

FALL
2023

PLAYLIST

recreation program guide

youth
& adult
activities

registration opens
august 14 - 16

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 in 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 75.

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 76.

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 77.



fall 2023 | online playlist

Welcome to “Your Playlist.” You’re invited to play, learn and thrive in the many recreation programs 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 “Playlist.” 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 • Jodi Barram • Xavier Borja • Donna Owens

BUDGET COMMITTEE:

Joanne Mathews • Daryl Parrish • Corey Johnson • Cara Marsh-Rhodes • Cary Schneider

EXECUTIVE DIRECTOR:

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

DEPUTY EXECUTIVE DIRECTOR:

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

ADMINISTRATION SERVICES DIRECTOR:

Kristin Donald • (541) 706-6109
kristind@bendparksandrec.org

RECREATION SERVICES DIRECTOR:

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

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, bendwhitewaterpark, bendparks, juniperswimandfitness, larkspurcommunitycenter and thepavilioninbend.

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: Adult and child enjoy painting together at a “With A Child Paint Night” class.

fall into play



As summer's presence will soon give way to fall in Central Oregon, we anticipate the arrival of crisp, cool nights, along with the stunning transformation of foliage. The season brings an abundance of recreational prospects to relish across the district.

Bend Park and Recreation goes beyond simply delivering community programs; we're amplifying our efforts. This Playlist includes an expanded array of experiences, encompassing more art, crafts, DIY activities, cooking endeavors and engaging With A Child activities.

We are excited about the options for children on no-school days and Enrichment Wednesdays, complemented by new youth welding sessions and dynamic performing arts classes. For adults, we've curated new cooking classes, including an enticing series on sauces, alongside new classes on the art of flower arrangement.

Scheduled to begin in late October, the ice season at The Pavilion beckons with many learning opportunities to help master the art of skating, hockey and even curling. Until then, The Pavilion remains abuzz with roller season activities.

You're invited to navigate program offerings through the newly introduced [online activity index](#) and the [online swim lesson finder](#) which streamline the search for the perfect program for you or your loved ones.

As fall soon comes upon us, Bend Park and Recreation remains dedicated to providing unparalleled opportunities for community engagement, personal growth and play.

I wish you an active and enjoyable fall!

Best,

Don Horton, Executive Director
don@bendparksandrec.org

About The Playlist

This online recreation program guide is produced seasonally to support registration for recreation programs. With this focused format comes a fresh name: The Playlist. This online resource is an efficient, sustainable and up-to-date shopping guide offering recreation opportunities for our growing community.

A community favorite since 2014, Your Playbook will continue as a magazine-style book offering news and information about BPRD's projects, programs, places, people and activities and will be published twice a year for fall/winter and spring/summer.

INTRODUCTION

Contact Us.....	2
Letter from Executive Director	3

REGISTRATION, CANCELLATION POLICY & SCHOLARSHIPS

How to Register	4
Refund & Cancellation Policy.....	5
Recreation Scholarships	5
Opening Day Registration Tips..	6 - 7
Rentals	8

ADULT RECREATION

Adult Activities	9 - 16
Adult Art	17 - 20
Adult Sports.....	21 - 24
Adult Swimming.....	25

THERAPEUTIC RECREATION

Youth & Adult.....	26 - 30
--------------------	---------

YOUTH RECREATION

Young Children.....	31 - 34
Youth Activities.....	35 - 44
Youth Art	45 - 49
Youth Sports.....	50 - 60
Youth Swimming & Fitness	61 - 65

RECREATION CENTER DROP-IN ACTIVITIES

Fees & Passes.....	68 - 69
Roller Skating,.....	70
Open Recreation & Lap Swim.....	71
Fitness Classes	72 - 73
& Fitness Center Use	

Older Adult Social Activities	74
-------------------------------------	----

RECREATION CENTERS

Juniper Swim & Fitness Center	75
Larkspur Community Center	76
The Pavilion	77

LOCATIONS & PARKS

Program Locations	78 - 79
Park Features & Locations.....	80 - 81



Mark Your Calendar:

