings. Fees vary with session lengths.**
5. **Register for the class that matches your child's level.**
6. **If the appropriate lessons are full, be sure to sign up on the waitlist.**

CLICK TO VIEW
ALL YOUTH
SWIM LESSONS



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 for skill-oriented games, songs and activities in the water. Parent Tot 1 and 2 are available.

Parent Tot 1: (6 - 18 months) Hands-on work, skill-oriented games and songs emphasize water adjustment and enjoyment.

Parent Tot 2: (19 - 36 months) More skill-building fun and games with an increased emphasis placed on basic swim skills and independence.

Fees: \$48.75 - \$69.00 ID
\$58.50 - \$82.80 OD

Frequency: 1- and 2-day-a-week

Locations:

Juniper Swim & Fitness Center
[View Parent-Tot 1-2 at Juniper](#)

Larkspur Community Center
[View Parent-Tot 1-2 at Larkspur](#)



Sea Stars Swim Lessons

Age: 2 1/2 - 3

Has your child attended Parent Tot class and ready for more 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.

Fees: \$48.75 - \$69.00 ID
\$58.50 - \$82.80 OD

Frequency: 1- and 2-day-a-week

Locations:

Juniper Swim & Fitness Center
[View Sea Stars at Juniper](#)

Larkspur Community Center
[View Sea Stars at Larkspur](#)

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: Water adjustment, underwater exploration, floating on front, flutter kicking. Prerequisite: Ability to participate in a class environment.

Journey 2: Front and back floats, glides, kicks. Prerequisite: Float on front with face in water for 3-5 seconds.

Journey 3: Front crawl stroke and backstroke with big pool exposure. Prerequisite: Float and kick on front and back for 5 seconds.

Journey 4: Crawl stroke with side breathing, back crawl stroke and increased endurance with extensive work in the big pool. Prerequisite: Completion of Journey 3.



Journey 5: More advanced stroke work including technique and endurance with both crawl stroke and backstroke. Prerequisite: Front crawl with side breathing 20 feet and backstroke for 20 feet.

Fees: \$48.75 - \$69.00 ID
\$58.50 - \$82.80 OD

Frequency: 1- and 2-day-a-week

Locations:

Juniper Swim & Fitness Center
[View Journey 1 - 5 at Juniper](#)

Larkspur Community Center
[View Journey 1 - 5 at Larkspur](#)

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee • OD = Out-of-District Fee

Patron and staff safety is top priority; photos may be from prior to pandemic.

Level Swim Lessons

Ages: 6 - 12

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

Level 1: Water adjustment, front and back floats and glides, flutter kick.
Prerequisite: Age 6 years and older.

Level 2: Streamline kicking on front, back and side, basic crawl stroke, into back crawl stroke, deep water exposure. Prerequisite: Float, glide and kick comfortably on front and back for 5 seconds.

Level 3: Crawl stroke with side breathing and back crawl stroke for 45 feet.
Prerequisite: Strong kick on front and back in proper body position for 10 seconds.

Level 4: Crawl stroke with rhythmic side breathing and back crawl stroke for 25 meters with increased emphasis on proper technique. Elementary backstroke and breast stroke and dolphin kick introduced. Prerequisite: Comfortably swim crawl stroke with side breathing and backstroke for 45 feet. Level 4 students are in the water with the instructor teaching from the deck.

Level 5: Refinement of crawl stroke, back stroke and elementary backstroke; introduce breast stroke, butterfly and open turns. Prerequisite: Comfortably swim crawl stroke with rhythmic side breathing, back stroke and elementary backstroke for 25 meters.

Level 6: Increased endurance and technique in all previously learned strokes including butterfly and breast stroke; flips turns and diving from starting blocks. Prerequisite: Completion of Level 5. Students are in the water with the instructor teaching from the deck.

Fees: \$48.75 - \$69.00 ID \$58.50 - \$82.80 OD

Frequency: 1- and 2-day-a-week lessons available.

Locations: Juniper Swim & Fitness Center
[View Level 1 - 6 at Juniper](#)

Larkspur Community Center
[View Level 1 - 6 at Larkspur](#)

Teen Level Swim Lessons

Ages: 12 - 16

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.

