

WINTER 2023
REGISTRATION
OPENS
DEC. 5 - 7
AT 6:00 AM



your playbook

online edition

NEW STAGGERED OPENING:

Winter 2023 registration
opens for January - March
programs and winter/
spring sports leagues:

- **Monday, Dec. 5, 6:00 a.m.:**
Recreation/enrichment programs
- **Tuesday, Dec. 6, 6:00 a.m.:** Swim lessons/programs
- **Wednesday, Dec. 7, 6:00 a.m.:** Sports, ice sports
and sports leagues including adult curling, adult/
youth hockey, youth indoor soccer, youth lacrosse
and youth softball leagues.

Tips for
Registration
Opening
page 6

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 currently relocated to Harmon Park Clay Studio, 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 61.

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 62.

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 63.



winter 2023 | online edition

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

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

VISION STATEMENT: To be a leader in building a community connected to nature, active lifestyles and one another.

MISSION STATEMENT: To strengthen community vitality and foster healthy, enriched lifestyles by providing exceptional park and recreation services.

BOARD OF DIRECTORS:

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

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, juniperswimandfitness and 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
kathya@bendparksandrec.org

COVER: A young hockey player offers a smile at The Pavilion. Photo credit Greg Kleinert.



Here's to welcoming the winter season! Every season in Central Oregon offers many opportunities to explore and enjoy favorite activities. The good news is that our recreation offerings have a little of everything, including activities for all ages and abilities.

This season introduces our staggered registration dates to improve the experience that hasn't gone well in recent times. The sky-high urgency should be eased with staggered dates on Dec. 5, Dec. 6 and Dec. 7 and improved technology solutions in place. Thanks again to the more than 1,000 patrons who took our survey and indicated that early morning weekdays are preferable. We look forward to serving you and your household this season.

Staff is working to complete several new projects for your outdoor recreation. Big Sky Bike Park is almost complete with bike features, new access roads, parking lots and trails. The bike park has a new pump track and there is a pedestrian crossing over the canal for easier access. Drake Park trails have been improved and the second phase of the project has begun to extend the trail, build a boardwalk, improve the riverbank, and expand the plaza near the beach. The work in Drake Park is expected to be completed this spring. To continue the district's efforts of balancing recreational access and habitat protection, the Riverbend South access and restoration project is underway with completion anticipated this winter. This project will restore and fence off riparian areas creating new habitat, adds three new user access points and improved accessibility with terracing to facilitate access for river users with mobility challenges. New interpretive signs will educate visitors about the past and present use of the river and the importance of conserving natural resources.

Please enjoy reviewing this season's recreation programs, and thanks for being part of Bend's recreation community. May you find the time to create memories to last through the next season and beyond.

Best,

Don Horton, Executive Director
don@bendparksandrec.org

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Mark Your Calendar:

Winter 2023
registration
opens
December 5 - 7.

how to register

Winter 2023 Registration

Winter 2023 registration opens for January - March programs and winter/spring sports leagues:

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Once opened, registration is ongoing throughout the season.

About Opening Days

When program registration opens, there can be very high demand for certain activities and a high volume of traffic on the BPRD registration website. To be prepared, please read our tips on pages 6 - 7.

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.

REGISTER ONLINE:

<https://register.bendparksandrec.org>

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.

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.

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 - Enter ONE word for the activity, such as part of the name or something about it. For example: Art, Lacrosse, Guitar, etc. Click on Search. Scroll down to view a list of programs linked to 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.

Waitlists

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.

If you are on a waitlist, be sure to check emails regularly for any notifications about activity openings.

Once a notification email is sent to you, you have 48 hours to respond and register, otherwise your held spot is forfeited.

Being on the waitlist does not guarantee placement in a program or commit you to participating.

“Time is a game played beautifully by children.”
- Heraclitus



Refund & Cancellation Policy

You may cancel a program at any time and are encouraged to do so as soon as possible to make space available for others. Credits and refunds will be granted as follows:

- Within 48 hours of registering: 100% of program fee.
- 15 days or more before program start date: 90% of program fee.
- 7 - 14 days before program start date: 75% of program fee.
- 6 days or less before program start: No credit or refund. It is extremely difficult to fill cancelled spaces with short notice.
- After start date: No credits, refunds or prorating of fees will be given for missed portions or early withdrawals.

Online Cancellations

If you need to cancel a registration, you can do so online.

Learn how to cancel on the [Cancellation Policy & Instructions webpage](#).

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 900 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 or Oregon Health Plan.
- 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.

For more information, call (541) 389-7275 or visit bendparksandrec.org • Register at register.bendparksandrec.org

How to register, helpful tips and refund/cancellation policy on pages 4 - 7. • Program locations on page 64. • Park lists on pages 66 - 67.

tips for

REGISTERING ON OPENING DAYS

for an efficient & successful registration

Mark the calendar!
set your alarm!
Winter 2023
registration opening
is staggered over
three days!

REGISTER ONLINE:

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

Registration opening days are by far the busiest transaction days of the year at Bend Park & Recreation District. As our community grows, so has the amount of registration activity during the first hours a season's programs are made available. Sometimes that large rush of activity can overwhelm our systems and cause issues with your registration process. And we're working on improvements to change that.

So, read on to learn our tips and best practices for registering on opening day to help you find success.

REVIEW YOUR ACCOUNT

First things, first...make sure your BPRD account profiles and payment methods are up to date and ready to go:

1. Click on the "Register" link on the BPRD website or go directly to: <https://register.bendparksandrec.org>
2. Enter your username and password. You already have an account if you have previously participated in a program or have a pass at Juniper Swim & Fitness Center, The Pavilion or Larkspur Community Center/Bend Senior Center. The default username is your email address and the default password is your last name (first letter capitalized) unless you set it up differently.
3. Go to "My Account" followed by "Update: Household & Member" and make sure all family members are in your account with correct birth dates and genders. If needed, add a new household member or new person for child pickup by clicking on the buttons at the bottom of the page. Also review and if needed update your account address, phone, email and person information.

Once you've ensured your account is up to date, it's go time.

SET UP FOR SUCCESS

A few important recommendations:

1. Create a list of your priority activities and programs. More on that below.
2. Registration works best on a desktop computer or laptop. While you can use a mobile device, it's not the most efficient and some mobile devices with older apps or operating systems can have conflicts.
3. Use one web browser window with one tab open for registration. That one window and tab should be on the registration page. Close all other windows and tabs when it's time to register.
4. Be patient. You will likely need to wait in line in the virtual waiting room until it's your turn. If during registration your screen slows down dramatically or you see the spinning circle, it means the system is processing your request. Do not refresh your screen nor open another window, tab or computer - you will disrupt that process and likely lose your transaction.

BEFORE OPENING DAYS

- View the programs on the online Playbook or linked to the registration website homepage and make a note of the Activity numbers for the programs you want. One exception in Playbook is Youth Swim Lessons - click the link in the online Playbook to view the offerings and Activity numbers.
- Have program Activity numbers (first 6 digits) ready when registration begins. Most of the Activity numbers are published in the online Playbook and are all available in the online program preview.
- Whether your list is on paper or digital, keep that list handy for registration opening day.
- If you choose to add the programs you want to your "Wishlist" in your account, take a screenshot of all the items and their Activity numbers. This screenshot can act as your list.
- Note programs that are a priority to you and your household.

ABOUT THE

NEW VIRTUAL WAITING ROOM

Winter 2023 Registration Opening

Winter 2023 registration opens for January - March programs and winter/spring sports leagues:

- **Monday, Dec. 5, 6:00 a.m.: Recreation/enrichment programs**
- **Tuesday, Dec. 6, 6:00 a.m.: Swim lessons/programs**
- **Wednesday, Dec. 7, 6:00 a.m.: Sports, ice sports and sports leagues** including adult curling, adult/youth hockey, youth indoor soccer, youth lacrosse and youth softball leagues.

Once opened, registration is ongoing throughout the season.

ON OPENING DAYS: DEC. 5 - 7

1. Log into your BPRD account. If you log on before 6:00 a.m., you and any others will be randomized at 5:59 a.m. After 6:00 a.m., the line will form one after another just like in person at the movie theater. The wait time may vary, but knowing how many are ahead of you will allow you to plan your morning.
2. Wait for your turn. The virtual waiting room is automated and there's nothing you need to do. If your computer or browser window unintentionally close or shut down, don't panic. Just turn the same device and browser back on and a helpful "cookie" will remember you and your place in line.
3. When it's your turn, add programs to your cart and register. The shopping and registration experience is consistent with past seasons. Use a wish list or enter activity #s to add to your shopping cart.
4. Starting with your priority programs, type the Activity number in the search bar and click search.
5. Click the + icon on the left to select the Activity.
6. Note the green bar at the bottom of the screen and click "Add To Cart."
7. Confirm details/waivers/etc. for each of the participants.
8. If you have other priority programs you'd like to enroll in, click on the "Continue Shopping" button. Repeat above steps from entering in Activity number to adding the program into your cart. You can have multiple programs in your cart.
9. Once your priority activity or activities are in your cart, check out promptly to you get into the programs you want and your session isn't accidentally timed out due to inactivity. Important: your transaction must be completed before your enrollment is confirmed.
10. Look for your confirmation email.
11. After you've registered for your priority programs, now is the time to go back and shop for the programs that weren't your top priority, repeating the above steps.
12. When you complete your transaction(s), log out of your account. This step helps the virtual waiting room allow others in for their turn.

Select	Activity #	Ages	Description
	208103-20	6-17	With A Child: I

A virtual waiting room, Queue-it will be implemented on the mornings of December 5 - 7 to help control traffic to the registration website.

Queue-it is a virtual waiting room that will serve as a line for our online registration process. It's automatic after you log into your BPRD account, so there's nothing needed for you to do! Queue-it will display how many shoppers are in line in front of you and you will see the number get smaller until it is your turn.

Patience is much appreciated as we add this tool. By providing information about how many others are in line ahead of you, it should help the morning go smoother.

High demand is still expected, but with three days of staggered registration programs, it will be a smaller number of programs being registered on each morning.

Thank you for the cooperation.





winter solstice

December 16, 6:00 - 8:30 p.m. at The Pavilion
 Lights, treats & a performance by
 Bend Ice Figure Skating Club
 \$6 w/canned food for NeighborImpact

UPCOMING

COMMUNITY EVENTS

Donate non-perishable food to support
 NeighborImpact Food Bank



Hosted by Bend Park & Recreation District

**DRIVE-THRU
 HOLIDAY
 FOOD DRIVE**

Saturday, Dec. 17 • 10 am - 1 pm
 Park & Float parking lot • Across from The Pavilion
 Larkspur Community Center • SE Reed Market Rd.



HISTORIC
 HOUSE
 TOURS

an old fashioned holiday



Hollinshead Homestead Holiday Open House & Historical Tour

Saturday, December 10
 10 am - 2 pm
 1235 NE Jones Rd, Bend

Join us for a festive open house at Hollinshead Park.
 Enjoy a free tour and homemade holiday treats.

For more information, visit
bendparksandrec.org
 Questions? Call (541) 389-7275



play for life



**holiday
 skate**

dec. 17 - jan. 2 | the pavilion



Cooking & Baking

A Taste of Italy: Pasta Made Easy!

Ages: All Adults

Larkspur Community Center

Classic pasta dishes are the foundation of many of today's well-known Italian recipes. Learn how to make pasta from scratch and create a delicious meal that tempts the palate and will inspire you with tantalizing Italian flavors! Instructor: Chef Austin Stein.

\$69.00 ID \$82.80 OD

Activity: [102254](#) - Opens Dec. 5

F: 5:00 - 7:45 pm

Session: 1/20



Fabulous French Bread & Other Loaves We Love

Ages: All Adults

Larkspur Community Center

In this step-by-step class, we will share how to bake great French bread, rolls and other yeast breads. We will decode your baking choices of yeasts, sweeteners, enhancements and flours. Beyond theory, we will put our hands to the dough to get baking. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102245](#) - Opens Dec. 5

Sa: 1:00 - 3:00 pm

Session: 1/28

A Taste of Thailand NEW

Ages: All Adults

Larkspur Community Center

Join us for a culinary experience demystifying the art of Thai cooking with a simple and easy approach. In this hands-on class, learn how to prepare some popular Thai staples easily enjoyed with others. If it's your first-time cooking Thai cuisine, these dishes offer a solid foundation to build up your culinary repertoire and serve as a base for learning more complicated dishes. Instructor: Chef Austin Stein.

\$69.00 ID \$82.80 OD

Activity: [102258](#) - Opens Dec. 5

F: 5:00 - 7:45 pm

Session: 2/3



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?



Easy Soups & Stews

Ages: 16 & up

Larkspur Community Center

Soups and stews can be hearty, wholesome, easy-to-make, low-cost, and delicious meals. Forget canned soups or stocks! Instead, learn the secrets of great build-as-you-go soup stocks and soup-making. We will make a meal-in-one dinner using fresh vegetables, herbs, spices, whole grains, beans and protein. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [102226](#) - Opens Dec. 5

Th: 5:00 - 7:30 pm

Session: 2/23

A Taste of Japan: NEW Sushi

Ages: All Adults

Larkspur Community Center

Join us for a hands-on cooking class and learn the complete process of making sushi rolls from scratch featuring fresh and healthy ingredients. Instructor: Chef Austin Stein.

\$79.00 ID \$94.80 OD

Activity: [102259](#) - Opens Dec. 5

F: 5:00 - 7:45 pm

Session: 3/24

Less Meat More Flavor - Dishes NEW to Love

Ages: 16 & up

Larkspur Community Center

Learn to create easy-to-prepare meatless dishes from simple ingredients. We'll be making hearty meals to satisfy everyone. Learn about protein combinations for a vegan diet and the best source for nutrients that are difficult to find. High in protein and great tasting for vegetarians and meat lovers, dishes will include tofu Parmesan, Thai coconut chickpea and vegetables; bean tamale pie and more. This class will be part demonstration and group effort. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [102228](#) - Opens Dec. 5

Th: 5:00 - 7:30 pm

Session: 3/16



With A Child: Cooking & Baking

With A Child: Kids Can Cook!

Ages: 6 & up with Adult

Larkspur Community Center

Someone is in the kitchen cooking! Bring your child and learn about kitchen safety while we learn to construct healthy and delicious snacks that everyone can enjoy. Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [102291](#) - Opens Dec. 5

W: 5:00 - 7:30 pm

Session: 1/18

With A Child: Norimaki Sushi NEW Rolling

Ages: 10 & up with Adult

Larkspur Community Center

Learn how to make a platter of norimaki sushi rolls it's easy! We will roll a variety of rice, noodles, vegetables, vegetarian proteins and/or cooked and smoked seafood with condiments in nori, a Japanese seaweed wrap. You will also learn to make cones California rolls, miso soup from scratch and wakame cucumber sesame salad. Once you get the knack of it, you can throw your own sushi rolling party! Bring a cutting board, large sharp knife, small container for your sushi and an apron. Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [102290](#) - Opens Dec. 5

Sa: 1:00 - 4:00 pm

Session: 2/4

With A Child: Let's Make Pizza

Ages: 6 & up with Adult

Larkspur Community Center

Grab your buddy and let's make pizza together! We'll start from the bottom up to create your very own personal pizza. Your artisan bread-baking instructor will walk you through each step, from perfect pizza dough to the finishing touches. Learn the dough basics from thick to thin crusts and achieving that authentic flavor. Bring an apron, rolling pin and pizza pan or cookie sheet - along with your appetite! Note: This is not a gluten- or dairy-free class. Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102248](#) - Opens Dec. 5

Sa: 1:00 - 3:00 pm

Session: 2/11

With a Child: Japanese Cooking

Ages: 7 & up with Adult

Cascade Middle School

Let's cook together! Learn to make traditional Japanese pot-stickers and sauce Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Chieko Saito.

\$69.00 ID \$82.80 OD

Activity: [106125](#) - Opens Dec. 5

M: 10:00 am - 1:00 pm'

- OR - 1:00 pm - 3:00 pm

Session: 2/20

Participation in

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

With A Child: Hand Pie Perfection

Ages: 6 & up with Adult
Larkspur Community Center

Spend some quality time with your child and learn to make the perfect hand pie. We will learn the fundamentals of making pie crust dough and delicious fillings. You and your child will be on your way to making hand pies on your own. Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102252](#) - Opens Dec. 5

Sa: 1:00 - 3:00 pm

Session: 3/4



More "With A Child" classes

Art on pages 15 - 18,



Dance

Social & Club Dancing

Ages: All Adults

Larkspur Community Center

This class is for beginners and those wanting to refresh their skills. Whether your preference is West Coast Swing or Night Club Two-Step club dancing, this fun class will show you all the smooth moves of partner dancing so you look and feel confident on the dance floor. Make new friends! Learn new steps! No partner needed and absolute beginners are always welcome. Instructor: Barry Jost.

\$49.00 ID \$58.80 OD

Activity: [102140](#) - Opens Dec. 5

W: 6:00 - 7:00 pm

Session: 1/25 - 2/15 West Coast Swing
2/22 - 3/15 Night Club Two-Step

Music & Voice

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](#) - Opens Dec. 5

W: 5:00 - 6:00 pm

Session: 1/11 - 2/1 2/8 - 3/1
3/8 - 29

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 will emphasis in this class will be on new strumming and picking techniques and more advanced chords. Soon you'll play the songs you love. You are going to love this class as you progress your skills! Instructor: Carl Ventis.

\$49.00 ID \$58.80 OD

Activity: [102103](#) - Opens Dec. 5

W: 6:15 - 7:15 pm

Session: 1/11 - 2/1 2/8 - 3/1
3/8 - 29

Beginning Guitar I

Ages: 16 & up

Larkspur Community Center

Learn the basics of playing the acoustic guitar. Topics 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 need to bring their own acoustic guitar. Instructor: Carl Ventis.