Fall 2023 registration opens August 14 - 16.

how to register

Fall 2023 Registration

Fall 2023 registration opens for September - December programs and fall/winter sports leagues:

- **Monday, August 14, 6:00 a.m.:** Recreation, enrichment and sports programs.
- **Tuesday, August 15, 6:00 a.m.:** Swim lessons and aquatics programs.
- **Wednesday, August 16, 6:00 a.m.:** Sports leagues including Sports leagues including Bitty Basketball, youth/middle school/high school basketball, adult curling, adult hockey, youth indoor soccer, youth Ultimate and youth volleyball leagues.

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>



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.



- > **Activity Index** - **NEW** To search by program title, click on the Activity Index in the Quick Links below the Activity Search.
- > **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.



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 web page](#).



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, more than 1,200 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.

tips for

REGISTERING ON OPENING DAYS

for an efficient & successful registration

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.

So, to help everyone have the best experience possible, we've made improvements including staggered registration opening, upgraded technology and a virtual waiting room.

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

**REGISTER
ONLINE:**

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



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 personal 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 the 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.
- Another method is to use the "Wishlist." Add the programs you want to your "Wishlist" in your account. At registration opening, you can go to your "Wishlist" and check availability of those specific programs, then add them to your shopping cart. As backup, it can be helpful to take a screenshot of your "Wishlist."
- Whether your list is on paper or digital, keep that list handy for registration opening day.
- Note programs that are a priority to you and your household.

Fall 2023 Registration Opening

Fall 2023 registration opens for September - December programs and fall/winter sports leagues:

- **Monday, August 14, 6:00 a.m.:** Recreation, enrichment and sports programs.
- **Tuesday, August 15, 6:00 a.m.:** Swim lessons and aquatics programs.
- **Wednesday, August 16, 6:00 a.m.:** Sports leagues including Bitty Basketball, youth/middle school/high school basketball, adult curling, adult hockey, youth indoor soccer, youth Ultimate and youth volleyball leagues.

Once opened, registration is ongoing throughout the season.

ON OPENING DAYS: AUGUST 14, 15 & 16

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 your "Wishlist" and click "Check Availability" 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 + (plus symbol) 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 so 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.

The screenshot shows a search bar with the text "ACTIVITY SEARCH" in blue. Below it, instructions read: "Type your 6 digit Activity Number in the space below then click on the Search button." There is a text input field and a "Search" button.

Select	Activity #	Ages	Description
<input type="checkbox"/>	208103-20	6-17	With A Child: I

ABOUT THE VIRTUAL WAITING ROOM

Queue-it is a virtual waiting room that serves as a line for our online registration process. It's automatic if you're on the registration website at opening, 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 appreciated as you wait. 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 your cooperation.



A virtual waiting room, Queue-it will be implemented on the mornings of August 14 - 16 to help control traffic to the registration website.



Aspen Hall



Hollinshead Barn



The Pavilion



Picnic Shelter at Shevlin Park

Park & Facility Rentals: For Your Next Event



Consider a Bend Park and Recreation District facility or park for your special celebration, meeting or event. Offering a variety of buildings and places, BRPD has the rental spaces available to match your event needs.

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 ADA-accessible elevator to the second floor. The outdoor space features a fenced-in lawn, two patios and outdoor benches.

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.

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 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.

LARKSPUR COMMUNITY CENTER welcomes groups for large gatherings, celebrations, meetings and other events. The event space features a maple hardwood floor, abundant natural light, high ceiling and a full commercial kitchen.

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, birthday parties, family gatherings, weddings, receptions and more. Fees are based on the size of your group, park amenities 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. View recreation center web pages at bendparksandrec.org to learn more.