Levels 1 - 6 descriptions available above.

Fees: \$48.75 ID / \$58.50 OD

Frequency: 1-day-a-week lessons available.

Location:
Juniper Swim & Fitness Center
[View Teen Level 1 - 6 at Juniper](#)

Swim Lesson Assessment **FREE**

Not sure where to start? Take the guesswork out with a free swim assessment to ensure your child is in the right class. Come by the pools at:

Larkspur Community Ctr.:
3/29 - 6/2 T/Th: 3:45 & 6:15 pm

Juniper Swim & Fitness Ctr.:
3/28 - 6/1 M-Th: 10:45 am
M/W: 3:15 & 7:00 pm

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

Frequently Asked Questions

When does registration begin?

Registration opens March 8 at 6:00 a.m. and is ongoing.

Where do I enter for swim lessons? How do I know where my class is?

Enter through the north lobby at Juniper and the main lobby at Larkspur, off of the 15th Street entrance. Check in with receptionist and proceed to the pool deck to meet your class. There are signs on the deck that have the level of swim lesson at a meeting spot where you will meet each time.



What lesson level is my child is signed up for?

At your lesson, the deck supervisor has the information and can help you find the appropriate class.

I am on a waitlist, what should I do?

If there is room for additional swimmers, we will call the waitlist participants in the order it was received.

I don't remember what facility my lesson is at?

When you registered, you should have received an e-mail receipt with your class location listed with the activity.

You can also look up your registration information on the registration site, <https://register.bendparksandrec.org>. Once logged in, select "my account" in the top menu and select "Household Calendar" under "Reports". Select one or all fields in the "Select Output" field and the applicable months in the "Select Months" field. Then, select "Yes" in the "Print Location/Extra Information Line:" field. You will then receive a report in your household's e-mail account. If you still need assistance, customer service can assist you by e-mail or phone.

What do I do if I signed my child up for the wrong level?

Come to the level you have signed your child up for and let the deck supervisor know. Staff will make an assessment on the first day of all the lessons and move your child to the appropriate class.

I have multiple children and would like them in lessons at the same time.

Most of our lessons have the opportunity to occur at the same time. If you weren't able to sign up for the same time due to the class being full, we encourage you to place your child on the waitlist for the time you like and sign up for the class closest to that time. If the class has an opening, you will have the opportunity to transfer.

My child is signed up for a level that they already passed.

Come to the level you have signed up for on the first day and let the deck supervisor know. We will make an assessment of all the participants and move them to the appropriate class if we are able.



Family Swim Lessons

at Juniper Swim & Fitness Center

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

Ages: 3 - 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. Lessons in the main indoor pool.

\$64.00 ID \$76.80 OD / session

Activity: [105260](#)

Sa: 12:30 - 1:00 pm

Sessions: 4/2 - 30 5/7 - 6/11 (no class 5/28)

Youth Novice Swim Team

Grades: 1 - 5

Juniper Swim & Fitness Center

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

Activity: [105540](#)

\$266.00 ID \$319.20 OD / session

M/W/F: 3:15 - 4:10 pm

Session: 3/28 - 6/10 (no class 5/30)

\$147.00 ID \$176.40 OD / session

Tu/Th: 3:15 - 4:10 pm

Session: 3/29 - 6/9

Middle School Novice Swim Team

Grades: 6 - 8

Juniper Swim & Fitness Center

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. Participants choose 3 days to attend each week, the days don't have to be the same each week.

Activity: [105541](#)

\$174.00 ID \$208.80 OD / session

M/W: 6:30 - 7:25 pm

Session: 3/28 - 6/8 (no class 5/30)

\$183.00 ID \$219.60 OD / session

Tu/Th: 5:15 - 6:10 pm

Session: 3/29 - 6/9

Novice Swim Assessment

FREE

Schedule a swim assessment to talk with a coach and learn more about the programs.