\$49.00 ID \$58.80 OD

Activity: [102106](#) - Opens Dec. 5

Tu: 5:00 - 6:00 pm

Session: 1/10 - 31 2/7 - 28
3/7 - 28

Beginning Guitar II

Ages: 16 & up

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [102107](#) - Opens Dec. 5

Tu: 6:15 - 7:15 pm

Session: 1/10 - 31 2/7 - 28
3/7 - 28





Online Voice-Overs... Now is Your Time!

Ages: All Adults
Online

Our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside-the-box way to break into 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. Whether you choose to pursue voice-overs part-time or full-time, this could be something you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor. This class will be presented via Zoom; you will receive a link 72 hours prior to the class.

\$49.00 ID \$58.80 OD

Activity: [102161](#) - Opens Dec. 5

Th: 6:00 - 8:00 pm

Session: 2/9

Specialized Fitness & Wellness

7 Chakra Yoga

Ages: All Adults

Juniper Swim & Fitness Center

7 Chakra Yoga is a two-part class. The first class explores and demystifies the ancient map of the chakras through the language of yoga. The explorative second class will take you deeper in your study of chakras, and include discussion, visual and physical exercises, song, vinyasa yoga, contemplation and meditation. All levels are encouraged to participate. Instructor: Jes Scheel.

\$42.00 ID \$50.40 OD

Activity: [105625](#) - Opens Dec. 5

Su: 3:30 - 5:30 pm

Session: 1/8 - 22 (no class 1/15)
2/5 - 12

Winter Sports Conditioning

Ages: 16 & up

Juniper Swim & Fitness Center

Get fit and stay fit for your favorite snow sports! This dynamic small group training session will include ample amounts of muscle strengthening, core, balance and power work. Using functional training tools, you can expect to take your downhill and Nordic skiing, snowshoeing and more to the next level with the strength you gain during the conditioning sessions. Receive personalized instruction from Monica McClain-Smith.

\$59.00 ID \$70.80 OD

Activity: [105670](#) - Opens Dec. 5

W: 4:15 - 5:15 pm

Session: 1/11 - 2/1



Nordic Walking

Ages: All Adults

Larkspur Community Center

Learn to walk with power, propulsion and purpose! One of the main benefits of Nordic walking is that it's a year-round activity you can do on a variety of terrain including asphalt, grass, dirt and indoors. You'll build strength in your upper body and core, improve your posture and burn 46% more calories than regular walking. Poles take weight off the joints and increase coordination and stabilization. Instructor: Monica McClain-Smith.

INDOOR NORDIC WALKING:

Bring your own poles - with rubber tip covers - or borrow ours. Sessions held at Larkspur Community Center indoor track.

\$14.00 ID \$16.80 OD

Activity: [115600](#) - Opens Dec. 5

Th: 10:30 - 11:30 am

Session: 1/19 2/23

OUTDOOR NORDIC WALKING:

Bring your own poles or borrow ours. Sessions held outside Larkspur Community Center.

\$14.00 ID \$16.80 OD

Activity: [115610](#) - Opens Dec. 5

Th: 4:45 - 5:45 pm

Session: 3/9

Better Brains

Ages: 50 & up

Larkspur Community Center

This class is designed for those wanting to improve their lives by keeping a sharp and active mind. Special activities and lessons 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](#) - Opens Dec. 5

Th: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 2/23 - 3/30

Beginner Indoor Sprint Triathlon NEW Training

Ages: 14 & up

Juniper Swim & Fitness Center

Looking to give triathlon training a try? Start your new year off by training for a sprint-distance triathlon - a shortened version of a triathlon, all located at Juniper Swim & Fitness Center. Coach Cherie Touchette will prepare you to compete in BPRD's non-competitive, indoor sprint triathlon, Sunday March, 5th to be held in Juniper's pool, cycling studio and fitness center. The sprint triathlon consists of swimming 0.5 miles/750m, biking 12.4 miles/20km on stationary bikes and running 3.1 miles/5km on treadmills. Each training session, come prepared for spinning or running. Swim training sessions will link up with Juniper's Masters swim schedule. All sessions are held in the facility or Juniper Park. Cherie is an elite multi-sport athlete, USAT certified coach and personal trainer. Additional charges apply to access our facilities outside of training sessions (see the BPRD website for facility fee and pass information).

Registration Deadline: 1/6

\$100.00 ID \$120.00 OD

Activity: [105650](#) - Opens Dec. 5

Tu: 2:00 - 3:00 pm

Session: 1/10 - 2/28

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



Beginner Indoor Sprint Triathlon NEW

Ages: 14 & up

Juniper Swim & Fitness Center

Get your start in or refresh your fitness with a sprint-distance indoor triathlon! Compete in BPRD's non-competitive, indoor triathlon, to be held in Juniper's pool, cycling studio and fitness center. The sprint triathlon consists of swimming 0.5 miles/750m, biking 12.4 miles/20km on stationary bikes and running 3.1 miles/5km on treadmills. Want some help and camaraderie with your training? Join us in BPRD's 8-week triathlon training program beginning Jan. 10.

\$45.00 ID \$54.00 OD

Activity: [105655](#) - Opens Dec. 5

Su: 8:00 - 10:00 am

Session: 3/5



Spring Sports Conditioning NEW

Ages: All Adults

Juniper Swim & Fitness Center

Spring is the best time to get ready for an action-packed summer, whether you ride, hike, paddle or more! Join this dynamic, small group training session that includes muscle strengthening, core, balance and power work that will help prepare you for your favorite summer activities whether sports or outdoor adventures. Receive personalized instruction from Monica McClain-Smith.

\$59.00 ID \$70.80 OD

Activity: [105680](#) - Opens Dec. 5

W: 4:15 - 5:15 pm

Session: 3/8 - 29

Next Level Tri Training NEW

Ages: 14 & up

Juniper Swim & Fitness Center

Let's train together for a tri! Join Cherie Touchette, elite multi-sport athlete, USAT certified coach and personal trainer, as she prepares you to swim, bike and run in the Deschutes Dash Triathlon, June 16 in Bend. Whether you are new to the sport or a seasoned triathlete, Cherie can help prepare you to compete in any distance. Cherie is a former world champion in her age group for Xterra Off-road triathlon and will bring her experience and insights to your training. Bring your spinning and running gear to each session. All sessions will be held at Juniper Swim & Fitness Center and Juniper Park.

Registration Deadline: 3/24

\$175.00 ID \$210.00 OD

Activity: [105640](#) - Opens Dec. 5

Tu: 2:00 - 3:00 pm

Session: 3/28 - 6/13

Travel

For all travel tours, call Larkspur Community Center for an information packet at (541) 388-1133 or stop by Larkspur front desk and pick up tour information.



New Orleans & Cajun Country

Ages: All Adults

Take in the culinary treats and architecture of New Orleans, while enjoying a three-night stay in the French Quarter. See the beautiful antebellum mansions of Natchez, Mississippi and enjoy a bayou cruise to see local wildlife. This seven-day, six-night tour will take in the sights of New Orleans, Natchez and Lafayette.

\$2,995.00 each

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

Dates: 3/19 - 25, 2023

Washington DC Cherry Blossoms

Ages: All Adults

Spend five nights at the incomparable Gaylord National Resort, an ideal setting for a one hotel stay. The hotel features every imaginable amenity including multiple dining options, an excellent spa, and a location on the banks of the Potomac River at National Harbor. Our DC sightseeing includes visits to Arlington National Cemetery for the changing of the guard, the Smithsonian Museums, the many war and presidential memorials and so much more. You will also take a trip to Annapolis to visit the US Naval Academy and enjoy a Potomac River cruise for spectacular cherry blossom views.

\$3,049.00 each

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

Dates: 4/10 - 16, 2023

Great Canadian Cities

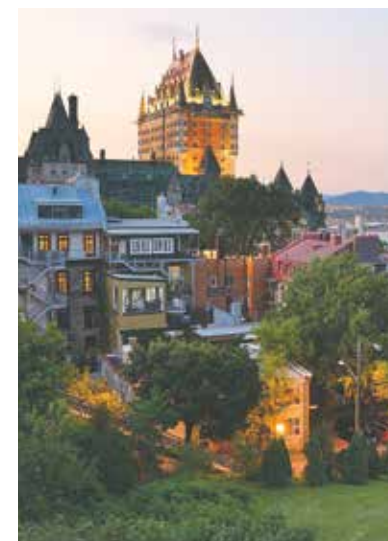
Ages: All Adults

Visit beautiful Quebec and Montreal, as close to traveling to Europe as you can get without leaving North America. Visit the capital of Canada, Ottawa, and the world-class city of Toronto. Spend two nights in Niagara Falls, Canada and explore one the natural wonders of the world!

\$3,849.00 each

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

Dates: 4/9 - 17, 2023



Highlights of England, Scotland & Wales

Ages: All Adults

This nine-day tour to England, Scotland and Wales will be a trip of a lifetime! Your journey starts with a two-night stay in beautiful, historic Edinburgh, Scotland where you'll take in city highlights including a Edinburgh Castle guided tour and a Scotch whiskey tour and tasting. Next, travel to York where you'll see the highlights including the beautiful York Minster and take stroll through The Shambles, York's medieval village street. In Stratford-Upon-Avon, you'll visit historic sites including Shakespeare's birthplace and Anne Hathaway's cottage, Shakespeare's wife's childhood home. In Bath, we'll visit the incredible Roman Bath Museums, and you will marvel at Stonehenge, one of the world's most incredible pre-historic sites. Our final two nights in London will be action-packed and feature many highlights including Westminster Abbey and Buckingham Palace's Changing of the Guard.

\$4,099.00 each

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

Dates: 10/4 – 13, 2023



New England Rails & Trails

Ages: All Adults

Explore the beautiful fall colors of New England on this special eight-day tour. Take in the history of Boston and the beautiful White Mountains of New Hampshire. Enjoy two scenic rail journeys and highlight visits to Portland, Maine and Burlington, Vermont.

\$3,695.00 each

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

Dates: 9/30 – 10/7, 2023

Wilderness Safety & First Aid

Wilderness First Aid

Ages: 16 & up

Hollinshead Barn

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

\$250.00 ID / OD

Activity: [408360](#) - Open now

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

Session: 1/28 - 29

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

Session: 3/5 - 6

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to address difficult medical situations. Presented by NOLS Wilderness Medicine. Includes adult/ child CPR. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. Training days are typically 8:00 am - 5:00 pm, with two evening sessions required. Presented by NOLS Wilderness Medicine. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. \$425 deposit required at registration with balance due 30 days prior to start of training.

\$850.00 ID / OD

Activity: [408364](#) - Open now

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

Session: 4/4 - 13

Wilderness Safety & First Aid classes are open 6-plus months in advance. Please regularly check online for upcoming classes.

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This training is specifically designed to recertify the Wilderness First Responder certification* (also Wilderness EMT-wilderness portion only, and WAFA certifications). *For WFRs, you must possess a valid WFR certification of at least 72 hours in order to recertify through this course. Includes CPR.

\$355.00 ID / OD

Activity: [408362](#) - Open now

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

Session: 5/1 - 3

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

Session: 1/31 - 2/2 2/28 - 3/2
3/7 - 9 6/27 - 29

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

Session: 5/5 - 7

Wilderness Upgrade for Medical Professionals

Ages: All Adults

Hollinshead Barn

This course is for medical professionals - EMTs, medical students, nurses, physician assistants and physicians. It includes a five-day (48-hour) module for professional medical practitioners that builds on existing knowledge to learn how to improvise equipment, deal with challenging environmental conditions and make difficult medical decisions in remote locations. Presented by NOLS Wilderness Medicine. Continuing education units available. Deposit of \$425 due at registration with remaining balance due 30 days prior to course start.

\$850.00 ID / OD

Activity: [408366](#) - Open now

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

Session: 2/20 - 24



Clay

Day Clay

Ages: 16 & up

Harmon Park Clay Studio

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 10 pounds of clay provided; additional clay available for purchase at the studio. Instructor: Helen Bommarito.

\$209.00 ID \$250.80 OD

Activity: [111100](#) - Opens Dec. 5

W: 11:00 am - 2:00 pm

Session: 1/4 - 2/8 2/22 - 3/29

Th: 11:00 am - 2:00 pm

Session: 1/5 - 2/9 2/23 - 3/30

F: 11:00 am - 2:00 pm

Session: 1/6 - 2/10 2/24 - 3/31



All Skills Pottery

Ages: 16 & up

Harmon Park Clay Studio

Learn basic techniques, including hand-building and wheel-thrown stoneware pottery techniques as a beginner or an experienced potter. Tools and the first 10 pounds of clay provided; additional clay available for purchase at the studio. Instructor: Hunter Teig.

\$209.00 ID \$250.80 OD

Activity: [111101](#) - Opens Dec. 5

W: 6:00 - 9:00 pm

Session: 1/4 - 2/8 2/8 - 3/1

Wheel Experience

Ages: 16 & up

Harmon Park Clay Studio

Is trying the wheel on your bucket list? For those who have always wanted to give the wheel a spin and test the waters, 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](#) - Opens Dec. 5

Tu: 11:00 am - 2:00 pm

Session: 1/10 - 2/14 2/28 - 4/4

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

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.



Art Station's on the move

After calling the historic train depot home for many years, the Art Station has moved.

CLAY CLASSES

Clay programs for youth and adults have moved to the newly updated Harmon Park Clay Studio.

MULTIMEDIA CLASSES

Painting, drawing and multimedia art programs for youth and adults are now hosted at Larkspur Community Center.

ART PARTIES

Art parties are a great time for all ages. Clay parties are available on Sundays at Harmon Park Clay Studio. Visit bendparksandrec.org/artstation to learn more.



DIY & Multimedia

DIY: Mosaic Night Light NEW

Ages: All Adults

Larkspur Community Center

Create a one-of-a-kind night light using stained-glass pieces to bring a soft glowing ambiance to any room. All materials provided. Class will focus on design, cutting/nipping glass, applying pieces to your base and grouting. Supplies and tools provided. Instructor: Jessica Carleton.

\$59.00 ID \$70.80 OD

Activity: [102418](#) - Opens Dec. 5

Th: 1:00 - 3:00 pm

Session: 1/19

DIY: Mosaic Garden Hearts

Ages: All Adults

Larkspur Community Center

Bling for your garden! Instead of a stepping stone, a cement heart will be your base. You will decorate it with glass and ceramic tile - lines, circles and 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. Supplies and tools provided. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [102422](#) - Opens Dec. 5

Sa: 11:30 am - 4:30 pm

Session: 2/4

DIY: Stained Glass Wind Chimes NEW

Ages: All Adults

Larkspur Community Center

Join us as we put our creative spin on wind chimes made from stained glass. Learn step-by-step instructions to cut glass, pattern preparation and many other tips to make your chimes a one-of-a-kind masterpiece. No prior skills needed. Supplies and tools provided. Instructor: Diane Burns.

\$59.00 ID \$70.80 OD

Activity: [102419](#) - Opens Dec. 5

Th: 5:30 - 7:30 pm

Session: 2/16

DIY: Mosaic Garden Gnomes

Ages: All Adults

Larkspur Community Center

Join us as we create magic for your garden applying the basics of mosaics. In this class, you will create a design to make your own unique garden gnome, perfect for your outdoor décor or as a gift. All supplies included. Instructor: Jessica Carleton

\$79.00 ID \$94.80 OD

Activity: [102428](#) - Opens Dec. 5

Sa: 11:30 am - 4:30 pm

Session: 2/18



DIY: Mosaic Stepping Stones

Ages: All Adults

Larkspur Community Center

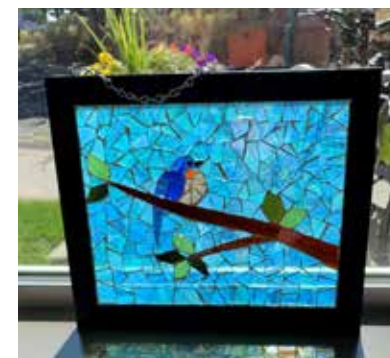
Mosaic step stones are a great way to personalize your garden, walkway, or yard. Get ready for spring by making a one-of-a-kind stepping stone for your yard or garden. We will create your design and then add colorful pieces of stained glass and grout. Supplies and tools provided. Instructor: Jessica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

\$79.00 ID \$94.80 OD

Activity: [102434](#) - Opens Dec. 5

Sa: 11:30 am - 4:30 pm

Session: 3/4



DIY: Glass on Glass

Ages: All Adults

Larkspur Community Center

Get the look of stained glass without the soldering. We'll start with a basic picture frame and apply colorful stained glass in a simple design. You will take home your completed project, a handmade masterpiece to hang in a window. Supplies and tools provided. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [102431](#) - Opens Dec. 5

Sa: 11:30 am - 4:30 pm

Session: 3/18

Work for play at BPRD.

Learn more at bendparksandrec.org/jobs



Painting

Painting People & Places

Ages: 14 & up

Larkspur Community Center

No painting experience is needed to join the tradition of the 19th-Century genre painters in this updated take on painting scenes from everyday life. Using oil, you will explore the concepts of creating a visual narrative, using composition fundamentals and incorporating a human figure. Scenes will be created layer-by-layer as the instructor explains and demonstrates the painting process from initial compositional block-ins and establishing a value pattern, through the finishing touches of each piece, 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](#) - Opens Dec. 5

Sa: 9:00 - 11:00 am

Session: 1/7 - 28

Fun With Acrylics

Ages: All Adults

Larkspur Community Center

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

\$20.00 ID \$24.00 OD

Activity: [102409](#) - Opens Dec. 5

Th: 1:00 - 3:30 pm

Session:	1/26	Winter Moonlight
	2/23	Smith Rocks
		Winter
	3/23	Spring Daffodils



Painting Central Oregon Landscapes

Ages: 14 & up

Larkspur Community Center

No painting experience is needed for this all-ages painting series. In these two-hour classes, you will be led step-by-step through a series of acrylic paintings inspired by seasonal views of well-known Central Oregon landmarks, and will complete one painting each week in this four-week series. Art basics like color, composition, texture, materials, painting technique fundamentals and more will be introduced and discussed throughout the series in a playful and approachable manner as each artwork is created. If you've always wanted to begin painting but didn't know quite how to start, this class is for you. Instructor: Stephen Teater.