WITH
A CHILD
CLASSES
.....
PAGES 11 - 13

play out the day



Cooking & Baking

Fabulous French Bread & Other Loaves We Love

Ages: 12 & up

Larkspur Community Center

This step-by-step class will explore baking amazing French bread, rolls, and other yeast breads. Learn to 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: [302236](#) - Opens Aug. 14

Sa: 1:00 - 3:00 pm

Session: 9/23

Learn to Make Goat Cheese

Ages: 16 & up

Larkspur Community Center

Chèvre (pronounced "SHEV-ruh" or sometimes simply "SHEV") is the French word for a female goat, but in the culinary arts, it refers to cheese made from goat's milk. In this class, you will learn how to make soft goat cheese using pasteurized goat's milk. The simplicity of making soft, fresh Chèvre cheese cannot be under-emphasized. You will learn the ins and outs of choosing the appropriate dairy source, flavorings, cultures, and rennet. This process will take you from start to finish in a fun-filled and informative class setting. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [302221](#) - Opens Aug. 14

Sa: 1:00 - 3:00 pm

Session: 9/30

A Taste of Sicily: Cannoli

Ages: All Adults

Larkspur Community Center

Così delizioso e dolce! So delicious and sweet! Learn to make authentic Sicilian cannoli, a classic Italian dessert pastry. You will learn to roll and fry your own cannoli shells then fill them with a chocolate and candied orange whipped ricotta filling. Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD

Activity: [302238](#) - Opens Aug. 14

Sa: 2:00 - 4:30 pm

Session: 10/7



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?



Stocks & Sauces Series:

Asian Sauces NEW

Ages: All Adults

Larkspur Community Center

This class will explore using sauces common in Asia, such as Hoisin sauce, soy sauce, sweet chili sauce, and oyster sauce! Move over, sriracha! Utilize these sauces to add sweetness, saltiness, acidity or umami to your dishes. Instructor: Chef Mark Thomas.

\$79.00 ID \$94.80 OD

Activity: [302272](#) - Opens Aug. 14

F: 5:00 - 7:30 pm

Session: 9/22

Make Your Own Stock & Soup Class NEW

Ages: All Adults

Larkspur Community Center

This class will teach students how to make basic stock, the base for sauces and soups with incredible depth of flavor! Stocks made in class will be used to make delicious homemade soups. Instructor: Chef Mark Thomas.

\$79.00 ID \$94.80 OD

Activity: [302245](#) - Opens Aug. 14

F: 4:45 - 7:45 pm

Session: 10/6

Classical Sauce Class NEW

Ages: All Adults

Larkspur Community Center

This class will cover classical French mother sauces such as Hollandaise, Béchamel, demi glaze, tomato and Velouté. Learn how mother sauces are used as the foundation of your favorite French recipes. Instructor: Chef Mark Thomas.

\$79.00 ID \$94.80 OD

Activity: [302252](#) - Opens Aug. 14

F: 4:45 - 7:45 pm

Session: 10/20



Easy “No Pressure” Instant Pot Cooking NEW

Ages: All Adults

Larkspur Community Center

Discover the benefits of using an Instant Pot, also known as pressure cooking. This method of cooking helps increase moisture retention reduces cooking time and adds a variety of textures that range from tender meat to al dente vegetables. Learn to use electric pressure cookers and the benefits of using natural or quick pressure relief. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [302234](#) - Opens Aug. 14

Th: 5:00 - 7:30 pm

Session: 10/26

Let’s Bake Bread: Sourdough & Other Rustic Loaves

Ages: All Adults

Larkspur Community Center

In this step-by-step introductory class, we will share how to bake delicious sourdough bread and other rustic loaves. You will work with natural yeasts and cultured starters as you learn to manage the rising times to develop and enhance the crumb and texture of your bread. Gain a better understanding of bread mastery. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [302237](#) - Opens Aug. 14

Sa: 1:00 - 3:00 pm

Session: 10/28

Plant-based NEW Fall Comfort Food

Ages: All Adults

Larkspur Community Center

This class will utilize fresh vegetables and grains to create new takes on classic fall comfort food! Think winter squash, root vegetables and creamy dairy free sauces just in time for all of your holiday festivities. Instructor: Chef Mark Thomas.