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



Swim Squad

Ages: 14 & up

Juniper Swim & Fitness Center

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

\$183.00 ID \$219.60 OD / session

Activity: [105542](#)

Tu/Th: 4:15 - 5:10 pm

Session: 3/29 - 6/2

Springboard Diving

Ages: 9 - 12

Juniper Swim & Fitness Center

Learn the basics of how to dive from the 1-meter board. An instructor will lead you through the specifics of how to do an approach and hurdle as well as many other skills to help you become a confident and successful diver. Pre-requisite: Ability to comfortably swim two widths of the pool in the deep-end.

\$48.75 ID \$58.50 OD / session

Activity: [105570](#)

F: 4:15 - 5:00 pm

- OR - 5:05 - 5:50 pm

Sessions: 4/1 - 29 5/6 - 6/3

Larkspur Community Center



Bend Senior Center



places to play

recreation centers

Juniper Swim & Fitness Center



The Pavilion





LET'S GO!

Facility Fee & Pass Information

Bend Park & Recreation District offers three unique recreation centers with multiple fee options and 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.**

With our monthly and annual passes you can enjoy:

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

Pass Types

10-Visit Passes

10-visit passes may be used for facility access at all locations of equal or lesser value. Patrons may use visits for themselves or guests at the same entrance fee. This pass doesn't expire.

Monthly & Annual Passes

Monthly 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.

Annual Pass Discount

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

Family Pass Special

Family passes include any adult, youth or senior family members living in the same household. Three member minimum required.

Partner Discount

Save 10% off monthly and annual passes when two people in the same household purchase a pass at the same time. Includes adults, youth and senior family members in the same household. Not applicable to Social Activities pass.

Out-Of-District Fee Policy

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

FACILITY STANDARD IN-DISTRICT FEES & PASSES

JUNIPER SWIM & FITNESS CENTER & LARKSPUR COMMUNITY CENTER

ONE PASS - TWO FACILITIES

Unlimited access to over 100 weekly group fitness classes & full facility use, including use of pools, fitness center, hot features, masters swim practices and Senior Center.

See facility details on pages 45 - 46.

BEND SENIOR CENTER

Social Pass

Includes participation in ongoing social activities, including games, billiards & Senior Center events.

THE PAVILION: ICE SEASON

Without Skates

Admission to all public skate sessions.

Ice Season:
November -
March

Skate rental: \$3.00

THE PAVILION: ROLLER SEASON

Without Skates

Admission to all public skate sessions.

Roller Season:
April -
September

Skate rental: \$1.00

Single Visit Admission

Adult (19-60)
Older Adult* (61-79)
Youth (3-18)/Honored Citizens (80+)
Children under 3 with paying adult

\$8.00
\$7.00
\$6.00
Free

\$3.50
\$1.50
\$1.25
N/A

\$9.00
\$8.00
\$7.00
Free

\$7.00
\$6.00
\$5.00
Free

10-Visit Pass

Save an
average
of 15%

Adult (19-60)
Older Adult* (61-79)
Youth (3-18)/Honored Citizens (80+)

\$68.00
\$59.00
\$51.00

\$29.00
\$12.00
\$10.00

\$72.00
\$64.00
\$56.00

Monthly Pass Unlimited Visits!

Adult (19-60)
Older Adult* (61-79)
Youth (3-18)/Honored Citizens (80+)

\$59.00
\$46.00
\$32.00

\$24.00
\$16.00
\$13.00

Monthly Family Pass

Any mix of three or morehousehold members

\$110.00

N/A

*Effective Jan. 1, 2022, the Older Adult age for recreation facility access passes begins at 61. Each year, the beginning age will increase one year until 2026 when the minimum age requirement reaches 65. Individuals born on or before December 31, 1961 will qualify as older adults throughout the transition.





recreation center activities



Drop-in Older Adult Social Activities

Larkspur Community Center - Home of the Bend Senior Center

Facility information on page 46.

Adult Activity programs on pages 7 - 11.

Fee: Basic pass or drop-in fee. See pages 40 - 41.

Bend Senior Center is proud to serve and welcome seniors to social activities, such as games and group gatherings. BPRD looks forward to expanding these offerings as available. Check the website regularly for updates.