\$169.00 ID \$202.80 OD

Activity: [111121](#) - Opens Dec. 5

Sa: 9:00 - 11:00 am

Session: 2/4 - 25

Introduction to Pastel Painting NEW

Ages: All Adults

Larkspur Community Center

Learn the basics of painting with hard and soft pastels. No art experience necessary, just an eagerness to explore and learn something new. Jump into pastel painting with colorful pastel sticks to complete a simple project. All supplies provided by Instructor. \$10 supply fee due to instructor at class. Instructor: Michelle Oberg.

\$25.00 ID \$30.00 OD

Activity: [102407](#) - Opens Dec. 5

Th: 1:00 - 3:30 pm

Session: 2/9



Paint Your Pet

Ages: 12 & up

Larkspur Community Center

Design and develop a portrait of a favorite animal friend in oil, utilizing unexpected luminous color, abstract shapes and layered creative brush strokes. You will explore form through light and shadow, color balance and temperature, and paint with a variety of layered brush strokes. The instructor will demonstrate how to obtain a pet's likeness and fine-tune and finesse your painting, allowing plenty of time for individual assistance and painting exploration. Guidance on preparing a reference photo to paint from will be provided before the series begins. Finished paintings make for great art for your home or as a gift. This class is suitable for ages 12 and above. No painting experience necessary. Instructor: Stephen Teater.

\$169.00 ID \$202.80 OD

Activity: [111120](#) - Opens Dec. 5

Sa: 9:00 - 11:00 am

Session: 3/4 - 25



Beginning Watercolor

Ages: All Adults

Larkspur Community Center

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

\$25.00 ID \$30.00 OD

Activity: [102400](#) - Opens Dec. 5

Th: 1:00 - 3:30 pm

Session: 3/9

**More
"With A Child"
classes**
Cooking on page 11.

With A Child: Art

With A Child: Paint Night

Ages: 6 & up with Adult
Larkspur Community Center

Enjoy a relaxing time together making a dual-canvas acrylic painting. Each young artist/adult pair receives two canvases to paint an image and when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation. Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [102415](#) - Opens Dec. 5

Th: 5:30 - 7:30 pm

Session: 1/19 Winter Birds
2/9 I Love Gnomes
3/9 Dogs



With A Child: Fun With Clay

NO SCHOOL

Ages: 5 & up with Adult
Harmon Park Clay Studio

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. Class is priced per adult and child team; only the child registers. Call to add another adult or child.

\$65.00 ID \$78.00 OD

Activity: [111510](#) - Opens Dec. 5

M: 10:00 am - 12:00 pm
- OR - 12:30 - 2:30 pm

Session: 1/16 Crazy Creatures
2/20 Flower Pots

Sa: 10:00 am - 12:00 pm
- OR - 12:30 - 2:30 pm

Session: 1/7 Mini Food Plate
1/14 Tiny Homes
1/21 Animal Bowls
1/28 Valentine's Heart Bowl
2/4 Valentine's Mug
2/11 Dragons
2/18 Unicorns
2/25 Garden Gnomes
3/4 Shamrock Bowls
3/11 Bird House
3/18 Spring Mugs
3/25 Giant Garden Flowers

With A Child: Fun With Fused Glass

Ages: 6 & up with Adult
Larkspur Community Center

Come enjoy an evening with your young artist and make a fused glass piece of art. Try your creativity in designing with different shapes and color pieces to make the most of your seasonal décor. Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [102438](#) - Opens Dec. 5

F: 5:30 - 7:00 pm

Session: 1/20 Valentines
1/27 Valentines
3/3 Spring Things
3/10 Spring Things



For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



get in the game



Curling

Learn to Curl

Ages: All Adults

The Pavilion

Want to improve your curling skills or learn the much-loved sport? Our experienced instructors will help you hone in your curling skills. All necessary equipment is provided. Registration is required; sorry, no drop-ins.

\$35.00 ID \$42.00 OD

Activity: [110334](#) - Opens Dec. 7

F: 9:00 - 11:00 am

Sessions:

1/6	1/13
1/20	1/27
2/3	2/10
2/17	2/24
3/3	3/10
3/17	

Adult Curling League

Ages: All Adults

The Pavilion

Open to all levels of curling experience, this league gives you a chance to compete alongside your friends. We supply stones, brooms and all necessary equipment. Games are played on Sunday afternoons and evenings for a seven-game season. Games will run until a team has won or for a maximum of 80 minutes. Curling League is very popular and space is limited, so register early. Game schedule will be organized once 40 teams are registered. One person registers on behalf of your team of four to six players. Email completed rosters to DavidC@bendparksandrec.org.

\$450.00 ID / team

Activity: [110331](#) - Opens Dec. 7

Su: 3:30 - 10:40 pm
Game times vary

Session: 1/29 - 3/12



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.

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.

Specialized Ice Times

Adult: \$13.50 / session
Youth: \$11.00 / session

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get the fifth session for FREE!

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

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

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

Stick Time

Think "Open Gym," but for hockey. 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: [410402](#) - Adult
[410401](#) - Youth

Pick-up Hockey

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

Activity: [410403](#) - Adult

Curling Time

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

Activity: [410332](#) - Adult

Freestyle

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

Activity: [410160](#) - Adult/Youth



Hockey

Adult Hockey Lunch League

Ages: All Adults

The Pavilion

Looking for more hockey in your mid-day schedule? Come join us during your lunch break for an adult hockey league. Everyone is welcome because teams are comprised of a wide range of skill levels. Register as an individual; BPRD will draft balanced teams for an eight-game schedule. Game times start at 11:45 am or 1:00 pm. Full gear required. Space is limited.

Registration deadline: 1/9/23 or until full.

\$160.00 ID \$192.00 OD

Activity: [110325](#) - Opens Dec. 7

F: 11:45 a.m.- 12:45 p.m.

- OR - 1:00 p.m. - 2:00 pm
Game times vary

Session: 1/27 - 3/17

Adult Hockey Skills & Drills

Ages: All Adults

The Pavilion

Let's get together and improve our hockey skills! These sessions are designed to develop the fundamentals of the game, hone in on particular skills, promote physical fitness and above all else have fun. This program focuses on skills progression with drills including skating techniques, puck handling, passing and offensive-defensive tactics, positioning, shift changes and more. Both beginner and intermediate players are welcome; participants must have prior ice skating experience. Basic gear is required including stick, helmet, gloves, elbow pads, shin pads and hockey pants.

\$120.00 ID \$144.00 OD

Activity: [110321](#) - Opens Dec. 7

F: 8:15 - 9:15 pm

- OR - 9:30 - 10:30 pm

Session: 2/3 - 3/17

Wally Wallace Cup Hockey Tournament

Ages: All Adults

The Pavilion

Welcome to the Wally Cup - an exciting 4 vs. 4 full-ice hockey tournament honoring Wally Wallace, one of the founders of local ice hockey in Bend. The event features four-team round-robin pool play to determine standings followed by an eight-team championship tournament Friday and Saturday. Each game is two 10-minute running time periods with no stoppage of play after goals. Full protective gear required; shoulder pads optional but recommended. This is a non-checking event. Register in either A/B or C/D division following similar placement as the regular-season Adult Hockey League. Sign up individually and teams will be separated by BPRD. Spectators free and encouraged. Questions? Email DavidC@bendparksandrec.org.

Registration opens: 2/1/23, 8:00 a.m. and spaces fill very quickly.

\$50.00 ID \$60.00 OD
Goalies are free.

Activity: [110320](#) - Opens Feb. 1

M-Sa: 5:45 - 11:45 pm
Game times vary

Session: 3/20 - 25

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.



For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



Ice Skating

Learn to Skate: Adult Levels 1 - 3

Ages: All Adults

The Pavilion

Welcome to Skate School where you will learn the fundamentals of ice skating! Depending on your experience and ability, we may learn about falling and recovery, marching forward, two-foot glides, forward swizzles, snowplow stops, one-foot glides, two-foot turns in place, backward snowplow stops, switching direction and more. No prerequisite skills required.

\$58.00 ID \$69.60 OD

Activity: [110141](#) - Opens Dec. 7

Th: 5:40 - 6:10 pm

Session: 1/5 - 26 2/2 - 23
3/2 - 23



Learn to Skate: Adult Levels 4 - 6

Ages: All Adults

The Pavilion

Let's develop your skating skills further! Depending on your experience and ability, we may work on forward and backward inside/outside edges, hockey stops, T-stops, two-foot spins, one-foot spins, lunges and more. Suggested prerequisite: Completion of Level 3.

\$58.00 ID \$69.60 OD

Activity: [110143](#) - Opens Dec. 7

Th: 5:40 - 6:10 pm

Session: 1/5 - 26 2/2 - 23
3/2 - 23

Learn to Skate: Levels 7 - 8

All Ages

The Pavilion

In this relatively advanced class, we will learn a variety of techniques such as forward Mohawks, backward crossover to backward outside edge glides, one-foot upright spins, Mazurka jumps, waltz jumps and more. Suggested prerequisite: Completion of Level 6. Open to all ages.

\$58.00 ID \$69.60 OD

Activity: [110117](#) - Opens Dec. 7

Th: 5:40 - 6:10 pm

Session: 1/5 - 26 2/2 - 23
3/2 - 23

Learn To Skate: Family

Ages: 6 - 11 with Adult

The Pavilion

Welcome to Skate School to learn the fundamentals of ice skating! Young skaters – grab a parent, relative or other adult in your life and learn to skate together. We will learn about sitting and standing up on the ice, forward swizzles, snowplow stops on two feet, two-foot hops and more. Register under the child's name; one adult is included. No prerequisite.

\$116.00 ID \$139.20 OD

Activity: [110110](#) - Opens Dec. 7

Tu: 6:15 - 6:45 pm

Session: 1/3 - 24 1/31 - 2/21
2/28 - 3/21

Save the date for Spring 2023 Sports

Make plans for:

DODGEBALL

ROLLER HOCKEY LEAGUE

SOFTBALL

**April - mid-June program
registration is scheduled for
Feb. 6 - 8, 2023 at 6:00 a.m.**

**Look for more details to
come.**



About Skate School

SKATE LESSON ASSESSMENT **FREE**

Unsure which class to register yourself or your child in? Take the guesswork out - come for a free skate skill assessment on Thursdays at 3:00 - 4:15 pm (excluding 12/22 & 12/29) to ensure your child is in the right class. Inquire at the front desk or call (541) 389-7588 to arrange an appointment.

SKATING PRACTICE **FREE**

Registered Learn to Skate participants skate for free at public skate sessions Mondays through Thursdays within enrolled dates (rental skates not included). Tuesday evening "Cheap Skate" sessions are not included and are \$6 per person including skate rental.

Schedules at
thepavilioninbend.com

SKATERS LEVELS 4 & UP

For skaters Level 4 and above, we recommend Bend Ice Figure Skating Club to help continue with progressive development.

More on page 43.



Training & Conditioning

Winter Sports Conditioning

Ages: 16 & up

Juniper Swim & Fitness Center

Get fit and stay fit for your favorite snow sports! This dynamic small group training session will include ample amounts of muscle strengthening, core, balance and power work. Using functional training tools, you can expect to take your downhill and Nordic skiing, snowshoeing and more to the next level with the strength you gain during the conditioning sessions. Receive personalized instruction from Monica McClain-Smith.

\$59.00 ID \$70.80 OD

Activity: [105670](#) - Opens Dec. 5

W: 4:15 - 5:15 pm

Session: 1/11 - 2/1



Spring Sports Conditioning NEW

Ages: All Adults

Juniper Swim & Fitness Center

Spring is the best time to get ready for an action-packed summer, whether you ride, hike, paddle or more! Join this dynamic, small group training session that includes muscle strengthening, core, balance and power work that will help prepare you for your favorite summer activities whether sports or outdoor adventures. Receive personalized instruction from Monica McClain-Smith.

\$59.00 ID \$70.80 OD

Activity: [105680](#) - Opens Dec. 5

W: 4:15 - 5:15 pm

Session: 3/8 - 2/9

Looking for more fitness classes?

Check out specialty fitness classes on pages 12 - 13 and view drop-in fitness classes at bendparksandrec.org/fitness-swim/

Wilderness Safety & First Aid Classes

on page 14.

Triathlon

Beginner Indoor Sprint Triathlon Training NEW

Ages: 14 & up

Juniper Swim & Fitness Center

Looking to give triathlon training a try? Start your new year off by training for a sprint-distance triathlon - a shortened version of a triathlon, all located at Juniper Swim & Fitness Center. Coach Cherie Touchette will prepare you to compete in BPRD's non-competitive, indoor sprint triathlon, Sunday March, 5th to be held in Juniper's pool, cycling studio and fitness center. The sprint triathlon consists of swimming 0.5 miles/750m, biking 12.4 miles/20km on stationary bikes and running 3.1 miles/5km on treadmills. Each training session, come prepared for spinning or running. Swim training sessions will link up with Juniper's Masters swim schedule. All sessions are held in the facility or Juniper Park. Cherie is an elite multi-sport athlete, USAT certified coach and personal trainer. Additional charges apply to access our facilities outside of training sessions (see the BPRD website for facility fee and pass information).

\$100.00 ID \$120.00 OD

Activity: [105650](#) - Opens Dec. 5

Tu: 2:00 - 3:00 pm

Session: 1/10 - 2/28

Beginner Indoor Sprint Triathlon NEW

Ages: 14 & up

Juniper Swim & Fitness Center

Get your start in or refresh your fitness with a sprint-distance indoor triathlon! Compete in BPRD's non-competitive, indoor triathlon, to be held in Juniper's pool, cycling studio and fitness center. The sprint triathlon consists of swimming 0.5 miles/750m, biking 12.4 miles/20km on stationary bikes and running 3.1 miles/5km on treadmills. Want some help and camaraderie with your training? Join us in BPRD's 8-week triathlon training program beginning Jan. 10.

\$45.00 ID \$54.00 OD

Activity: [105655](#) - Opens Dec. 5

Su: 8:00 - 10:00 am

Session: 3/5

Next Level Tri Training NEW

Ages: 14 & up

Juniper Swim & Fitness Center

Let's train together for a tri! Join Cherie Touchette, elite multi-sport athlete, USAT certified coach and personal trainer, as she prepares you to swim, bike and run in the Deschutes Dash Triathlon, June 16 in Bend. Whether you are new to the sport or a seasoned triathlete, Cherie can help prepare you to compete in any distance. Cherie is a former world champion in her age group for Xterra Off-road triathlon and will bring her experience and insights to your training. Bring your spinning and running gear to each session. All sessions will be held at Juniper Swim & Fitness Center and Juniper Park.

Registration Deadline: 3/24

\$175.00 ID \$210.00 OD

Activity: [105640](#) - Opens Dec. 5

Tu: 2:00 - 3:00 pm

Session: 3/28 - 6/13



dive into play

IT'S A
GREAT TIME
TO LEARN
TO SWIM
.....
SEE BELOW

Adult Swimming

Level 1 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

This class is designed for the adult swimmer with little to no experience in the water. We will introduce you to basic swim skills and water safety while helping conquer any fears you may have. Majority of class is in shallow water.

\$75.00 ID \$90.00 OD

Activity: [105554](#) - Opens Dec. 6

Sa: 9:00 - 9:45 am

Session: 1/7 - 2/4 2/18 - 3/18

Level 2 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

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

\$75.00 ID \$90.00 OD

Activity: [105555](#) - Opens Dec. 6

Tu: 5:30 - 6:15 pm

Session: 1/10 - 2/7 2/14 - 3/14

Level 3 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

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

\$75.00 ID \$90.00 OD

Activity: [105556](#) - Opens Dec. 6

Th: 5:30 - 6:15 pm

Session: 1/12 - 2/9 2/16 - 3/16

Give Tri a try!
Triathlon training
and more on
pages 12 - 13.



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. Participants must be able to swim comfortably for 500 meters (20 lengths). Although not required, many choose to race.

Fitness/Swim Pass or drop-in fee.

Jan. 2 - March 31 / [Check schedule](#)

M/W/F: 5:35 - 6:50 am

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

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

Sa/Su: 9:00 - 10:15 am

CLICK TO LEARN
MORE ABOUT
MASTERS SWIMMING
& LAP SWIMMING



Enjoy the water?
Be a lifeguard.

Learn more at
bendparksandrec.org/jobs

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.

**YOUTH
THERAPEUTIC
RECREATION**
.....
PAGES 24 - 25

play away

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

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!

YOUTH & TEEN THERAPEUTIC RECREATION

Youth Swim Night

Ages: 7 - 17

Larkspur Community Center

It's time to swim! We will make a splash at Recreation Swim at the Larkspur Community Center pool.

\$25.00 ID \$30.00 OD

Activity: [104803](#) - Opens Dec. 5

F: 5:00 - 7:00 pm

Session: 1/6

Youth Snow Day NEW

Ages: 6 - 14

BPRD District Office

Let's go play in the snow! We will either go sledding or join a U.S. Forest Service ranger-led snowshoe tour. Activity will be determined by weather.

\$50.00 ID \$60.00 OD

Activity: [104804](#) - Opens Dec. 5

Sa: 9:00 am - 2:00 pm

Session: 1/14

Youth Movie & Craft Night

Ages: 7 - 16

BPRD District Office

Come enjoy a movie and snacks with friends. We will also have multiple craft options for those who like to stay busy while watching a movie.

\$35.00 ID \$42.00 OD

Activity: [104805](#) - Opens Dec. 5

F: 6:00 - 8:00 pm

Session: 2/3

Youth Night at Sun Mountain Fun Center

Ages: 7 - 16

Sun Mountain Fun Center

Come enjoy a night of games with friends. After a round of bowling, we'll spend some time in the arcade.