\$79.00 ID \$94.80 OD

Activity: [302273](#) - Opens Aug. 14

F: 4:45 - 7:45 pm

Session: 11/3

Holiday Entertaining With Charcuterie Boards NEW

Ages: All Adults

Larkspur Community Center

Impressive and delicious, holiday charcuterie boards can be prepared as appetizers or whole meals, and they are often the star of wine-pairing parties. Charcuterie boards are often themed such as Mediterranean, Italian, French or vegan foods. Come learn the fundamentals of designing an outstanding board and have fun creating your very own. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [302287](#) - Opens Aug. 14

Th: 5:00 - 7:30 pm

Session: 11/16

Delicious Plant-based Desserts NEW

Ages: All Adults

Larkspur Community Center

This class will show students how to modify traditional desserts into delicious plant-based variants. Learn to make decadent, sweet and tasty desserts that are free from refined oil, gluten and processed sugar, just in time for the holidays! Instructor: Chef Mark Thomas.

\$79.00 ID \$94.80 OD

Activity: [302231](#) - Opens Aug. 14

F: 4:45 - 7:45 pm

Session: 11/17

Perfect Pie

Ages: All Adults

Larkspur Community Center

Whether you're a seasoned baker or barely know your way around the kitchen, we'll get you up to speed on the fundamentals of making pie in no time. As we make a seasonal fruit pie in this class, you'll learn the tips and tricks for a tender, flaky crust and how to avoid the dreaded soggy bottom crust. Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD

Activity: [302239](#) - Opens Aug. 14

Sa: 1:00 - 4:30 pm

Session: 11/18



Thai Stir Fry NEW

Ages: All Adults

Larkspur Community Center

This class will utilize common Thai ingredients, techniques, and flavors to help students better understand this amazing cuisine! Instructor: Chef Mark Thomas.

\$79.00 ID \$94.80 OD

Activity: [302254](#) - Opens Aug. 14

F: 4:45 - 7:45 pm

Session: 12/1

Yule Log Cake NEW

Ages: All Adults

Larkspur Community Center

Learn to bake this festive holiday dessert, a light vanilla sponge cake with chocolate ganache filling meant to resemble a fallen log in the forest - albeit a delicious one! Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD

Activity: [302270](#) - Opens Aug. 14

Sa: 2:00 - 4:30 pm

Session: 12/16



With A Child: Cooking & Baking

With A Child: Let's Make Pizza

Ages: 8 - 12 with Adult

Larkspur Community Center

Grab your buddy and let us make pizza together! We will 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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$79.00 ID \$94.80 OD

Activity: [302241](#) - Opens Aug. 14

Sa: 11:30 am - 1:30 pm

Session: 9/16

With A Child: Kids Can Cook!

Ages: 6 - 12 with Adult

Larkspur Community Center

Someone is in the kitchen cooking! Come bring your child and learn about kitchen safety while we learn to construct some healthy and delicious snacks that everyone is sure to enjoy. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [302230](#) - Opens Aug. 14

Th: 5:00 - 7:30 pm

Session: 9/21

With A Child: Norimaki Sushi Rolling

Ages: 6 - 12 with Adult

Larkspur Community Center

Learn how to make a platter of norimaki sushi rolls - it is 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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [302259](#) - Opens Aug. 14

Sa: 1:00 - 3:30 pm

Session: 10/14

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: Soft Pretzels

Ages: 6 - 12 with Adult
Larkspur Community Center

Enjoy one-on-one time with your child as we learn to make soft, hot, fresh pretzels. Learn all of the tricks and enjoy them fresh out of the oven. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD
Activity: [302244](#) - Opens Aug. 14
Sa: 12:00 - 2:30 pm
Session: 10/21

With A Child: Breakfast Head Start

Ages: 8 - 12 with Adult
Larkspur Community Center

These healthy breakfasts will give you a head start in the morning and kids will love getting up and making them for everyone! We will make stuffed French toast with strawberry syrup, egg muffins with sausage and hash browns, eggs in a nest, and bacon and broccoli quiche. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD
Activity: [302225](#) - Opens Aug. 14
Th: 5:00 - 7:30 pm
Session: 11/9

With A Child: Japanese Cooking

Ages: 7 & up with Adult
Cascade Middle School

Learn to make traditional Japanese potstickers and sauce. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Chieko Saito.