More at: bendparksandrec.org/bend-senior-center

CLICK FOR
OLDER ADULT
ACTIVITIES
INFORMATION



Drop-in Skate Sessions

The Pavilion

Facility information on page 49.

Fee: Basic pass or drop-in fee. See pages 40 - 41.

Open Skate

All ages

Recreational ice skating (through early April) or roller skating (April - Sept.) for all ages and abilities. Children 6 years and under must be supervised by a responsible person 14 years or older. Sticks, pucks and skating maneuvers that would endanger others are not allowed. Regular fees apply.

More at: bendparksandrec.org/pavilion

Family Skate

All ages with adult

Open Skate for families at a special discount fee. All children must be accompanied by parent/guardian.

More at: bendparksandrec.org/pavilion

Parent-Tot Skate & Play NEW

Ages: 5 & under with adult

Parent-Tot Skate & Play time includes roller skating and open play space (with mats and balls) for toddler and preschool-age children. This discounted time is on the roller rink and designated for you and your toddler to play. All children must be accompanied by a parent/guardian.

More at: bendparksandrec.org/pavilion



CLICK FOR
SKATING
SCHEDULES
& FEES





Drop-in Swim Sessions

Juniper Swim & Fitness Center and Larkspur Community Center

Facility information on pages 45 - 46.

Fee: Basic pass or drop-in fee. See pages 40 - 41.

Family Swim

All ages with adult

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

More at: bendparksandrec.org/recswim

Parent-Child Swim

Ages: 6 & under with adult

A special time in the pool for parents and their young kids to explore the wonderful world of water and practice swimming skills. Adult supervision in the water is required. Swim diapers are required for those who are not toilet trained.

More at: bendparksandrec.org/recswim

Open Recreation Swim

All ages

Recreation swim is open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older.

More at: bendparksandrec.org/recswim

No-School Day Recreation Swim

All ages

When school's out, swimming is in! No-school recreation swim is open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older.

More at: bendparksandrec.org/recswim

NO SCHOOL

Lap Swimming & Water Work Out on Your Own

Ages: 16 & up; 11 - 15 with adult

Swim for fitness! Swim for fun! Check the website for pool schedule, pool length, number of lanes and requirements.

More at: bendparksandrec.org/lapswim

Masters Swimming Bend's Adult Swim Program

Ages: 18 & up

Improve your skills and enjoy training in structured practices with experienced coaches. Masters Swimming emphasizes fitness, fellowship and fun for all adults and abilities, who can swim comfortably for 500 meters (20 lengths).

More at: bendparksandrec.org/lapswim

Current Channel Work Out on Your Own

Ages: 16 & up; 11 - 15 with adult

Uninstructed, drop-in times with moderate levels of resistance for you to walk, stabilize, stretch and tone for all abilities and levels. No swimming.

More at: bendparksandrec.org/lapswim

RECREATION SWIM SPECIAL

Adults are \$6 each when adult accompanies paid children.

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

CLICK TO LEARN ABOUT RECREATION SWIM OFFERINGS & SCHEDULES

CLICK TO LEARN ABOUT LAP SWIMMING & CURRENT CHANNEL OFFERINGS & SCHEDULES

One pass - two facilities & hundreds of classes

The fitness and swim full-access pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to more than 180 weekly group exercise programs at both Juniper and Larkspur.

Learn more at bendparksandrec.org



Drop-in Fitness Classes & Fitness Center Use

Juniper Swim & Fitness Center, Larkspur Community Center -

Facility information on pages 45 - 46.

Fee: Basic pass or drop-in fee.
See pages 40 - 41.

Ages: 16 & up; 11 - 15 with adult

CLASSES: All abilities and fitness levels are welcome and you can start at any time. Classes are held on a weekly basis.

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.

CLICK FOR
FITNESS
SCHEDULES



Indoor Cycling

Features: Experience the Ride! Based on a road cycling experience, indoor cycling is an individually paced, non-impact cardio workout for everyone. Classes are held in our theater-style indoor cycle studio where you are surrounded by beautiful park views. New, state-of-the-art, Spinner® Chrono™ Power bikes use accurate power measurements and watts-based training, giving you the ability to customize the ride to meet your goals.