\$40.00 ID \$48.00 OD

Activity: [104800](#) - Opens Dec. 5

F: 6:00 - 7:45 pm

Session: 3/3



Kids' Adventure Day

Ages: 6 - 12

BPRD District Office

Join us for an afternoon of adventure in and around Bend. Activities are weather dependent, but may include accessible hiking, exploring state parks, and visiting local farms. This program is designed for kids with disabilities, but siblings and friends are welcome too.

\$45.00 ID \$54.00 OD

Activity: [104811](#) - Opens Dec. 5

Sa: 1:30 - 5:00 pm

Session: 3/11

Teen Snowshoe Adventure

Ages: 15 - 21

BPRD District Office

Let's get adventurous and join a U.S. Forest Service ranger-led tour at Mt. Bachelor. Snowshoes will be provided; you bring the smiles. No experience necessary.

\$50.00 ID \$60.00 OD

Activity: [104806](#) - Opens Dec. 5

Sa: 9:00 am - 2:00 pm

Session: 2/25

Work for play!

View BPRD jobs available at
bendparksandrec.org/jobs.

Teen Adventure Club

Ages: 13 - 21

BPRD District Office

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. Activities are dependent on weather. This program is designed for teens with disabilities, but friends and siblings are welcome.

\$45.00 ID \$54.00 OD

Activity: [104820](#) - Opens Dec. 5

Sa: 9:30 am - 1:00 pm

Session: 3/11

ADULT THERAPEUTIC RECREATION

Day Program: Community Outing

Ages: All Adults

Norton Avenue Apts.

Join us for this day-time program designed for adults who are not working at this time of day and would enjoy getting out in the community. Activities could include an outdoor adventure, going to the library or museum or visiting other local attractions.

\$120.00 ID \$144.00 OD

Activity: [104315](#) - Opens Dec. 5

F: 9:30 am - 12:30 pm

Session: 1/6 - 27 2/3 - 24
3/3 - 24



Arts & Crafts

Snowy Art

Ages: All Adults

Twin Knolls Transition Co-op

It may be cold outside, but the snow can be so beautiful. Let's use it as inspiration and create snow-themed art work.

\$85.00 ID \$102.00 OD

Activity: [104400](#) - Opens Dec. 5

W: 6:30 - 8:00 pm

Session: 1/4 - 25

Winter Landscapes

Ages: All Adults

Twin Knolls Transition Co-op

There are so many wonders in the winter landscape. Let's channel the beauty of winter around the world into artwork!

\$85.00 ID \$102.00 OD

Activity: [104401](#) - Opens Dec. 5

W: 6:30 - 8:00 pm

Session: 2/1 - 22

Endless Art Opportunities

Ages: All Adults

Twin Knolls Transition Co-op

Creativity has no limits! Let's explore a variety of art styles from painting to woodworking and much more!

\$85.00 ID \$102.00 OD

Activity: [104403](#) - Opens Dec. 5

W: 6:30 - 8:00 pm

Session: 3/1 - 22

Cooking & Baking

New Year, New Recipes

Ages: All Adults

Twin Knolls Transition Co-op

Let's kick off our new year and try out some new healthy and delicious recipes! Each week we'll learn more about healthy habits and ingredients to create exciting dinners. Yum!

\$110.00 ID \$132.00 OD

Activity: [104301](#) - Opens Dec. 5

W: 4:30 - 6:30 pm

Session: 1/4 - 25

Winter Foods Around the World

Ages: All Adults

Twin Knolls Transition Co-op

Let's explore popular winter dishes and cultures around the world! Each week we will focus on a different country or region and try one of their winter recipes.

\$110.00 ID \$132.00 OD

Activity: [104308](#) - Opens Dec. 5

W: 4:30 - 6:30 pm

Session: 2/1 - 22

Winter Thaw

Ages: All Adults

Twin Knolls Transition Co-op

Warm up your winter! Let's wrap up the winter cooking classes with some favorite soups and stews. Spring is around the corner so let's enjoy these warm hearty meals in the meantime!

\$110.00 ID \$132.00 OD

Activity: [104310](#) - Opens Dec. 5

W: 4:30 - 6:30 pm

Session: 3/1 - 22



Fun & Games

Kahoot Trivia

Ages: All Adults

Norton Avenue Apts.

Competition will be fierce as we test our trivia skills with fun and engaging activities in the game of Kahoot! Trivia questions may range from Disney to pop culture.

\$55.00 ID \$66.00 OD

Activity: [104115](#) - Opens Dec. 5

Th: 5:30 - 7:30 pm

Session: 1/5 - 26

Afternoon at the Pool

Ages: 16 & up

Juniper Swim & Fitness Center

It may be cold outside, but we can still make a splash at the warm indoor pool! We will join the Recreation Swim time at Juniper Swim & Fitness Center.

\$30.00 ID \$36.00 OD

Activity: [104300](#) - Opens Dec. 5

Sa: 12:30 - 3:30 pm

Session: 1/7



Ducks Hockey Game NEW

Ages: 16 & up

The Pavilion

Competition will be fierce at the University of Oregon Ducks hockey game - right at BPRD's Pavilion ice rink! Come join the excitement.

\$50.00 ID \$60.00 OD

Activity: [104314](#) - Opens Dec. 5

F: 6:30 - 9:00 pm

Session: 1/20

The Sound of Music NEW

Ages: All Adults

Norton Avenue Apts.

The hills are alive with the sound of music! We're so excited to go to live theater once again. Join us at the Tower Theater for an afternoon of music with Roger and Hammerstein's classic, Sound of Music.

\$75.00 ID \$90.00 OD

Activity: [104513](#) - Opens Dec. 5

Sa: 1:00 - 5:00 pm

Session: 2/4

Valentine's Dinner & Dance

Ages: All Adults

Hollinshead Barn

Hearts-a-fire, get out your dancing shoes! It's time for the annual Valentine's Dinner & Dance. Put on your finest outfit and prepare yourself for an exciting Valentine's Day.

\$35.00 ID \$42.00 OD

Activity: [104511](#) - Opens Dec. 5

F: 6:00 - 9:00 pm

Session: 2/10

Oregon Winterfest

Ages: All Adults

Norton Avenue Apts.

Join us as we explore the fun and festivities at Oregon Winterfest at the Deschutes County Fair & Expo Center in Redmond.

\$55.00 ID \$66.00 OD

Activity: [104501](#) - Opens Dec. 5

Sa: 10:00 am - 3:00 pm

Session: 2/18



Scavenger Hunt Series NEW

Ages: All Adults

Norton Avenue Apts.

Our fall scavenger hunt was such a big hit we are turning it into a series! Each week there will be a different theme, and we'll take you to different locations around Bend on the hunt for clues.

\$60.00 ID \$72.00 OD

Activity: [104111](#) - Opens Dec. 5

Tu: 5:00 - 7:00 pm

Session: 2/28 - 3/21

Game Show Nights NEW

Ages: All Adults

Norton Avenue Apts.

Let's test our game show skills! We will play popular television game shows such as Jeopardy! Family Feud and Deal or No Deal.

\$55.00 ID \$66.00 OD

Activity: [104317](#) - Opens Dec. 5

Th: 5:30 - 7:30 pm

Session: 3/2 - 23



Bowling Day

Ages: All Adults

Norton Avenue Apts.

Strike, spare, and, of course, a gutter-ball! Join us for a friendly (or maybe a little competitive) afternoon game of bowling!

\$50.00 ID \$60.00 OD

Activity: [104703](#) - Opens Dec. 5

Sa: 10:00 am - 1:00 pm

Session: 3/4

Night at the Pool

Ages: All Adults

Norton Avenue Apts.

Come join us for an evening of open recreation swim and games at Larkspur Community Center. Times may vary slightly with pool schedule.

\$20.00 ID \$24.00 OD

Activity: [104503](#) - Opens Dec. 5

F: 5:00 - 7:00 pm

Session: 3/10



Outdoors

Ski for Life With OAS NEW

Ages: All Adults

Norton Avenue Apts.

Bring on the winter adventures! Try this new offering through BPRD and partner Oregon Adaptive Sports for OAS's Ski for Life program. OAS provides life-changing outdoor recreation experiences to individuals with disabilities. Through skiing and snowboarding, participants gain confidence, build self-esteem and strive for independence leading to an enhanced quality of life. Transportation provided by BPRD and ski/snowboard equipment by OAS.

\$150.00 ID \$180.00 OD

Activity: [104316](#) - Opens Dec. 5

M: 8:30 am - 1:30 pm

Session: 1/9 - 30 (No program 1/16)
2/6 - 27 (No program 2/20)

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.

Snowshoeing

Ages: All Adults

Norton Avenue Apts.

Dress warm and get ready to have the best time snowshoeing with friends. We will join a U.S. Forest Service ranger led tour at Mt. Bachelor. Snowshoes will be provided; you bring the smiles.

\$55.00 ID \$66.00 OD

Activity: [104704](#) - Opens Dec. 5

Sa: 9:30 am - 2:00 pm

Session: 1/28

Saturday Adventure

Ages: All Adults

Norton Avenue Apts.

After a long winter it's time to get outside for an adventure. Join us for an outing with friends in or around Bend. The outing will be determined based on weather, but it will certainly be active and scenic!

\$45.00 ID \$54.00 OD

Activity: [104700](#) - Opens Dec. 5

Sa: 10:00 am - 4:00 pm

Session: 3/25

Sports & Fitness

Fitness Fun NEW

Ages: All Adults

Norton Avenue Apts.

Try out different fitness activities as you challenge yourself to reach your personal fitness goals. With a focus on fun and camaraderie, we will use the fitness center, try workouts, learn yoga basics and more.

\$55.00 ID \$66.00 OD

Activity: [104113](#) - Opens Dec. 5

Tu: 5:30 - 7:30 pm

Session: 1/3 - 24



Friday Night Spin

Ages: All Adults

Juniper Swim & Fitness Center

It's Friday night - let's jump on Juniper's stationary bikes, pedal away and listen to some good music! Join us for this energetic spin class with friends. No experience necessary and it's a great workout.

\$20.00 ID \$24.00 OD

Activity: [104114](#) - Opens Dec. 5

F: 5:30 - 7:15 pm

Session: 1/13 2/24
3/24



Get Fit

Ages: All Adults

Norton Avenue Apts.

Challenge yourself to reach your personal fitness goals and to live a healthier lifestyle. We'll use a variety of training methods to increase your strength, flexibility, and endurance including swimming, circuit training, and weight lifting. Time may change.

\$50.00 ID \$60.00 OD

Activity: [104104](#) - Opens Dec. 5

Tu: 5:30 - 7:30 pm

Session: 1/31 - 2/21

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 winter with a fun, energetic blend of dance music. This is an easy and fun way to work out on your own or with friends.

\$65.00 ID \$78.00 OD

Activity: [104100](#) - Opens Dec. 5

Th: 5:30 - 7:15 pm

Session: 2/2 - 23

BUSY
BUDDIES
PRESCHOOL
PAGE 30

always in 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

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.

\$85.00 ID \$102.00 OD

Activity: [111302](#) - Opens Dec. 5

Tu: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 1/10 - 31 2/14 - 3/7

W: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 1/11 - 2/1 2/15 - 3/8

Th: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 1/12 - 2/2 2/16 - 3/9

Art Play Group

Ages: 2 - 5 with Adult

Larkspur Community Center

Parents, grandparents, family, nannies and other adults get to connect with their child at this Art Station play group! Each session will have different activities that are play-based to develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. Child must be accompanied by an adult. Instructor: Anne Rustand.

\$25.00 ID \$30.00 OD

Activity: [111300](#) - Opens Dec. 5

F: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 1/13 1/27

2/10 2/24

3/10 3/24



Look for With A Child classes:

Art, page 18

Cooking, page 10 - 11



PreClay

Ages: 3 - 5

Harmon Park Clay Studio

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](#) - Opens Dec. 5

F: 9:45 - 10:45 am

Session: 1/20 2/17
3/17

With A Child: Fun With Clay

NO SCHOOL

Ages: 5 & up with Adult

Harmon Park Clay Studio

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. Class is priced per adult and child team; only the child registers. Call to add another adult or child.

\$65.00 ID \$78.00 OD

Activity: [111510](#) - Opens Dec. 5

M: 10:00 am - 12:00 pm

- OR - 12:30 - 2:30 pm

Session: 1/16 Crazy Creatures
2/20 Flower Pots

Sa: 10:00 am - 12:00 pm

- OR - 12:30 - 2:30 pm

Session: 1/7 Mini Food Plate
1/14 Tiny Homes
1/21 Animal Bowls
1/28 Valentine's Heart Bowl
2/4 Valentine's Mug
2/11 Dragons
2/18 Unicorns
2/25 Garden Gnomes
3/4 Shamrock Bowls
3/11 Bird House
3/18 Spring Mugs
3/25 Giant Garden Flowers



Dance

Born to Dance

Ages: 3

Academie De Ballet

Little ones will be traveling to the zoo, a beach or maybe the moon - it could be anywhere! 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; view studio website for more information at abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/

\$174.00 ID \$208.80 OD

Activity: [106573](#) - Opens Dec. 5

Sa: 9:30 - 10:00 am

Session: 1/7 - 3/25

Come Dance With Me

Ages: 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; view studio website for more information at abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/

\$216.00 ID \$259.20 OD

Activity: [106570](#) - Opens Dec. 5

Sa: 10:10 - 10:45 am

Session: 1/7 - 3/25

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.

\$89.00 ID \$106.80 OD

Activity: [106750](#) - Opens Dec. 7

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

Session: 2/6 - 3/1
3/6 - 22

(adj. fee \$66.75 ID \$80.10 OD)

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

More programs for little guys & gals at:

Art, pages 36 - 39

Martial Arts, page 44

Sports, pages 40 - 47

Swimming, pages 48 - 52

Register in advance to sync with your workout

Kids' Corner Childcare

Ages: 6 months - 6 years
Juniper Swim & Fitness Center

A safe and nurturing environment for your young child while you enjoy all that Juniper has to offer. Children enjoy arts and crafts, reading, creative play and cooperative games while you swim, workout or just relax.

- Registration is strongly recommended.
- Registration includes four scheduled 75-minute visits per session at discounted rate. Fee is adjusted for three or five visit sessions.
- Each visit is limited to 75 minutes. Sorry, no discount for less time.
- Drop-ins welcome; space permitting.
- Childcare hours: M/W/F from 9:00 to 11:35 am.



Registration Childcare

TODDLER

Ages: 6 - 29 months.
Limited availability

\$30.00 ID \$36.00 OD / session

Activity: [405650](#) - Opens Dec. 5

PRESCHOOLER

Ages: 30 months - 6 years old

\$25.00 ID \$30.00 OD / session

Activity: [405651](#) - Opens Dec. 5

Days/Times:

M: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 1/9 - 30 2/6 - 27
 3/6 - 27

W: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 1/4 - 25 2/1 - 22
 3/1 - 29

F: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 1/6 - 27 2/3 - 24
 3/3 - 31

Drop-in Childcare

*Available if space allows.
 Please view online for availability.*

TODDLER

Ages: 6 - 29 months.
Limited availability

\$9.00 ID \$10.80 OD

75 minutes maximum.

PRESCHOOLER

Ages: 30 months - 6 years old

\$7.50 ID \$9.00 OD

75 minutes maximum.

Days/Times:

M/W/F: 9:00 - 11:35 am

Sync up to Adult Fitness Classes

Juniper features a great lineup of fitness classes during childcare.

Learn more and view drop-in fitness classes at bendparksandrec.org/fitness-swim/



Preschool

Busy Buddies Preschool

Ages: 3 - 5

Juniper Swim & Fitness Center

This program includes weekly swim lessons (afternoon sessions only), yoga and movement play! Children will enjoy arts and crafts, dramatic play and more while being introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting and a daily snack is provided.

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

Registration is now open; sign up on wait list if the program is full. Fees are \$20.00 non-refundable registration fee due at time of enrollment and monthly fee of \$220.00 ID / \$264.00 OD which is due the 5th of every month. You can register for multiple sessions per week if you choose.

Monthly Fee: 2 sessions/week: \$220.00 ID \$264.00 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](#) - Open now

Choose day/time session below. You can register for multiple sessions per week if you choose:

M/W: 1:30 - 4:30 pm
 (includes swim lessons)

Tu/Th: 9:15 am - 12:15 pm
 (no swim lessons)

Tu/Th: 1:30 - 4:30 pm
 includes swim lessons)

Dates: Now - 6/15

AFTERSCHOOL
& NO-SCHOOL
ACTIVITIES
PAGES 31 - 35

let's all play

ENRICHMENT WEDNESDAYS

At Your School:

Grades: K - 5

Make Wednesday afternoons into something special! Register your child to experience and learn something new such as science, arts, dance, Spanish, robotics, animal habitats, and more!

\$80.00 ID \$96.00 OD / session

W: 12:45 - 2:15 pm

Sessions: 1/4 - 2/8 2/15 - 3/22

Work for play!

View BPRD jobs available at
bendparksandrec.org/jobs.

ELK MEADOW ELEMENTARY

All Programs: [406603](#) - Opens Dec. 5

Grades: K - 5

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: 1/4 - 2/8

Intro to Japanese Culture

Every week, students will watch a brief animation video in Japanese and practice simple Japanese phrases. Playing with origami and learning about Japanese pop culture, students will be introduced to Japanese history and traditional culture.

Session: 2/15 - 3/22

HIGH LAKES ELEMENTARY

All Programs: [406605](#) - Opens Dec. 5

Grades: K - 5

Fun, Funky, Fresh Dance

Have fun and get some energy out by moving and grooving to music and expressing yourself through dance. We'll also integrate dance games like the limbo, freeze dance, dance teacher and more!

Session: 1/4 - 2/8

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 No. 1! LEGO® motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 2/15 - 3/22

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 and development come easy!