\$69.00 ID \$82.80 OD
Activity: [306125](#) - Opens Aug. 14
F: 10:00 am - 12:00 pm
- OR - 1:00 - 3:00 pm
Session: 11/10

**More
"With A Child"
classes
Art on pages 17 - 20.**

With A Child: Hand Pie Perfection

Ages: 8 - 13 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 as well as delicious fillings. You and your child will be on your way to hand pie perfection. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$79.00 ID \$94.80 OD
Activity: [302256](#) - Opens Aug. 14
Tu: 5:00 - 7:00 pm
Session: 11/21

With A Child: Gingerbread House Holiday Workshop

Ages: 4 - 11 with Adult
Larkspur Community Center

Get a kick-start to holiday fun! Our Gingerbread House Holiday Workshop allows adult/child pairs to work together to create a holiday tradition. Each team will make, design and decorate a gingerbread house and make a holiday ornament. Skip the prep and mess at home, and enjoy spending time with your child creating holiday memories. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$49.00 ID \$58.80 OD
Activity: [302253](#) - Opens Aug. 14
Sa: 9:30 - 10:30 am
- OR - 11:00 am - 12:00 pm
Session: 12/2



With A Child: Hot Butter Dinner Rolls

Ages: 8 - 13 with Adult

Larkspur Community Center

From start to finish, you will learn the steps to master yeast rolls that will be the highlight of any meal. Once you understand the process, you will work with dairy, flour, and yeast to create your own rolls to take home and enjoy. Let us know if you are gluten or dairy sensitive so that we may accommodate your dietary needs. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$79.00 ID \$94.80 OD

Activity: [302251](#) - Opens Aug. 14

Sa: 1:00 - 3:00 pm

Session: 12/9

Dancing

Social & Club Dancing

Ages: All Adults

Larkspur Community Center

This class is for beginners and those wanting to refresh their skills. 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. Swing includes Lindy Hop, Charleston, and East Coast Swing, while jitterbug is a fast-paced, acrobatic variation. Class includes instructor guided choreography, partner skills, and social dancing. Connect with others who love swing music and its vibrant history. Instructor: Barry Jost.

\$59.00 ID \$70.80 OD

Activity: [302140](#) - Opens Aug. 14

W: 6:00 - 7:00 pm

Session: 10/4 - 25



Flower Arranging

With A Child: Mini-Pumpkin Halloween Arrangement NEW

Ages: 6 - 12 with Adult

Larkspur Community Center

Create your own mini-pumpkin Halloween arrangement with a child. This workshop covers all the tips and tricks of the trade to make a beautiful and fun Halloween centerpiece. Each adult and child team will take home an arrangement that will wow your family and friends. The fee includes one child and one required accompanying adult. Please only register the child. The fee includes class supplies. Instructor: Rae Aldrich.

\$79.00 ID \$94.80 OD

Activity: [302201](#) - Opens Aug. 14

F: 5:00 - 7:00 pm

Session: 10/20

Fall Floral Candle Centerpiece NEW

Ages: All Adults

Larkspur Community Center

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

\$69.00 ID \$82.80 OD

Activity: [302202](#) - Opens Aug. 14

F: 5:00 - 7:30 pm

Session: 11/3

Music & Voice

Beginning Guitar I

Ages: All Adults

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: [302106](#) - Opens Aug. 14

W: 5:00 - 6:00 pm

Session: 10/4 - 25

W: 5:30 - 6:30 pm

Session: 11/1 - 29

Beginning Ukulele I

Ages: All Adults

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: [302100](#) - Opens Aug. 14

Tu: 5:00 - 6:00 pm

Sessions: 10/3 - 24 11/7 - 28



Register at register.bendparksandrec.org • Fall registration opens August 14 - 16 at 6:00 a.m. daily. Check Activity # for opening date.