More at: bendparksandrec.org/indoor-cycling/

Cardio Fitness & Dance

Features: Move and groove with us. 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.

More at: bendparksandrec.org/cardio

Mind & Body

Features: Rooted in traditional practices, Mind & Body classes aim to improve your overall health and well-being through stretching, focused breathing, relaxation techniques, movements and poses that bring flexibility and strength together to develop joint mobility. Yoga, Pilates, Tai Chi, meditation and other practices are known to support both physical and mental awareness and wellness.

More at: bendparksandrec.org/mind-and-body

Strength & Conditioning

Features: Improve your day-to-day function with strength and conditioning! Burn calories at a higher rate through resistance training and use a variety of equipment to increase your muscle strength, metabolic rate, endurance, bone density and balance.

More at: bendparksandrec.org/strength-and-conditioning

Water Fitness

Features: Water is a great equalizer! Help rehabilitate an injury, cross train to enhance athletic performance or simply enjoy the feel-good nature of a warm water workout. The buoyancy and natural resistance of the water creates an optimal exercise environment with little to no impact on your joints while improving cardio fitness and strengthening muscles. No swimming skills are needed and classes held in deep water use floatation devices. Water shoes recommended.

More at: bendparksandrec.org/water-fitness

Fitness Center Use

Fitness Center Orientation:

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

Fitness Center & Under 18 Use:

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

More at: bendparksandrec.org/fitness-centers

Personal Training

A BPRD 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.
- Take the next step in your recovery from an injury or surgery.
- Train as an individual or group.

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

More at: bendparksandrec.org/fitness-swim/personal-training/

Virtual Fitness Classes

Let's keep moving! BPRD online classes are brought to you using Zoom, a web-hosted video conference application. If taking an online class is new for you - we'll provide step-by-step instructions to help you get connected.

More at: bendparksandrec.org/virtualfitness/





Juniper Swim & Fitness Center

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



Location

[800 NE 6th Street
Bend, OR 97701](#)



Phone

p. (541) 389-7665 (POOL)



Hours, Fees, Schedules & Information

Visit bendparksandrec.org/juniper for schedules, fees, rules and regulations.



Social Media

[facebook.com/
JuniperSwimandFitnessCenter](https://facebook.com/JuniperSwimandFitnessCenter)
[instagram.com/
juniperswimandfitness](https://instagram.com/juniperswimandfitness)

Activities

Child Care / Preschool
Fitness Classes
Fitness Center
Hot Features
Personal Training
Swim Lessons
Swimming

How to Get There

Juniper Swim & Fitness Center is centrally located in Bend within Juniper Park.

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:

Bike racks are located at each entrance. For public transportation, JSFC is located two blocks from the Hawthorne Street transit center of Cascade East Transit and a bus stop is located on Franklin Avenue.

Adult Swim Programs

on page 18

Youth Swim Programs

pages 35 - 38

CLICK FOR
SWIM
SCHEDULES
& FEES



Swimming Pools & Aquatic Facilities

Indoor/Outdoor Olympic 50-Meter Pool

With 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, the Indoor Pool features 83-degree water, 4' - 12' depth, soft-touch flooring, water basketball hoops and two one-meter diving boards.

Indoor Children's Pool

With soft-touch flooring, the Indoor Children's Pool is 90 degrees with a pool depth of 2'6" - 3', a small slide and splash features.

Outdoor Activity Pool

Open June to early September.

At 0" - 3'6" deep, the Outdoor Activity Pool offers 85-degree water, slides, tumble buckets and a splash pad.

Hot Tub / Steam Room / Sauna

The hot tub is coed and available only when the indoor pool is open. Perfect after a workout. Ages: 16 & up.

Steam Room and Sauna are currently closed through March 11.

CLICK FOR
FITNESS
SCHEDULES
& FEES



Fitness Center, Studios & Equipment

Fitness Center & Fit Studio

Juniper's fitness center features state-of-the-art equipment and floor-to-ceiling windows and park views and the Fit Studio offers a dedicated space for functional fitness.