ENRICHMENT WEDNESDAYS

HIGHLAND ELEMENTARY

All Programs: [406606](#) - Opens Dec. 5

Grades: K - 5

Creative Writing

Do you love reading or writing stories? Let your imagination take flight in this dynamic story program. Through games, art, puppets, theater, reading and writing, we will explore the incredible world of storytelling while also having a whole lot of fun! Learn to create fantastic, interesting characters, design the perfect story setting, and figure out how to craft an exciting plot that creates conflict and offers satisfying resolution. Beyond just writing, expect to be creating and collaborating with your peers in a supportive environment.

Session: 1/4 - 2/8

Ready to Thrive! Spanish & STEM

A combination of Spanish and STEM (Science Technology Engineering Mathematics), which provide the tools to enrich the overall development of your child in a fun and creative environment.

Session: 2/15 - 3/22

KIDS INC

Afterschool Programs

Grades: K - 5

Located at your school

KIDS Inc. is currently accepting applications for the waitlist.

Look for more information at bendparksandrec.org/childcare.



JEWELL ELEMENTARY

All Programs: [406607](#) - Opens Dec. 5

Grades: K - 5

Intro to STEM With Fun Works Engineering

Children are introduced to engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun No. 1! LEGO® motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 1/4 - 2/8

Creative Writing

Do you love reading or writing stories? Let your imagination take flight in this dynamic story program. Through games, art, puppets, theater, reading and writing, we will explore the incredible world of storytelling while also having a whole lot of fun! Learn to create fantastic, interesting characters, design the perfect story setting, and figure out how to craft an exciting plot that creates conflict and offers satisfying resolution. Beyond just writing, expect to be creating and collaborating with your peers in a supportive environment.

Session: 2/15 - 3/22

MILLER ELEMENTARY

All Programs: [406610](#) - Opens Dec. 5

Grades: K - 5

Intro to Japanese Culture

Every week, students will watch a brief animation video in Japanese and practice simple Japanese phrases. Playing with origami and learning about Japanese pop culture, students will be introduced to Japanese history and traditional culture.

Session: 1/4 - 2/08

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: 2/15 - 3/22



PINE RIDGE ELEMENTARY

All Programs: [406611](#) - Opens Dec. 5

Grades: K - 5

Ready to Thrive! Spanish & STEM

A combination of Spanish and STEM (Science Technology Engineering Mathematics), which provide the tools to enrich the overall development of your child in a fun and creative environment.

Session: 1/4 - 2/8

Fun, Funky, Fresh Dance

Have fun and get some energy out by moving and grooving to music and expressing yourself through dance. We'll also integrate dance games like the limbo, freeze dance, dance teacher and more!

Session: 2/15 - 3/22



Cooking & Baking

With A Child: NO SCHOOL Japanese Cooking

Ages: 7 & up

Cascade Middle School

Let's cook together! Learn to make traditional Japanese pot-stickers and sauce Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Chieko Saito.

\$69.00 ID \$82.80 OD

Activity: [106125](#) - Opens Dec. 5

M: 10:00 am - 12:00 pm

- OR - 1:00 - 3:00 pm

Session: 2/20

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; view studio website for more information at abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/

\$198.00 ID \$237.60 OD

Activity: [106572](#) - Opens Dec. 5

W: 2:10 - 2:55 pm

Session: 1/4 - 3/22

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; view studio website for more information at abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/

\$216.00 ID \$259.20 OD

Activity: [106582](#) - Opens Dec. 5

Sa: 10:55 - 11:40 am

Session: 1/7 - 3/25



Martial Arts & Scootering

in Youth Sports,
on pages 44 - 45.



No School Days

Operation Recreation

Grades: K - 5

Elk Meadow Elementary & Ponderosa Elementary NO SCHOOL

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

Serious fun that meets the serious needs of the working parent and the fun-seeking child, this program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips. Open to all elementary school children throughout the school district.

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

Activity: [107400](#) - Opens Dec. 5

\$52.00 ID \$62.40 OD

Th: 7:30 am - 5:30 pm

Session: 2/2

F: 7:30 am - 5:30 pm

Session: 2/3

\$260.00 ID \$312.00 OD

M-F: 7:30 am - 5:30 pm

Session: 3/27 - 31



Westside Village Spring Break Camp

NO SCHOOL

Ages: 5 - 14

Westside Village

Pack your Spring Break with adventures and creative arts! Get moving with outdoor activities such as walking adventures within two miles, team-building games and playing at nearby parks. Tap into your creative side with drama, music, dancing, drumming, ukulele and art projects. Campers should bring lunch each day.

\$259.00 ID \$310.80 OD

Activity: [106510](#) - Opens Dec. 5

M-F: 7:45 am - 5:00 pm

Session: 3/27 - 31



DIY & Crafts

Kids Welding

Ages: 10 - 17

DIYcave

In this hands-on class, kids will cut steel with a torch and weld those pieces back together. They'll learn some amazing skills and take their creations home. This can be a powerful experience 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](#) - Opens Dec. 5

Tu: 5:30 - 7:30 pm

Session: 1/10 2/7
3/14



Kids Woodworking

Ages: 11 - 17

DIYcave

In this two-day workshop, kids will have an outlet for their creativity and tackle design challenges using technical problem-solving skills and mathematics to design 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 program for young makers, introducing them to the joy of woodworking and the pride of creating something with their own hands. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$189.00 ID \$226.80 OD

Activity: [106152](#) - Opens Dec. 5

Tu-W: 5:00 - 7:00 pm

Session: 1/24 - 25 2/21 - 22
3/21 - 22

3D Printing

Ages: 9 - 17

DIYcave

Are you curious about exactly how something gets from an idea to a real-world object? 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 to add to your own computer for future self-learning too. Repeated beginners/intermediate beginners are welcome and will improve/progress in skill level. All materials included.

\$89.00 ID \$106.80 OD

Activity: [106153](#) - Opens Dec. 5

W: 3:30 - 6:30 pm

Session: 1/11 1/25
2/8 2/22
3/15 3/29

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 for display. 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](#) - Opens Dec. 5

W: 5:30 - 7:30 pm

Session: 1/18 2/15
3/29

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.



Learning Workshops

Creative Writing

Ages: 8 - 14

Larkspur Community Center

Do you love reading or writing stories? Let your imagination take flight in this dynamic story program. Through games, art, puppets, theater, reading and writing, we will explore the incredible world of storytelling while also having a whole lot of fun! Learn to create fantastic, interesting characters, design the perfect story setting, and figure out how to craft an exciting plot that creates conflict and offers satisfying resolution. Beyond just writing, expect to be creating and collaborating with your peers in a supportive environment.

\$79.00 ID \$94.80 OD

Activity: [106113](#) - Opens Dec. 5

Tu: 4:00 - 6:00 pm

Session: 1/10 - 31 2/14 - 3/7

**Look for
With A Child
classes:**
Art, page 18
Cooking, page 10 - 11

Chess Wizards Spring Break Camp

NO SCHOOL

Ages: 7 - 11

Cascade Middle School

Join us this Spring Break for tons of challenging chess lessons, exciting games and cool prizes. You'll improve your chess skills, meet new friends and work out your most powerful muscle - your brain! Chess Wizards has been teaching the game of chess since 2002 and our camps include fun team chess games like Corner Chess, recess time, snacks, tournaments and puzzles. Each camper receives a t-shirt, trophy and puzzle folder. We include all the materials necessary for your child to participate; full-day campers should bring a lunch. Unleash your brain power and spend part of your Spring Break with Chess Wizards!

Activity: [106240](#) - Opens Dec. 5

\$415.00 ID \$498.00 OD

M-F: 9:00 am - 3:00 pm

Session: 3/27 - 31

\$275.00 ID \$330.00 OD

M-F: 9:00 am - 12:00 pm
- OR - 12:00 - 3:00 pm

Session: 3/27 - 31



Science & Technology

KPOV Spring Break Radio Camp

NO SCHOOL

Ages: 10 - 14

KPOV Radio

KPOV will teach you how to be a DJ - interview a friend and tell a story with sound effects, music, and humor. The show produced will be broadcast on 88.9 fm, and you'll get a copy to take home!

\$105.00 ID \$126.00 OD

Activity: [106650](#) - Opens Dec. 5

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

Session: 3/27 - 31

Fun Works Intro to Engineering/ STEAM With LEGO®

NO SCHOOL

Ages: 5 - 7

Aspen Hall

Students are introduced to (S.T.E.A.M.) Science, Technology, Engineering, Art and Math using motorized LEGO®. Every project is built step-by-step by students with no one left behind. All projects may be modified and decorated while playing. Add wings, jets and a mini figure and create a flying jet car. Imagination has no barriers. A gear drive electric vehicle, a belt drive motorcycle, a monorail and a mosaic art project are just a few of the fun, exciting, educational projects built at camp.

\$180.00 ID \$216.00 OD

Activity: [106651](#) - Opens Dec. 5

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

Session: 3/27 - 31

Volunteer with kids!

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

Fun Works Engineering/STEAM With LEGO®

NO SCHOOL

Ages: 8 - 11

Aspen Hall

Students are introduced to (S.T.E.A.M.) Science, Technology, Engineering, Art and Math using motorized LEGO®. This program is similar to the Intro program with additional projects added that are more advanced and challenging to build. All projects may be modified and decorated while playing. Students use imagination, experimentation and trial and error - all part of being an engineer. An advanced robot walker, an inchworm vehicle are just a few of the fun, exciting, educational projects built at camp.

\$180.00 ID \$216.00 OD

Activity: [106652](#) - Opens Dec. 5

M-F: 1:00 - 4:00 pm

Session: 3/27 - 31

STEAM Workshop

NEW

NO SCHOOL

Ages: 6 - 12

**Sylvan Learning Center
Northwest Crossing**

Sylvan™'s newest camp, this no-school workshop incorporates digital art into the fan-favorite robotics and engineering courses our students know and love! Explore the STEAM world with all-new seasonal projects in every class. Students will use and develop their creativity and problem-solving skills to imagine, draw, build, innovate, engineer and troubleshoot robots that come to life. Students will use digital art, LEGO® robotics and additional interactive hands-on materials to tackle thematic engineering challenges. Bring a sack lunch and water bottle.

\$125.00 ID \$150.00 OD

Activity: [106655](#) - Opens Dec. 5

M: 9:00 am - 2:30 pm

Session: 1/16 2/20

Th: 9:00 am - 2:30 pm

Session: 2/2



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



Clay

Kooky Clay Creations

Ages: 6 - 12

Harmon Park Clay Studio

Construct kooky characters and wild creatures. Base your projects on real animals or craft your own distinctive creatures. Focus on using your imagination while learning about techniques to sculpt with clay. Imagination is mandatory! Instructor: Cat Melone.

\$119.00 ID \$142.80 OD

Activity: [111200](#) - Opens Dec. 5

F: 3:00 - 5:00 pm

Session: 1/20 - 2/10 2/24 - 3/17

Teen Hand Building

Ages: 12 - 17

Harmon Park Clay Studio

All levels are welcome to learn how to advance your skills with various hand-building techniques. This class will free your imagination and give you the skills to make them a reality. Instructor: Cat Melone.

\$139.00 ID \$166.80 OD

Activity: [111201](#) - Opens Dec. 5

M: 6:00 - 8:00 pm

Session: 1/23 - 2/13 2/27 - 3/20

Youth Wheel Throwing

Ages: 7 - 14

Harmon Park Clay Studio

All levels are welcome to learn how to throw pots on the wheel. Follow the process of basic wheel-throwing practice, trimming and glazing. Small class sizes will allow one-on-one time with students to help improve their skills. Instructor: Hunter Teig / Amanda Krammes.

\$139.00 ID \$166.80 OD

Activity: [111202](#) - Opens Dec. 5

M: 3:30 - 5:30 pm

Session: 1/23 - 2/13 2/27 - 3/20

Tu: 3:30 - 5:30 pm

Session: 1/24 - 2/14 2/28 - 3/21

Th: 3:30 - 5:30 pm

Session: 1/26 - 2/16 3/2 - 23

Work for play!

View BPRD jobs available at
bendparksandrec.org/jobs.



Home School Academy: Youth Wheel Throwing

Ages: 7 - 13

Harmon Park Clay Studio

All levels are welcome to learn how to throw pots on the wheel. Follow the process of basic wheel-throwing practice, trimming and glazing. Small class sizes will allow one-on-one time with students to help improve their skills. Instructor: Hunter Teig.

\$139.00 ID \$166.80 OD

Activity: [111261](#) - Opens Dec. 5

M: 1:00 - 3:00 pm

Session: 1/23 - 2/13 2/27 - 3/20

Fun With Clay

Ages: 6 - 12

Harmon Park Clay Studio

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.

\$119.00 ID \$142.80 OD

Activity: [111216](#) - Opens Dec. 5

W: 3:30 - 5:30 pm

Session: 1/25 - 2/15 3/1 - 22

Multimedia

Cartooning With Carolyn

Ages: 8 - 12

Larkspur Community Center

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

\$99.00 ID \$118.80 OD

Activity: [111209](#) - Opens Dec. 5

Tu: 3:30 - 5:30 pm

Session: 1/10 - 31

Cartooning - Advanced

Ages: 10 - 15

Larkspur Community Center

Become a cartoonist! Learn advanced cartooning skills, draw using shape and volume and practice doodling amongst skills to build innovative and inventive cartoons. What a fun skill to have! Must have prior cartooning experience. Instructor: Carolyn Parker.

\$99.00 ID \$118.80 OD

Activity: [111218](#) - Opens Dec. 5

Th: 4:00 - 6:00 pm

Session: 1/12 - 2/2 2/9 - 3/2

Art-rageous Camps

Ages: 6 - 11

Larkspur Community Center

Discover your creative side! Each class may offer painting, pastels, drawing, clay, sculpture and mixed media...the possibilities are endless! Let's play and create in the studio. Instructor: Studio Staff.

\$65.00 ID \$78.00 OD

Activity: [111228](#) - Opens Dec. 5

M: 9:00 am - 4:00 pm

Session: 1/16 2/20

F: 9:00 am - 4:00 pm

Session: 2/3

SPRING BREAK CAMP

\$259.00 ID \$310.80 OD

NO SCHOOL

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

Session: 3/27 - 30

Painting

Painting

People & Places

Ages: 14 & up

Larkspur Community Center

No painting experience is needed to join the tradition of the 19th-Century genre painters in this updated take on painting scenes from everyday life. Using oil, you will explore the concepts of creating a visual narrative, using composition fundamentals and incorporating a human figure. Scenes will be created layer-by-layer as the instructor explains and demonstrates the painting process from initial compositional block-ins and establishing a value pattern, through the finishing touches of each piece, 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](#) - Opens Dec. 5

Sa: 9:00 - 11:00 am

Session: 1/7 - 28



Art Station's on the move

After calling the historic train depot home for many years, the Art Station has moved.

CLAY CLASSES

Clay programs for youth and adults have moved to the newly updated Harmon Park Clay Studio.

MULTIMEDIA CLASSES

Painting, drawing and multimedia art programs for youth and adults are now hosted at Larkspur Community Center.

ART PARTIES

Art parties are a great time for all ages. Clay parties are available on Sundays at Harmon Park Clay Studio. Visit bendparksandrec.org/artstation to learn more.



Painting Central Oregon Landscapes

Ages: 14 & up

Larkspur Community Center

No painting experience is needed for this all-ages painting series. In these two-hour classes, you will be led step-by-step through a series of acrylic paintings inspired by seasonal views of well-known Central Oregon landmarks, and will complete one painting each week in this four-week series. Art basics like color, composition, texture, materials, painting technique fundamentals and more will be introduced and discussed throughout the series in a playful and approachable manner as each artwork is created. If you've always wanted to begin painting but didn't know quite how to start, this class is for you. Instructor: Stephen Teater.

\$169.00 ID \$202.80 OD

Activity: [111121](#) - Opens Dec. 5

Sa: 9:00 - 11:00 am

Session: 2/4 - 25

Paint Your Pet

Ages: 12 & up

Larkspur Community Center

Design and develop a portrait of a favorite animal friend in oil, utilizing unexpected luminous color, abstract shapes and layered creative brush strokes. You will explore form through light and shadow, color balance and temperature, and paint with a variety of layered brush strokes. The instructor will demonstrate how to obtain a pet's likeness and fine-tune and finesse your painting, allowing plenty of time for individual assistance and painting exploration. Guidance on preparing a reference photo to paint from will be provided before the series begins. Finished paintings make for great art for your home or as a gift. This class is suitable for ages 12 and above. No painting experience necessary. Instructor: Stephen Teater.

\$169.00 ID \$202.80 OD

Activity: [111120](#) - Opens Dec. 5

Sa: 9:00 - 11:00 am

Session: 3/4 - 25

Art & The Young Child

Art StART

Ages: 2 - 5

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.

\$85.00 ID \$102.00 OD

Activity: [111302](#) - Opens Dec. 5

Tu: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 1/10 - 31 2/14 - 3/7

W: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 1/11 - 2/1 2/15 - 3/8

Th: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 1/12 - 2/2 2/16 - 3/9

Art Play Group

Ages: 2 - 5 with Adult

Larkspur Community Center

Parents, grandparents, family, nannies and other adults get to connect with their child at this Art Station play group! Each session will have different activities that are play-based to develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. Child must be accompanied by an adult. Instructor: Anne Rustand.

\$25.00 ID \$30.00 OD

Activity: [111300](#) - Opens Dec. 5

F: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions:	1/13	1/27
	2/10	2/24
	3/10	3/24





PreClay

Ages: 3 - 5

Harmon Park Clay Studio

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](#) - Opens Dec. 5

F: 9:45 - 10:45 am

Session: 1/20 2/17
3/17

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

ADULTS CAN GET ARTSY TOO!

Adult Art classes on pages 15 - 18.