How to register and refund/cancellation policy on pages 4 - 7. • Program locations on pages 78 - 79. • Park lists on pages 80 - 81.

Beginning Ukulele II

Ages: All Adults

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [302103](#) - Opens Aug. 14

Tu: 6:15 - 7:15 pm

Sessions: 10/3 - 24 11/7 - 28

Ukulele Chord Melody

Ages: All Adults

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [302108](#) - Opens Aug. 14

M: 5:00 - 6:00 pm

Session: 10/2 - 23

M: 6:00 - 7:00 pm

Session: 10/30 - 11/20



Holiday Ukulele Workshop

Ages: All Adults

Larkspur Community Center

Come join the fun and learn a few simple winter holiday ukulele songs to play and enjoy for the upcoming season to celebrate at your family and friends get-togethers and parties. These are songs everyone can enjoy to sing along with and will bring smiles and laughter to your celebrations. Prerequisite: Beginning Ukulele I class. Instructor: Carl Ventis

\$25.00 ID \$30.00 OD

Activity: [302104](#) - Opens Aug. 14

Tu: 5:00 - 7:00 pm

Session: 12/5

Specialized Fitness & Wellness

Better Brains

Ages: 50 & up

Larkspur Community Center

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

\$59.00 ID \$70.80 OD

Activity: [302780](#) - Opens Aug. 14

Th: 1:30 - 2:30 pm

Session: 10/12 - 11/16



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. Bring your own poles or borrow ours; for indoor session, poles must have rubber tips. Instructor: Monica McClain-Smith.

OUTDOOR NORDIC WALKING

Sessions held outside at Larkspur Park Picnic Shelter.

\$12.00 ID \$14.40 OD

Activity: [315620](#) - Opens Aug. 14

Th: 10:30 - 11:30 am

Sessions: 9/21 10/12
11/9

INDOOR NORDIC WALKING

Sessions are held at Larkspur Community Center indoor track.

\$12.00 ID \$14.40 OD

Activity: [315621](#) - Opens Aug. 14

Th: 10:30 - 11:30 am

Session: 12/7

Restorative & Yoga Nidra

Ages: All Adults

Juniper Swim and Fitness

Restorative yoga is a meditative practice that uses props like blocks, straps, sandbags, bolsters, and blankets to encourage a passive release of mind and body tension. We will close this session entering into a deeper state of relaxation with Yoga Nidra. This "yogic sleep" is a paradoxical state of being between sleep and consciousness, turning your awareness inward. Instructor: Jes Scheel. Registration closes 72 hours prior to class start date.

\$18.00 ID \$21.60 OD

Activity: [305665](#) - Opens Aug. 14

Tu: 6:00 - 7:30 pm

Sessions: 10/10 11/28

Chakra Strength & Soundbath

Ages: All Adults

Juniper Swim & Fitness Center and Larkspur Community Center

Enjoy a unique, moderate-intensity class for your mind, body, and soul! This session aims to target and unblock each of the seven main chakras with specific moves using resistance bands and bodyweight. Leave mentally refreshed, restored, and physically stronger. Nurture your mind and body with a sound-bath of gong, Tibetan/crystal bowls, chimes, and savasana. Instructor: Natalia Martin. Registration closes 72 hours prior to class start date.

\$17.00 ID \$20.40 OD

Activity: [305661](#) - Opens Aug. 14

Juniper Swim & Fitness Center

F: 5:30 - 6:45 pm

Session: 10/13

Larkspur Community Center

Activity: [315661](#) - Opens Aug. 14

F: 5:30 - 6:45 pm

Session: 11/17



Restorative Yoga Workshop

Ages: All Adults

Juniper Swim and Fitness

Advance your path to wellness with this exploration of mind/body restoration! Learn two restorative formulas designed to manage your energy level and create a complete full-body practice, to optimize comfort and circulation. This workshop will focus on front space (chest openers), backspace (forward bends), and side spaces (twists and side bends) as well as inversions to balance all spaces. Includes a handbook of posture benefits for home use. Instructor: Nicole Williams. Registration closes 72 hours prior to class start date.