BPRD Fitness App

BPRD has an Advagym fitness app to provide you with a personal tool to track your workouts and connectivity for the cardio equipment and more. Developed with Precor and E-Gym, the app works at both Larkspur Community Center and Juniper Swim & Fitness Center.

Fitness Studios and Classes

Filled with natural light and offering more than 100 weekly classes, Juniper's studios include three Group Exercise Rooms - Cardio, Mind/Body and Indoor Cycling.



Larkspur Community Center

Larkspur is a vibrant place where people of all ages, interests and abilities can gather for lifelong fitness, learning and recreation. Larkspur is Home of the Bend Senior Center.



Location

[1600 SE Reed Market Road
Bend, OR 97702](#)



Phone

p. (541) 388-1133



Hours, Fees, Schedules & Information

Visit bendparksandrec.org/larkspur for schedules, fees, rules and regulations.



Social Media

facebook.com/Larkspur-Community-Center
instagram.com/larkspurcommunitycenter

Activities

Enrichment Activities
for All Ages
Fitness Classes
Fitness Center
Hot Features
Personal Training
Swim Lessons
Swimming

How to Get There

Larkspur Community Center - Home of 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 trails and bike routes. For public transportation, use Cascade East Transit routes #5 or 6.

Adult Activities Programs

pages 7 - 11

Adult Swimming Programs

page 18

Youth Swimming Programs

pages 35 - 38

CLICK FOR
SWIM
SCHEDULES
& FEES



Swimming Pool & Aquatic Facilities

4,000-Square-Foot Indoor Aquatics Center

The aquatic center features ADA-friendly showers, locker rooms with free locker use for patrons and private changing areas.

135,000-Gallon Recreation & Leisure Pool

Set at 87 to 89 degrees, the pool depth ranges from 2' 6" to 6' 3" with soft-touch flooring.

Current Channel with Hydro Feature

The Current Channel is the perfect setting for therapeutic water fitness or a fun relaxing float. It's great for exercise and play!

Accessible, ADA-friendly Features

ADA upgrades including accessible showers, grades, a chair lift and an elevator-style wheelchair lift for independent control.

Hot Tub, On-Deck Shower and More

The aquatic center has hot tub for relaxation and an on-deck shower for a quick rinse before your swim.

CLICK FOR
FITNESS
SCHEDULES
& FEES



Fitness Center, Walk/Jog Track, Studios & Equipment

Larkspur features two dedicated group fitness rooms, a 5,000-square-foot fitness center and walk/jog track with alcoves for functional workouts. The building's multi-purpose rooms are used for fitness classes too.

The fitness center includes:

- Precor fitness cardio equipment
- Three SciFit bikes with removable seats and wheelchair ramps.
- The Precor Resolute line of easy-to-use selectorized equipment.
- Free weights, balance equipment and cable-cross machines.
- BPRD fitness app integration.

CLICK FOR
OLDER ADULT
ACTIVITIES
INFORMATION



Bend Senior Center

3,500-sq-ft Event Room and Kitchen

Senior Social Lounge and Billiards Room

Free Wi-Fi



The Pavilion

Two kinds of play - The Pavilion has distinct personalities! 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.



Location

1001 SW Bradbury Way,
Bend Oregon 97702



Phone

p. (541) 389-7588 (SK8T)



Hours, Fees, Schedules & Information

Visit bendparksandrec.org/pavilion for schedules, fees, rules and regulations.



Social Media

facebook.com/ThePavilioninBend

CLICK FOR
DROP-IN SKATING
SCHEDULES
& FEES



Activities

April - September

Roller Skating & Hockey
Skateboarding & Scootering
Adult Sports Leagues
Youth Summer Camps

Late October - April

Ice Skating Hockey
Curling Skate Lessons

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.



Facility Features

Roller Sports Flooring (April - September)

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. Each summer, The Pavilion also hosts a popular all-day summer camp.

The Ice Sheet (Late October - April)

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 conditions even in marginal weather.