With A Child: Art

With A Child: Paint Night

Ages: 6 & up with Adult
Larkspur Community Center

Enjoy a relaxing time together making a dual-canvas acrylic painting. Each young artist/adult pair receives two canvases to paint an image and when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation. Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [102415](#) - Opens Dec. 5

Th: 5:30 - 7:30 pm

Session: 1/19 Winter Birds
2/9 I Love Gnomes
3/9 Dogs

Look for With A Child classes:
Art, page 18
Cooking, page 10 - 11

With A Child: Fun With Clay

NO SCHOOL

Ages: 5 & up with Adult

Harmon Park Clay Studio

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. Class is priced per adult and child team; only the child registers. Call to add another adult or child.

\$65.00 ID \$78.00 OD

Activity: [111510](#) - Opens Dec. 5

M: 10:00 am - 12:00 pm

- OR - 12:30 - 2:30 pm

Session: 1/16 Crazy Creatures
2/20 Flower Pots

Sa: 10:00 am - 12:00 pm

- OR - 12:30 - 2:30 pm

Session: 1/7 Mini Food Plate
1/14 Tiny Homes
1/21 Animal Bowls
1/28 Valentine's Heart Bowl
2/4 Valentine's Mug
2/11 Dragons
2/18 Unicorns
2/25 Garden Gnomes
3/4 Shamrock Bowls
3/11 Bird House
3/18 Spring Mugs
3/25 Giant Garden Flowers



With A Child: Fun With Fused Glass

Ages: 6 & up with Adult

Larkspur Community Center

Come enjoy an evening with your young artist and make a fused glass piece of art. Try your creativity in designing with different shapes and color pieces to make the most of your seasonal décor. Class is priced per adult and child team; only the child registers. Call to add another adult or child. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [102438](#) - Opens Dec. 5

F: 5:30 - 7:00 pm

Session: 1/20 Valentines
1/27 Valentines
3/3 Spring Things
3/10 Spring Things





LESSONS,
LEAGUES
& MORE
.....
**YOUTH
HOCKEY**
.....
PAGE 41 - 43

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.

Baseball

Moment Athletics Winter Baseball Camp

Grades: 3 - 7

Bend FieldHouse

Lets get ready to play ball this spring! Aiming to improve your game skills and fitness, all activities will be organized in an inclusive, exciting way that creates maximum engagement for all participants. Moment Athletics is operated by former Summit High School head coach, CJ Colt. Bring your glove, a lunch and water bottle.

\$79.00 ID \$94.80 OD

Activity: [103051](#) - Opens Dec. 7

Th: 6:00 - 7:30 pm

Session: 1/26 - 2/23



Basketball

Moment Athletics Youth Basketball Camps -

No School Days

NO SCHOOL

NEW

Grades: 3 - 5

Pilot Butte Middle School

No school? Cool - come play ball! This camp is geared toward grade-level skills. Moment Athletics is operated by former Summit High School head coach, CJ Colt.

\$45.00 ID \$54.00 OD

Activity: [103055](#) - Opens Dec. 7

M: 9:00 - 11:30 am

Session: 1/16 2/20

F: 9:00 - 11:30 am

Session: 2/3

Flag Football

Xtreme Flag Football

Grades: 3 - 8

Skyline Sports Park

Join the Xtreme Flag Football team! Xtreme - meaning, we play no matter what! Snow, rain, wind, cold, no big deal! Lace up for three weeks of outdoor skills, drills and games under the lights at Skyline Park. These non-contact training sessions allow players to advance their skills and have fun with friends. Designed for players of all ability levels. Includes an Xtreme Football t-shirt.

\$99.00 ID \$118.80 OD

Activity: [103164](#) - Opens Dec. 7

Grades: 3 - 5

Tu/Th: 4:45 - 6:00 pm

Grades: 6 - 8

Tu/Th: 6:00 - 7:15 pm

Session: 1/10 - 26



Hockey

Learn to Play Hockey: Level 1

Ages: 5 - 14

The Pavilion

Our "Learn to Play" program is designed to introduce young players with little experience to the sport of ice hockey. Designed to develop your fundamentals of the game, we'll work on basic hockey skills, promote physical fitness and above all else have fun. Prerequisite: Participants should be able to skate unassisted. Rental gear is available for \$50.00 ID \$60.00 OD.

\$87.00 ID \$104.40 OD

Activity: [110201](#) - Opens Dec. 7

W: 4:00 - 5:00 pm

Session: 1/25 - 3/8

Learn to Play Hockey: Level 2

Ages: 5 - 14

The Pavilion

Continue your progression of hockey to the next level. One to three years of hockey/skating experience required and participants must have participated in Learn to Play Hockey Level 1 (or had prior hockey experience). Participants will continue to refine their fundamental hockey skills as well as begin to transfer their practice skills into fun game-like scrimmages. Rental gear is available for \$50.00 ID \$60.00 OD.

\$87.00 ID \$104.40 OD

Activity: [110202](#) - Opens Dec. 7

W: 5:15 - 6:15 pm

Session: 1/25 - 3/8

Youth Hockey League

Ages: 6 - 14

The Pavilion

Welcome to BPRD's youth hockey league - your next step in developing your hockey skills. With age-divided teams engaging in weekly practices and games, players are coached on fundamental strategies, techniques and sportsmanship. Some prior experience is highly recommended before signing up for this league such as the Learn to Play program. Practices will be held on Mondays and games on Saturdays. Rental equipment is not available. Space is limited.

Registration deadline: 12/31/22 or until full.

\$180.00 ID \$216.00 OD

Ages: 6 - 8

Activity: [110206](#) - Opens Dec. 7

M: 3:45 - 4:45 pm (Practice)

Sa: 9:00 - 9:45 am (Games)

Ages: 9 - 11

Activity: [110207](#) - Opens Dec. 7

M: 5:00 - 6:00 pm (Practice)

Sa: 9:45 - 10:30 am (Games)

Ages: 12 - 14

Activity: [110208](#) - Opens Dec. 7

M: 6:15 - 7:15 pm (Practice)

Sa: 10:45 am - 12:00 pm (Games)

Season: 1/7 - 3/11



Specialized Ice Sessions

Youth Fees: \$11.00 / session

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get your fifth session for FREE!

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

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

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

Stick Time

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

Activity: [410401](#) - Youth

Freestyle

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

Activity: [410160](#)

Required 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.

Ice skating lessons on next pages.

Learn to Play Hockey Optional Rental Gear

Protective equipment is required for each participant including: helmet with full face mask, mouth guard, shoulder pads, elbow pads, hockey pants, athletic supporter, shin pads, gloves, skates and hockey stick.

Optional rental gear includes a hockey bag and all necessary gear except mouth guard and athletic supporter. The rental fee is \$50.00 ID and \$60.00 OD.

Learn to Play Hockey includes a jersey and hockey socks for all participants to keep. Rental skates are also available at no extra charge.



Learn to Skate: Youth

Ages: 4 - 17

The Pavilion

Welcome to Skate School, where you will learn the fundamentals of ice skating!

This program offers progressive classes designed to increase your recreational skating experience and develop the basic skills that are fundamental to figure skating. Note: skaters may be moved by coaches during the session to a level that is most appropriate. Rental skates included.

Our ice skating lessons are...

- **Age Appropriate:** Most classes grouped by ages 4 - 5, 6 - 11 and 12 - 17.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

\$58.00 ID \$69.60 OD per 4-class session

Session dates and times vary - check Activity link for schedules.

REGISTRATION TIP: Prerequisites for each class are listed in the class description here and [online](#). We encourage skaters to master each skill level before progressing to the next level.

For more information, call (541) 389-7588.

Skate Lesson Assessment **FREE**

Unsure which class to register your child in? Take the guesswork out - come for a free skate skill assessment on Thursdays 3:00 - 4:15 pm (excluding 12/22 & 12/29) to ensure your child is in the right class. Inquire at the front desk or call (541) 389-7588 to arrange an appointment.

Skating Practice **FREE**

Registered Learn to Skate participants skate for free at public skate sessions Mondays through Thursdays within enrolled dates (rental skates not included). Tuesday evening "Cheap Skate" sessions are not included and are \$6 per person including skate rental.

Schedules at
thepavilioninbend.com.

KinderSkate 1

Ages: 4 - 5

Introduce your young child to ice skating! In this entry-level class, we will learn about sitting and standing on the ice, marching in place, forward marches, forward swizzles and more. No prerequisite. Protective headgear required - bring a helmet or use ours for free.

Activity: [110101](#) - Opens Dec. 7
Click to see sessions

KinderSkate 2 - 3

Ages: 4 - 5

Time for your young skater's next step up in skating skill development! In this class, we will develop backward marching, backward wiggles, two-foot hops, two-foot turns and more. Suggested prerequisite: Completion of KinderSkate Level 1. Protective headgear required - bring a helmet or use ours for free.

Activity: [110102](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Youth Level 1

Ages: 6 - 11

In this class for entry-level beginners, we'll work on sitting and standing up on the ice, forward swizzles, snowplow stops on two feet, two-foot hops and more. No prerequisite. Helmets recommended; bring your own or use ours for free.

\$58.00 ID \$69.60 OD

Activity: [110111](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Youth Level 2

Ages: 6 - 11

Building on what we learned in Level 1 or your child's basic skills they already have, we'll develop one-foot glides, backward two-foot glides, backward swizzles, two-foot turns, faster snowplow stops and more. Suggested prerequisite: Completion of Level 1 or the ability to perform all Level 1 skills.

Activity: [110112](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Youth Level 3

Ages: 6 - 11

In Level 3, we will develop forward stroking, backward one-foot glides, backward snowplow stops, forward half swizzle pumps and more. Suggested prerequisite: Completion of Level 2.

Activity: [110113](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Youth Level 4

Ages: 6 - 11

Let's take your skating up another level! In this class, we will work on forward and outside edges around circles, forward crossovers, two-foot spins, backward half-swizzle pumps and more. Suggested prerequisite: Completion of Level 3.

Activity: [110114](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Youth Levels 5 - 6

Ages: 6 - 11

Continuing your progression, we will develop backward inside and outside edgework around circles, backward crossovers, advanced two-foot spins, hockey stops, T-stops, bunny hop, forward spiral on a straight line and more. Suggested prerequisite: Completion of Level 4.

Activity: [110115](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Levels 7 - 8

Ages: 6 & up

In this relatively advanced class, we will learn a variety of techniques such as forward Mohawks, backward crossover to backward outside edge glides, one-foot upright spins, Mazurka jumps, waltz jumps and more. Suggested prerequisite: Completion of Level 6. Open to all ages.

Activity: [110117](#) - Opens Dec. 7
Click to see sessions

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee

Learn to Skate: Teen Levels 1 - 3

Ages: 12 - 17

Welcome to Skate School where you will learn the fundamentals of ice skating! Depending on your experience and ability, we may learn about falling and recovery, marching forward, two-foot glides, forward swizzles, snowplow stops, one-foot glides, two-foot turns in place, backward snowplow stops, switching direction and more. No prerequisite skills required.

Activity: [110131](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Teen Levels 4 - 6

Ages: 12 - 17

Let's develop your skating skills further! Depending on your experience and ability, we may work on forward and backward inside/outside edges, hockey stops, T-stops, two-foot spins, one-foot spins, lunges and more. Suggested prerequisite: Completion of Level 3.

Activity: [110133](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Hockey Level 1

Ages: 6 - 11

Let's learn some hockey-specific ice skating skills! In this class, we will develop our skating skills for hockey such as falling and recovery, hockey stance forward and backward, snowplow stops, backward swizzles, forward C-cuts and more. Wearing hockey gear is optional. No sticks or pucks on ice. Prerequisite: Basic ice skating experience prior to the first class - should be able to stand and skate forward unassisted.

Activity: [110120](#) - Opens Dec. 7
Click to see sessions

Learn to Skate: Hockey Level 2

Ages: 6 - 11

Take your hockey skating skills to the next level! In this class, skaters will learn forward and backward outside/inside edges around circles, quick starts, forward and backward cross-overs, hockey stops and more. Wearing hockey gear is optional. No sticks or pucks on ice. Suggested prerequisite: Completion of Hockey Level 1.

Activity: [110122](#) - Opens Dec. 7
Click to see sessions

Learn To Skate: Family

Ages: 6 - 11

Welcome to Skate School to learn the fundamentals of ice skating! Young skaters -- grab a parent, relative or other adult in your life and learn to skate together. We will learn about sitting and standing up on the ice, forward swizzles, snowplow stops on two feet, two-foot hops and more. Register under the child's name; one adult is included. No prerequisite.

\$116.00 ID \$139.20 OD

Activity: [110110](#) - Opens Dec. 7
Click to see sessions

Guided Skating With Your NEW Preschooler

Ages: 3 - 5 with Adult

New this season during Tuesday morning Parent/Tot Open Skates, free instructor support will be available from 10:00 - 11:15 a.m. Drop-in skating fees apply and direct supervision of your child on the ice is required.

Schedules at
thepavilioninbend.com.



About Bend Ice

Bend Ice is Bend Park & Recreation District's community partner in helping promote and develop ice sports available at The Pavilion including hockey, curling and figure skating. Founded in 2010, Bend Ice traces its roots to a small group of ice sports enthusiasts dedicated to creating a culture of ice sports in Central Oregon. A non-profit, community-supported organization, Bend Ice has an active Board of Directors and a team of dedicated volunteers.

Bend Ice Figure Skating Club

Come meet new friends, develop your skating skills and have a blast! The Bend Ice Figure Skating Club is perfect for skaters who have mastered basic skating skills equivalent to level 4 and above. Club members get access to exclusive practice ice time to skate as a team and prepare for testing, competition and exhibition events. Joining the club helps take an individual sport to a team sport and gives aspiring figure skaters the opportunity to skate with like-minded athletes.

Website: www.bendicefigureskatingclub.org

Bend Rapids Hockey Club

The mission of the Bend Rapids Hockey Club is to provide travel teams an instructional and competitive environment aimed at developing hockey players. The club's philosophy is to provide both on-and-off-ice training using USA Hockey trained coaches for U8, U10, U12, U14 and high school teams. Adhering to USA Hockey safe sport policies, the club offers a competitive travel schedule designed to challenge and support players as they develop into excellent athletes and young people.

Website: www.bendrapidsyouthhockey.org

Bend Ice Curling Club

Bend Curling Club, a member of USA Curling, is dedicated to growing an understanding of the sport of curling including ice preparation, game strategy and skills. Bend Curling Club hosts curling leagues for all abilities on Saturday evenings, including pairing new curlers with experienced coaches to further their skills and understanding of the game, as well as a competitive league for the most serious curlers. The club also hosts a Bonspiel in November and promotes teams playing in regional competitions.

Website: sites.google.com/site/bendcurlingcluborg/home



Spring Youth Lacrosse League

Grades: 1 - 8

Locations to be determined

It's no wonder why lacrosse is so popular - it's exciting, fast-paced and great fun. A wonderful off-season complement to many other sports, this league emphasizes skill development, participation, teamwork, sportsmanship and fun.

Teams will meet twice a week and play an eight-game schedule on weekdays.

Volunteer coaches will select individual team practice times, days and location. Helmets, sticks, mouth guards and game jersey are provided. All players on coed and boys teams must provide their own shoulder pads, arm pads and gloves.

This program is dependent on volunteer coaches. Anyone interested in coaching this season, visit bendparksandrec.org and complete a BPRD Volunteer Application.

Registration deadline: 2/27, 12:00 am or until full.

\$100.00 ID \$120.00 OD / season

Season: 4/3 - 6/2

COED Opens Dec. 7

Activity: [103401](#) - Grades: 1 - 2

BOYS Opens Dec. 7

Activity: [103403](#) - Grades: 3 - 4

[103407](#) - Grades: 5 - 6

[103411](#) - Grades: 7 - 8

GIRLS Opens Dec. 7

Activity: [103404](#) - Grades: 3 - 5

[103410](#) - Grades: 6 - 8



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.

\$89.00 ID \$106.80 OD

Activity: [106750](#) - Opens Dec. 7

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

Session: 2/6 - 3/1

3/6 - 22

(adj. fee \$66.75 ID \$80.10 OD)

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.

\$109.00 ID \$130.80 OD

Activity: [106751](#) - Opens Dec. 7

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

Session: 2/6 - 3/1

3/6 - 22

(adj. fee \$81.75 ID \$98.10 OD)

Children's Ki Aikido

Ages: 5 - 14

Oregon Ki Society

By helping to cultivate good habits at an early age, the practices of Japanese martial arts, Ki-Aikido and Ki Development, offer children a foundation that can help prepare them for a lifetime of positive growth. While children's bodies are growing so are their minds, so we aim to develop them together in Ki's physically active and cooperative learning environment. The goal is that as children grow, they learn to apply these lessons to many of life's activities - school, play, sports and relationships.

\$90.00 ID \$108.00 OD

Activity: [106758](#) - Opens Dec. 7

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

Session: 1/10 - 2/16 2/21 - 3/23

Volunteer with youth sports and adaptive programs.

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



Scooter

Spring Break Scooter Camp

NO SCHOOL

Ages: 6 - 17

Ponderosa Skatepark

Learn new skills and tricks while we have a blast with games and activities. Riders will be grouped by age and skill set. Pro riders Jake Clark and Matt Edleston will instruct with guest appearances from other pros! On the last day, we will show off our skills in a mini competition with prizes for the riders. Scooter, helmet and pads required. Bring a water bottle and sack lunch. Program is weather dependent.

\$215.00 ID \$258.00 OD

Activity: [106778](#) - Opens Dec. 7

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

Session: 3/29 - 31

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.

Soccer

Youth Spring Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports Center

Get out of the cold weather and join a youth indoor soccer league! All skill levels are welcome. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. League games are on Saturdays; one game a week for eight weeks with no practices. Team shirt included. Space is limited, registration is available until program is full. No games during the week of Spring Break.

Grade: Saturdays:

K 11:00 am - 12:00 pm
1 - 2 12:00 - 1:30 pm
3 - 5 2:00 - 4:00 pm
6 - 8 5:00 - 7:00 pm

LEAGUE I

\$130.00 ID \$156.00 OD

Activity: [103340](#) - Opens Dec. 7

Session: 1/7 - 2/25

LEAGUE II

\$120.00 ID \$144.00 OD

Activity: [103341](#) - Opens Dec. 7

Session: 3/4 - 4/22 (no games 3/25)

Yo! Sports Fans!