Drop-in Skating Sessions

page 42

Roller Hockey

Adult Sports on pages 16 - 17
Youth Sports on pages 31 - 34



Spring 2022 Program Locations

Locations of all seasonal 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
- Aspen Hall**
18920 Shevlin Park Rd, Bend, OR 97703
- Awbrey Glen Golf**
2500 Awbrey Glen Dr, Bend, OR 97703
- Bend Senior Center**
1600 SE Reed Market Rd, Bend, OR 97702
- BPRD District Office**
799 SW Columbia St, Bend, OR 97702
- Cascade Middle School**
19619 Mountaineer Way, Bend, OR 97702
- DIYCave**
444 SE 9th St #150, Bend, OR 97702
- Elk Meadow Elementary School**
60880 Brookwood Blvd, Bend, OR 97702
- Harmon Park, Hobby Hut & Outdoor Center**
1100 NW Harmon Blvd, Bend, OR 97701
- High Lakes Elementary School**
2500 NW High Lakes Lp, Bend, OR 97701
- Highland Elementary School at Kenwood**
701 NW Newport Ave, Bend, OR 97701
- Hollinshead Park & Barn**
1235 NE Jones Rd, Bend, OR 97701
- Juniper Swim & Fitness Center**
800 NE 6th St, Bend, OR 97701
- Larkspur Community Center - Home of the Bend Senior Center**
1600 SE Reed Market Rd, Bend, OR 97702
- Miller Elementary School**
300 NW Crosby Dr, Bend, OR 97701
- Norton Ave Apartments**
415 NE Norton Ave, Bend, OR 97701
- Odyssey Martial Arts**
924 B SE Wilson Ave, Bend, OR 97702
- The Pavilion**
1001 SW Bradbury Way, Bend, OR 97702
- Pilot Butte Middle School**
1501 NE Neff Rd, Bend, OR 97701
- Pine Nursery Park & Sports Complex**
3750 NE Purcell Blvd, Bend, OR 97701
- Pine Ridge Elementary School**
19840 Hollygrape St, Bend, OR 97702
- Riverbend Community Room - BPRD District Office**
799 SW Columbia St, Bend, OR 97702
- Rockridge Park**
20885 Egypt Dr, Bend, OR 97701
- Shevlin Park - Aspen Meadow**
18920 NW Shevlin Park Rd, Bend, OR 97701
- The Pavilion**
1001 SW Bradbury Way, Bend, OR 97702
- Twin Knolls Transition Co-op**
2500 NE Twin Knolls Dr, Bend, OR 97702

Park & Facility Rentals:

For Your Next Event

PLAN
NOW FOR
SUMMER
& BEYOND

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.

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

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.

PARKS & 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.

PARK PICNIC SHELTERS are a great option for a variety of events, including company picnics, family gatherings, weddings, receptions and more. Fees are based on the size of your group and type of function.

ART, SKATE & POOL PARTIES can be great options for birthday parties and other celebrations. Held at recreation centers, activity-based parties are available for children and adults.

Visit bendparksandrec.org
or call (541) 706-6149
for rental details
and reservations.



Aspen Hall



Hollinshead Barn



The Pavilion



Shelter at Larkspur Park

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	61355 SW Swarens Ave								•								
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										•	•		•			
Goodrich Pasture Park	941 NW Quimby 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 Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St					•							•				
Kiwanis Park	800 SE Centennial Blvd	•	•								•	•		•			
Larkspur Community Center	1600 SE Reed Market Rd											•					
Larkspur Park	1700 SE Reed Market Rd		•					•	•		•	•	•				
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					

NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
McKay Park	166 SW Shevlin Hixon Dr						•						•		•		
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•									•		•			
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•								•		
The Pavilion	1001 SW Bradbury Way					•											•
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•	•	•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•		•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•			•	
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
Riley Ranch Nature Reserve	19975 Glen Vista 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 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		•									•		•			



Cascade Highlands Trail



Pine Nursery Park



Deschutes River Trail - River Run Reach



spring into play

with Bend Park & Recreation District

play for life