Plan ahead for play!

2023 Youth Sports League Registration

Winter 2023 Registration: Leagues open Dec. 7

Program/League	Dates	Registration Deadline
Youth Hockey League	Jan. - Mar.	12/31/22
Youth Lacrosse League	April - June	2/27/23
Youth Softball League	April - June	3/3/23

Spring 2023 Registration: Leagues open Feb. 8

Program/League	Dates	Registration Deadline
Youth Roller Hockey League	May - June	To be determined

Summer 2023 Registration: to be determined

Program/League	Dates	Registration Deadline
Youth Fall Soccer League	Sept. - Oct.	To be determined
Youth Tackle Football League	Sept. - Oct.	To be determined
Youth Flag Football League	Sept. - Oct.	To be determined
Kindergarten Soccer League	Sept. - Oct.	To be determined
Middle School Tennis League	Sept. - Oct.	To be determined

Fall 2023 Registration: to be determined

Program/League	Dates	Registration Deadline
Youth Volleyball League	Nov. - Dec.	To be determined
Bitty Basketball	Nov. - Dec.	To be determined
Youth Basketball League	Jan. - Mar.	To be determined
Middle School Basketball - Girls	Jan. - Mar.	To be determined
Middle School Basketball - Boys	Nov. - Dec.	To be determined
High School Basketball League	Dec. - Feb.	To be determined

Be sure to check future Playbooks and the registration website for updates.



SoccerJrs

Cascade Indoor Sports

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence.

SoccerJrs - Teddies

Ages: 18 Months - 2 Years

Parents participate with the child as they learn soccer basics and fun activities.

8-WEEK SESSION

\$130.00 ID \$156.00 OD

Activity: [103310](#) - Opens Dec. 7

Tu: 10:00 - 10:55 am

Session: 1/3 - 2/21

W: 11:00 - 11:55 am

Session: 1/4 - 2/22

Th: 5:00 - 5:55 pm

Session: 1/5 - 2/23

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 1/7 - 2/25

7-WEEK SESSION

\$115.00 ID \$138.00 OD

Activity: [103313](#) - Opens Dec. 7

Tu: 10:00 - 10:55 am

Session: 2/28 - 4/18 (no class 3/21)

W: 11:00 - 11:55 am

Session: 3/1 - 4/19 (no class 3/22)

Th: 5:00 - 5:55 pm

Session: 3/2 - 4/20 (no class 3/23)

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 3/4 - 4/22 (no class 3/25)

SoccerJrs - Cubs

Ages: 3 - 4

An introductory program teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions.

8-WEEK SESSION

\$130.00 ID \$156.00 OD

Activity: [103311](#) - Opens Dec. 7

M: 5:00 - 5:55 pm

Session: 1/2 - 2/20

Tu: 11:00 - 11:55 am

- OR - 4:00 - 4:55 pm

Session: 1/3 - 2/21

W: 10:00 - 10:55 am

- OR - 4:00 - 4:55 pm

Session: 1/4 - 2/22

Th: 4:00 - 4:55 pm

- OR - 5:00 - 5:55 pm

Session: 1/5 - 2/23

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 1/7 - 2/25

7-WEEK SESSION

\$115.00 ID \$138.00 OD

Activity: [103314](#) - Opens Dec. 7

M: 5:00 - 5:55 pm

Session: 2/27 - 4/17 (no class 3/20)

Tu: 11:00 am - 12:00 pm

- OR - 4:00 - 4:55 pm

Session: 2/28 - 4/18 (no class 3/21)

W: 10:00 - 10:55 am

- OR - 4:00 - 4:55 pm

Session: 3/1 - 4/19 (no class 3/22)

Th: 4:00 - 4:55 pm

- OR - 5:00 - 5:55 pm

Session: 3/2 - 4/20 (no class 3/23)

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 3/4 - 4/22 (no class 3/25)

SoccerJrs - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

8-WEEK SESSION

\$130.00 ID \$156.00 OD

Activity: [103312](#) - Opens Dec. 7

M: 4:00 - 4:55 pm

Session: 1/2 - 2/20

Tu: 5:00 - 5:55 pm

Session: 1/3 - 2/21

W: 3:00 - 3:55 pm

Session: 1/4 - 2/22

Th: 4:00 - 4:55 pm

Session: 1/5 - 2/23

7-WEEK SESSION

\$115.00 ID \$138.00 OD

Activity: [103315](#) - Opens Dec. 7

M: 4:00 - 4:55 pm

Session: 2/27 - 4/17 (no class 3/20)

Tu: 5:00 - 5:55 pm

Session: 2/28 - 4/18 (no class 3/21)

W: 3:00 - 3:55 pm

Session: 3/1 - 4/19 (no class 3/22)

Th: 4:00 - 4:55 pm

Session: 3/2 - 4/20 (no class 3/23)



Softball

Spring Indoor Softball Camp

Ages: 9 - 14

Bend FieldHouse

Presented by local coaching legend Tom Mauldin and local college and high school coaches, this camp is heavy on hitting and fielding with special pitching and catching breakout sessions.

\$79.00 ID \$94.80 OD

Activity: [103066](#) - Opens Dec. 7

Su: 4:00 - 6:00 pm

Session: 3/5 - 19



For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



Youth Softball League

Grades: K - 8

Locations to be determined

What a great way to play, make friends and grow your game! The season swings into action with a players' clinic then teams practice twice a week and most games are during the week. Includes uniform top, undershirt and softball pants. Registration deadline is March 3, 5:00 pm or until full.

This program is dependent on volunteer coaches. If you are interested in coaching this season, visit bendparksandrec.org and complete a BPRD Volunteer Application.

Registration deadline: 3/3 at 5:00 pm or until full.

Season: 4/4 - 6/6

Grades: K - 2

\$89.00 ID \$106.80 OD/ season

Activity: [103450](#) - Opens Dec. 7

Grades: 3 - 5

\$93.00 ID \$111.60 OD / season

Activity: [103453](#) - Opens Dec. 7

Grades: 6 - 8 - Fast Pitch

\$99.00 ID \$118.80 OD / season

Activity: [103456](#) - Opens Dec. 7

Season: 4/4 - 6/6

Track

Middle School Track Clinics

Grades: 6 - 8

Cascade Middle School

Get a jump on the upcoming track season! Join your friends and local middle school track coaches as you try new events and improve your personal best. Emphasis is on individual improvement. Includes track cinch bag.

\$48.00 ID \$57.60 OD

Activity: [103170](#) - Opens Dec. 7

M-Tu/Th: 4:30 - 5:45 pm

Session: 3/13 - 23



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

Thanks, coach!

Thanks, Coach! Cheers to the volunteers that gave their time and heart as coaches for these fall sport programs. You made it a great season for the young players and their families and we can't thank you enough!

- Tackle football
- Youth soccer
- Kindergarten soccer
- Flag football
- Middle school tennis
- Youth volleyball
- Bitty basketball
- Boys middle school basketball



Thanks, sponsors!

Sport program sponsors provide resources for recreation scholarships so everyone has a chance to play. Thank you to these fall and winter sport sponsors:

BIGFOOT BEVERAGES

Sponsor for middle school basketball

KRUEGER & LENOX

ORAL & MAXILLOFACIAL SURGERY

Sponsor for Bitty Basketball and youth ice hockey

MILLER LUMBER

Sponsor for adult hockey and adult curling

THE CENTER

Sponsor for youth basketball

Ready to coach youth team sports?

We need you!

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. Registration in sport programs is at an all-time high and the opportunity to play is more important than ever. We make it easy and we know it will be rewarding and fun! We are currently seeking volunteer coaches for:

- Youth lacrosse
- Youth softball
- Youth tennis

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 50 - 51

waves of play

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.](#)



Kids Get Fit & Have Fun Spring Break

NO SCHOOL

Ages: 10 - 14

Juniper Swim & Fitness Center

Fill your Spring Break with fitness and friends while building self-confidence and a lifelong love of fitness. A coach will create a positive environment and lead a different workout each day including indoor cycling, water running, weight training, dance fitness. Enjoy class from 12:00 to 1:00 p.m. and then join recreation swim on your own from 1:00 to 4:00 pm.

\$30.00 ID \$36.00 OD

Activity: [105610](#) - Opens Dec. 5

M-Th: 12:00 - 4:00 pm

Session: 3/27 - 30

Drop in and jump in at Rec Swim!

BPRD has three great recreation swim sessions available at two facilities:

Family Swim

Parent-Child Swim

Open Recreation Swim

Learn more on page 57 and view schedules at bendparksandrec.org/recswim



Preschool

Busy Buddies Preschool

Ages: 3 - 5

Juniper Swim & Fitness Center

This program includes weekly swim lessons (afternoon sessions only), yoga and movement play! Children will enjoy arts and crafts, dramatic play and more while being introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting and a daily snack is provided.

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

Registration is now open; sign up on wait list if the program is full. Fees are \$20.00 non-refundable registration fee due at time of enrollment and monthly fee of \$220.00 ID / \$264.00 OD which is due the 5th of every month. You can register for multiple sessions per week if you choose.

Monthly Fee: 2 sessions/week: \$220.00 ID \$264.00 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](#) - Open now

Choose day/time session below. You can register for multiple sessions per week if you choose:

M/W: 1:30 - 4:30 pm (includes swim lessons)

Tu/Th: 9:15 am - 12:15 pm (no swim lessons)

Tu/Th: 1:30 - 4:30 pm (includes swim lessons)

Dates: Now - 6/15



**Enjoy the water?
Like helping people?
Be a lifeguard
or swim instructor.**

Learn more at
bendparksandrec.org/jobs.

Register in advance to sync with your workout Kids' Corner Childcare

Ages: 6 months - 6 years

Juniper Swim & Fitness Center

A safe and nurturing environment for your young child while you enjoy all that Juniper has to offer. Children enjoy arts and crafts, reading, creative play and cooperative games while you swim, workout or just relax.

- Registration is strongly recommended.
- Registration includes four scheduled 75-minute visits per session at discounted rate. Fee is adjusted for three or five visit sessions.
- Each visit is limited to 75 minutes. Sorry, no discount for less time.
- Drop-ins welcome; space permitting.
- Childcare hours: M/W/F from 9:00 to 11:35 am.



Registration Childcare

TODDLER

Ages: 6 - 29 months.
Limited availability

\$30.00 ID \$36.00 OD / session

Activity: [405650](#) - Opens Dec. 5

PRESCHOOLER

Ages: 30 months
- 6 years old

\$25.00 ID \$30.00 OD / session

Activity: [405651](#) - Opens Dec. 5

Days/Times:

M: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 1/9 - 30 2/6 - 27
3/6 - 27

W: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 1/4 - 25 2/1 - 22
3/1 - 29

F: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 1/6 - 27 2/3 - 24
3/3 - 31

Drop-in Childcare

Available if space allows.

Please view online for availability.

TODDLER

Ages: 6 - 29 months.
Limited availability

\$9.00 ID \$10.80 OD

75 minutes maximum.

PRESCHOOLER

Ages: 30 months
- 6 years old

\$7.50 ID \$9.00 OD

75 minutes maximum.

Days/Times:

M/W/F: 9:00 - 11:35 am

Sync up to Adult Fitness Classes

Juniper features a great lineup of fitness classes during childcare.

Learn more and view drop-in fitness classes at
bendparksandrec.org/fitness-swim/

Register at register.bendparksandrec.org • Winter registration opens December 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, helpful tips and refund/cancellation policy on pages 4 - 7. • Program locations on page 64. • Park lists on pages 66 - 67.



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 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

CLICK TO VIEW
ALL YOUTH
SWIM LESSONS



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 prerequisites. 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.**

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/guardians work directly with their child under instructor's guidance.

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: \$54.00 - \$77.00 ID
\$64.80 - \$92.40 OD

Frequency: 1- & 2-days-a-week

Opens Dec. 6

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

Ages: 2 1/2 - 3

Has your child attended Parent Tot lessons multiple times? Is your child 2 and a half years old and ready for more? Specially-designed for the independent not quite 3 year old, this fun and encouraging class will teach your child the basic skills of floating, gliding and water safety. Prerequisite: Parent Tot lessons. Parent participation in the water is required.

Fees: \$54.00 - \$77.00 ID
\$64.80 - \$92.40 OD

Frequency: 1- & 2-days-a-week

Opens Dec. 6

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 and flutter kicking. Prerequisite: Ability to participate in a class environment.

Journey 2: Front and back floats, glides and 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: Completion of Journey 4 or front crawl with side breathing 20 feet and backstroke for 20 feet.

Fees: \$54.00 - \$77.00 ID
\$64.80 - \$92.40 OD

Frequency: 1- & 2-days-a-week

Opens Dec. 6

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 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee

Level Swim Lessons

Ages: 6 - 12

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

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

Level 2: Streamline kicking on front, back and side, basic crawl stroke, into back crawl stroke and 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, breast stroke and dolphin kick introduced. Prerequisite: Comfortably swim crawl stroke with side breathing and backstroke for 45 feet.

Level 5: Refinement of crawl stroke, back stroke and elementary backstroke; introduction of 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.

Fees: \$54.00 - \$77.00 ID
\$64.80 - \$92.40 OD

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

Opens Dec. 6

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 effective progression.

Levels 1 - 6 descriptions available above.

Fees: \$54.00 ID
\$64.80 OD

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

Opens Dec. 6

Juniper Swim & Fitness Center

[View Teen Level 1 - 6 at Juniper](#)

Swim Lesson Assessment

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.:

M-Th: 3:45 pm & 6:15 pm

Sa: 3:00 pm

Dates: 9/13 - 12/15 1/3 - 3/15

Juniper Swim & Fitness Ctr.:

M-Th: 10:45 am

Dates: 9/12 - 12/15 1/3 - 3/15

M/W: 4:00 & 6:30 pm

Dates: 10/17 - 12/15 1/3 - 3/15

Sa: 12:30 pm

Dates: 1/3 - 3/15

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

Frequently Asked Questions

When does registration begin?

Registration opens Tuesday, Dec. 6 at 6:00 a.m. and is ongoing.

Why are swim lessons so popular? I can't seem to get my child registered.

Youth swim lessons are some of the most in-demand recreation programs in our community. There are several reasons why. The facility shutdown of the pandemic coupled with area population growth created a backlog of children needing lessons. Now, current staffing challenges do not support offering a full schedule of lessons. If you are unable to get a spot, please sign up on a waitlist so that we know of your interest and can try to accommodate your child. We appreciate everyone's understanding as we try our best to remedy this situation.

I am on a waitlist, what should I do?

If there is room for additional swimmers, we will email the waitlist participants in the order received. Keep your eye on your email. Once an email notice is sent, you have 48 hours to register or your held spot will be forfeited.

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 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?

Contact customer service and ask about updating the customer question on your swim lesson registration.

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 they already passed.

Contact customer service and ask about updating the customer question on your swim lesson registration.

Are private or semi-private swim lessons available?

We are unable to offer private or semi-private lessons at this time as group lessons are our priority. As we bring on more staff, we hope to offer additional swim lesson opportunities.



Clases de Natacion para Familias en espanol / Family Swim Lesson in Spanish

Ages: 3 & up with Adult
Juniper Swim & Fitness Center

Actualmente, ésta es la única clase de natación que BPRD ofrece en español, por tal motivo, las familias de habla hispana tienen la prioridad al momento de la inscripción. Esta clase es para niños, jóvenes y adultos, enseñaremos natación de manera progresiva para toda la familia. Incluye el ingreso al horario de recreación para público en general en las piscinas, inmediatamente después de la clase.

Designed for Latino families, this combined youth and adult class features a progressive swim lesson for the whole family! Since this is BPRD's only swim class in Spanish, registration is prioritized for Spanish-speaking families. Includes admission to Open Recreation Swim immediately after class

\$66.00 ID \$79.20 OD
Activity: [105260](#) - Opens Dec. 6
Sa: 12:30 - 1:00 pm
Session: 1/7 - 2/4 2/18 - 3/18

Youth Novice Swim Team

Ages: 6.6 - 12
Juniper Swim & Fitness Center

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

\$234.00 ID \$280.80 OD
Activity: [105540](#) - Opens Dec. 6
M/W/F: 3:15 - 4:10 pm
Session: 1/4 - 2/24
Tu/Th: 3:15 - 4:10 pm
- OR - 4:15 - 5:10 pm
Session: 1/3 - 2/23



Middle School Novice Swim Team

Ages: 10.5 - 14
Juniper Swim & Fitness Center

Continue to learn and refine competitive swimming skills and develop fitness 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.

\$163.00 ID \$195.60 OD
Activity: [105541](#) - Opens Dec. 6
Tu/Th: 7:10 - 8:05 am
- OR - 5:15 - 6:10 pm
Session: 1/3 - 2/23

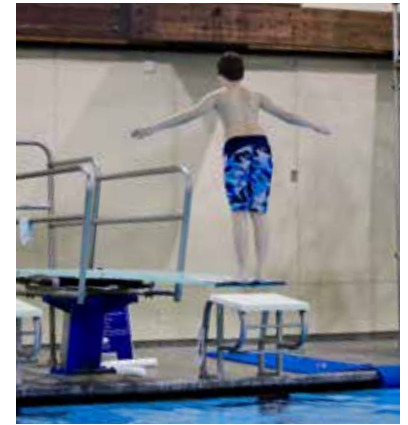


Novice Swim Team Stroke Clinic

Ages: 11 - 16
Juniper Swim & Fitness Center

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

\$74.00 ID \$88.80 OD
Activity: [105543](#) - Opens Dec. 6
Tu/Th: 7:10 - 8:00 am
Session: 2/28 - 3/23



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

\$49.00 ID \$58.80 OD
Activity: [105570](#) - Opens Dec. 6
W: 1:35 - 2:20 pm
- OR - 2:25 - 3:10 pm
Sessions: 1/11 - 2/8 2/15 - 3/15
F: 4:10 - 4:55 pm
- OR - 5:00 - 5:45 pm
- OR - 5:50 - 6:35 pm
Sessions: 1/6 - 2/3 2/17 - 3/17

Novice Water Polo Workshop

Ages: 7.5 - 14
Juniper Swim & Fitness Center
Have fun learning basic water polo skills and playing games. Participants must be able to swim 100 meters (4 lengths) continuously.

\$122.00 ID \$146.40 OD
Activity: [105412](#) - Opens Dec. 6
M/W/F: 3:15 - 4:10 pm
Session: 2/27 - 3/24
Tu/Th: 3:15 - 4:10 pm
- OR - 4:15 - 5:10 pm
Session: 2/28 - 3/23



Bend Senior Center



Larkspur Community Center

places to play

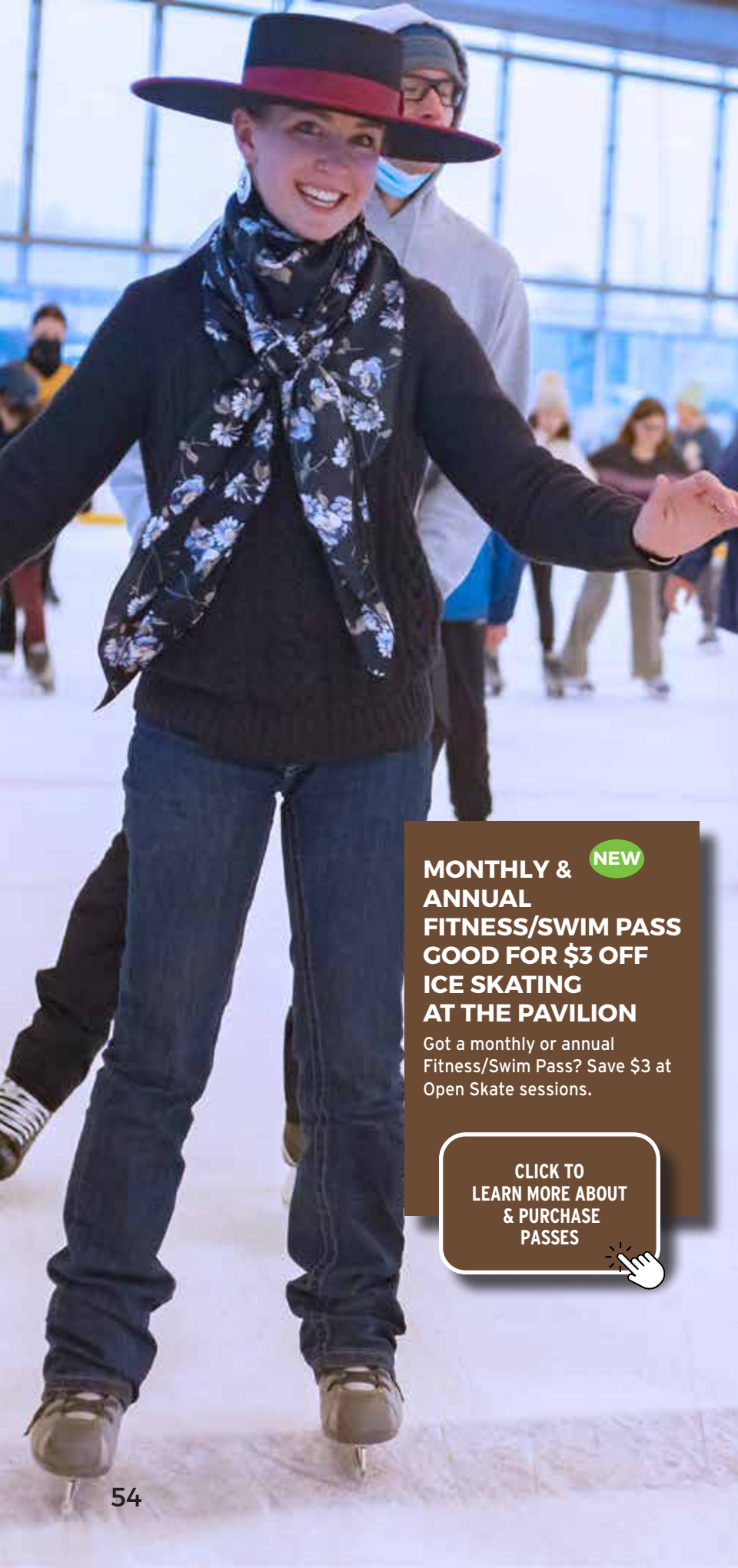
recreation centers



Juniper Swim & Fitness Center



The Pavilion



MONTHLY & ANNUAL FITNESS/SWIM PASS GOOD FOR \$3 OFF ICE SKATING AT THE PAVILION

Got a monthly or annual Fitness/Swim Pass? Save \$3 at Open Skate sessions.

CLICK TO
LEARN MORE ABOUT
& PURCHASE
PASSES

NEW



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.

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee

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 Bend Senior Center.
See facility details on pages 57 - 62.

BEND SENIOR CENTER
Social Pass
Includes participation in ongoing social activities, including games, billiards & Senior Center events.
\$3.50
\$1.50
\$1.25
N/A
\$29.00
\$12.00
\$10.00

THE PAVILION: ICE SEASON	THE PAVILION: ROLLER SEASON
Without Skates	Without Skates
Admission to all public skate sessions.	Admission to all public skate sessions.
Ice Season: November - March	Roller Season: April - September
Skate rental: \$3.00	Skate rental: \$1.00
\$9.00	\$7.00
\$8.00	\$6.00
\$7.00	\$5.00
Free	Free
\$72.00	
\$64.00	
\$56.00	

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

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

Monthly Pass Unlimited Visits!	Adult (19-60)
	Older Adult* (61-79)
	Youth (3-18)/Honored Citizens (80+)
Monthly Family Pass	Any mix of three or more household members

\$59.00
\$46.00
\$32.00
\$110.00

\$24.00
\$16.00
\$13.00
N/A

ICE SEASON PASSES: OCTOBER - APRIL
Unlimited drop-in skate sessions (without skates)
\$298.00
\$259.00
\$220.00
\$555.00

*Effective Jan. 1, 2023, the Older Adult age for recreation facility access passes begins at 62. 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.



NEW

MONTHLY & ANNUAL FITNESS/SWIM PASS GOOD FOR \$3 OFF ICE SKATING AT THE PAVILION

Got a monthly or annual Fitness/Swim Pass? Save \$3 at Open Skate sessions.



recreation center activities



SKATING PARTIES NOW AVAILABLE

Great for birthday skating parties and more, The Pavilion features an indoor viewing/warming room with fireplace, making comfortable and fun viewing opportunities and a place to enjoy food, drinks and a celebratory dessert.

To learn more about parties and other events, see the [Pavilion Rental page](#).

Drop-in Ice Skating Sessions

The Pavilion

- Facility information on page 63.
- Fees: Drop-in fee. Ice Season Pass available for ice skating.
- Rental skates available.
- See pages 54 - 55.

Open Skate

All ages

Regular drop-in fees

Open Skate sessions offer a recreational opportunity for all ages and abilities to enjoy the rink. Children 6 years and under must be supervised by a responsible person 14 years or older. Sticks, pucks and maneuvers that would endanger others are not allowed. Regular fees apply.

During normally lower attendance times, activities may include basic skating and/ or laps on the outside perimeter and basic figure skating/ ice dancing/freestyle on the inside. These sessions may occasionally include large groups such as schools.

Check online schedules prior to coming to the rink so you know what to expect.

More at: bendparksandrec.org/pavilion

\$6 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

\$6 Cheap Skates

All ages

Open Skate at a special discount fee.

More at: bendparksandrec.org/pavilion

\$6 Parent-Tot Skate

Ages: 5 & under with adult

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

More at: bendparksandrec.org/pavilion



CLICK FOR
SKATING
SCHEDULES



Roller skating & roller sports offered spring through fall

Season to begin in early May

Sessions to include:

- Open Skate
- Family Skate
- Friday Night Roller Dance
- Saturday Roller Jam and more

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



Drop-in Swim Sessions

Juniper Swim & Fitness Center
and Larkspur Community
Center

- Facility information on pages 61 - 62 .
- Fee: Pass or drop-in fee. See pages 54 - 55.

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

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

RECREATION SWIM SPECIAL

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

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

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

CLICK FOR
RECREATION SWIM
SCHEDULES



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 at Larkspur Community Center 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

Hot Tub, Sauna & Steam Room Use

Ages: 16 & up

The coed hot features are available when Juniper's indoor pool is open.

CLICK FOR
LAP SWIMMING &
CURRENT CHANNEL
SCHEDULES



NEW

**MONTHLY & ANNUAL
FITNESS/SWIM PASS
GOOD FOR \$3 OFF
ICE SKATING
AT THE PAVILION**

Save \$3 at Open Skate sessions.

POOL PARTIES NOW AVAILABLE

Make waves at your next celebration with a pool party.

Both Juniper and Larkspur pools are available for pool parties during Recreation Swim.

Details at: bendparksandrec.org/poolparty

One pass - two facilities & hundreds of sessions

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

Register at register.bendparksandrec.org • Winter registration opens December 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, helpful tips and refund/cancellation policy on pages 4 - 7. • Program locations on page 64. • Park lists on pages 66 - 67.



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.

Details at bendparksandrec.org



MONTHLY & ^{NEW} ANNUAL FITNESS/SWIM PASS GOOD FOR \$3 OFF ICE SKATING AT THE PAVILION

Got a monthly or annual Fitness/Swim Pass? Save \$3 at Open Skate sessions.

Drop-in Fitness Classes

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 61 - 62 .
- Fee: Pass or drop-in fee. See pages 54 - 55.

Ages: 16 & up; 11 - 15 with adult

DROP-IN CLASSES & SCHEDULES:

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

DROP-IN PASSES / FEES:

Numerous pass options are available to suit your needs and one pass grants access to both facilities. Check out the monthly, quarterly and annual passes to take advantage of great savings along with great workouts! Pass information on pages 60- 61.

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



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

Indoor Cycling

Features: Experience the Ride! Based on a road cycling experience, indoor cycling is an individually paced, non-impact cardio workout. Classes are held in our theater-style indoor cycle studio with 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/

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

Fitness passes through health insurance

Those over 65 and enrolled in a Medicare Supplemental Health Plan may be eligible for no-cost or low-cost fitness passes at Juniper Swim and Fitness Center and Larkspur Community Center.

More at: bendparksandrec.org/medicare



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



Virtual Fitness Classes

Online

- Fee: Pass or \$4.00 fee.

Keep moving, even remotely! BPRD online classes are brought to you using Zoom, a web-hosted video conference application. Step-by-step instructions are provided to help you get connected.

Variety of classes offered in Cardio Fitness & Dance, Mind & Body and Strength & Conditioning.

Advance registration is required.

More at: bendparksandrec.org/virtualfitness/



Drop-in Fitness Center Use

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 61 - 62.
- Fee: Pass or drop-in fee. See pages 54 - 55.

Ages: 16 & up; 11 - 15 with adult

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 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

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 61 - 62 .

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.

Personal training requires advanced registration and separate fees.

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



Drop-in Older Adult Social Activities & Community Connections

Larkspur Community Center - Home of the Bend Senior Center

- Facility information on page 62.
Adult Activity programs on pages 9 - 14.
- Fee: Social pass, Fitness/Swim pass or drop-in fee. See pages 54 - 55.

Bend Senior Center is proud to serve and welcome older adults to social activities, such as games and group gatherings. BPRD is currently expanding these offerings as available.

Check the website regularly for additional information, schedules and updates.

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

Adult Activities & Specialized Fitness Programs

on pages 9 - 14

Adult Art Programs

on page 15 - 18

Adult Swim Programs

on page 23

Afternoon at the Movies

FREE

Drama, comedy, adventure! Join us weekly to watch a movie with friends. We'll show both contemporary and classic films. Check online schedules for times and movies offered.

The Larkspur Brunch Bunch

NEW

Join us for a tasty brunch on the first Friday of each month beginning in 2023. Check online schedules for more details and times.

Brown Bag Lunch & Learn Series

FREE

Presented in partnership
with PacificSource Medicare
Health Plans

Feed your body and your mind as local experts share their knowledge about issues important to you on Tuesdays at 12:00 - 1:00 pm beginning in February 2023. You bring your lunch; dessert and coffee are on us. Check online schedules for dates, topics and other details.

Crochet, Knitting, Quilting, Rug Hooking & Stitching Groups

Celebrate and enjoy fiber arts together! Bring in your hand work and knit, stitch and/or hook projects together while making friends. Two different groups meet regularly. Check online schedules for more details.

Pool/Billiards

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

Cards & Games

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



The ABC & D's of Medicare

FREE

Join us for an informational Q & A session about Medicare. Check online schedules or call for next session.

Medicare 101

FREE

New to Medicare or enrolling soon? Come learn the basics. Check online schedules or call for next session.

AARP Smart Driver Class

The AARP Smart Driver Course is one of many programs offered by AARP Driver Safety. It's the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. The class meets from 9:00 am to 4:00 pm with a lunch break. Fees are \$20 for AARP members; \$25 for non members. For the next class and to register, call 503-676-3653.

CLICK FOR
OLDER ADULT
ACTIVITIES
SCHEDULES &
INFORMATION



For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



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, rules and regulations.

Fees on pages 54 - 55.



Social Media

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

Activities

Childcare & Preschool (page 30)
Fitness Classes
Fitness Center
Hot Features: Spa & Sauna
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 23.

Youth Swim Programs

on pages 48 - 52.

CLICK FOR
SWIM
SCHEDULES



Swimming Pools & Aquatic Facilities

Indoor/Outdoor Olympic 50-Meter Pool

With a removable roof system, this 82-degree 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 85-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 / Dry Sauna

Perfect after a workout, the hot tub, steam room and dry sauna are coed and available when the indoor pool is open. Ages: 16 & up.

CLICK FOR
FITNESS
SCHEDULES



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.

Drop-in Swim

on page 57.

Drop-in Fitness

on pages 58 - 59.



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, rules and regulations.

Fees on pages 54 - 55.



Social Media

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

Drop-in Swim

on page 57.

Drop-in Fitness

on pages 58 - 59.

Activities

Enrichment Activities
for All Ages
Fitness Classes
Fitness Center
Hot Tub
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

on pages 9 - 14.

Adult Swim Programs

on page 23.

Youth Swim Programs

on pages 48 - 52.

CLICK FOR
SWIM
SCHEDULES



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



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

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



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, rules and regulations.

Fees on pages 54 - 55.



Social Media

facebook.com/ThePavilioninBend

CLICK FOR
DROP-IN SKATING
SCHEDULES



Activities

October - April

Ice Skating & Lessons

Hockey

Curling

Skate Parties

April - September

Roller Skating & Hockey

Skateboarding & Scootering

Skate Parties

Adult Sports Leagues

Youth Summer Camps

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

The Ice Sheet (October 17 (tentative) - 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.

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.

Skatepark (April - September)

Skatepark open for skates, scooters and skateboards. Helmets are required in the skatepark.

Skate Parties

Learn more online at
bendparksandrec.org/skateparties



Drop-in Ice Skating, Sessions

page 56

Ice Hockey & Curling

Adult Sports on pages 19 - 22
Youth Sports on pages 40 - 47



Winter 2023 Program Locations

Locations of all seasonal programs are in alphabetical order below.

Academie De Ballet Classique

162 NW Greenwood Ave, Bend, OR 97701

Aspen Hall

18920 Shevlin Park Rd, Bend, OR 97703

Bend FieldHouse

401 SE Roosevelt Ave, Bend, OR 97702

Bend Senior Center at Larkspur Community Center

1600 SE Reed Market Rd, Bend, OR 97702

BPRD District Office

799 SW Columbia St, Bend, OR 97702

Cascade Indoor Sports Center

20775 NE High Desert Ln, Bend, OR 97701

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 Clay Studio

1100 NW Harmon Blvd, Bend, OR 97701

Hollinshead Park & Barn

1235 NE Jones Rd, Bend, OR 97701

Juniper Swim & Fitness Center

800 NE 6th St, Bend, OR 97701

KPOV

501 NW Bond St, Bend, OR 97703

Larkspur Community Center - Home of the Bend Senior Center

1600 SE Reed Market Rd, Bend, OR 97702

Norton Ave Apartments

415 NE Norton Ave, Bend, OR 97701

Odyssey Martial Arts

924 B SE Wilson Ave, Bend, OR 97702

Oregon Ki Society

20685 Carmen Lp, Bend, Oregon 97702

The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

Pilot Butte Middle School

1501 NE Neff Rd, Bend, OR 97701

Ponderosa Elementary School

3790 NE Purcell Blvd, Bend, OR 97701

Ponderosa Skatepark

1411 SE Wilson Ave, Bend, OR 97702

Skyline Sports Park

19617 Mountaineer Way, Bend, OR 97702

Sun Mountain Fun Center

300 NE Bend River Mall Dr, Bend, OR 97703

Sylvan Learning Center - Northwest Crossing

2754 NW Crossing Dr #101, 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

Westside Village School

1101 NW 12th St, Bend, OR 97703

Park & Facility Rentals:

For Your Next Event

PLAN
NOW FOR
WINTER &
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. Sports fields are available for rent seasonally from April 1 to October 31.

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



Picnic 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		•								•	•		•			
Alpenglow Park	61049 SE 15th St				•	•			•		•	•	•				
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										•	•		•			
Empire Crossing Park	63145 Lancaster Street								•		•						
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											•		•			
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		•									•		•			
Northpointe Park	63800 Wellington St											•		•		•	
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		•									•		•			



Quail Park



Deschutes River Trail in the South Canyon at Farewell Bend Park



Northpointe Park



make your play

play for life