\$32.00 ID \$38.40 OD

Activity: [305629](#) - Opens Aug. 14

Sa: 1:00 - 3:30 pm

Sessions: 10/21 12/2

7 Chakra Yoga

Ages: All Adults

Juniper Swim and Fitness

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. We will explore each of the 7 Chakras over the two weekend classes. We will deepen your knowledge of chakras through discussion, visual and physical exercises, song, vinyasa yoga, contemplation and meditation. All levels are encouraged to participate. Instructor: Jes Scheel. Registration closes 72 hours prior to class start date.

\$48.00 ID \$57.60 OD

Activity: [305660](#) - Opens Aug. 14

Su: 3:30 - 5:30 pm

Session: 10/22 - 29

Travel

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

San Antonio Holiday

Ages: All Adults

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

\$2,475.00 each

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

Dates: 11/29 - 12/3/2023

Best of Australia & New Zealand

Ages: All Adults

A trip of a lifetime. This very inclusive journey features many great highlights of Australia and both the North and South Island of New Zealand. In Sydney, enjoy a tour of the famed Opera House. Take in a sunset cruise in Sydney Harbour and visit Wildlife World to get an up-close look at Australia's unique critters among many other highlights. Next, we fly to Cairns in tropical North Queensland where you'll spend the day enjoying all aspects of the Great Barrier Reef. You'll see firsthand why Melbourne is considered the cultural capital on a fascinating city tour to see all of the highlights! We then fly to the South Island of New Zealand where we spend three beautiful nights in Queensland on the banks of Lake Wakatipu. You'll also take a breathtaking drive to beautiful Milford Sound and enjoy a scenic luncheon cruise. Lastly, we visit the North Island of New Zealand. In Rotorua, home to the island's unique thermal reserves and geysers, you'll enjoy a traditional Maori feast and see the famed Haka firsthand. You'll also visit Hobbiton, the movie set for Lord of the Rings and home to hobbits everywhere. Your last stop is to metropolitan Auckland before you make your way home. Sit back and relax on this epic 17-day journey while we take care of all your flights and arrangements on this bucket list trip.

\$9195.00 each

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

Dates: 2/19 - 3/7/2024



Register at register.bendparksandrec.org • Fall registration opens August 14 - 16 at 6:00 a.m. daily. Check Activity # for opening date.

How to register and refund/cancellation policy on pages 4 - 7. • Program locations on pages 78 - 79. • Park lists on pages 80 - 81.



Best of Chicago

Ages: All Adults

Stay five nights at the beautiful and historic Palmer House Hilton located in the heart of downtown Chicago. Enjoy a city tour on the famed Chicago Architectural Boat Tour on the Chicago River. Also travel to the top of the Willis Tower (former Sears Tower) for incomparable views of the Windy City. Take a trip back in time as you explore Chicago's 1930s history on the Untouchables Tour. Next, visit the home and studio of famed architect Frank Lloyd Wright. You'll also travel to Racine, Wisconsin to explore more Frank Lloyd Wright designs. And no trip to Chicago is complete without a behind-the-scenes tour of Wrigley Field, the historic home of the Chicago Cubs.

\$2875.00 each
(dbl. occupancy, land/air/tax from Portland)

Dates: 5/23 - 28/2024

Majestic Canadian Rockies

Ages: All Adults

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

\$3699.00 each
(dbl. occupancy, land/air/tax from Portland)

Dates: 7/21 - 26/2024

Albuquerque Balloon Fiesta & Santa Fe

NEW

Ages: All Adults

We invite you to come see one of the most photographed events in the world, the Albuquerque Balloon Fiesta! Some of the amazing highlights of this tour include a front row view of the Mass Assentation and the balloon glow at one the oldest and largest hot air balloon festivals in the world. You'll also spend three nights in the artist community of Santa Fe. Travel to Taos, New Mexico and tour the oldest continuously inhabited community in the United States.

\$3175.00 each
(dbl. occupancy, land/air/tax from Portland)

Dates: 10/4 - 9/2024



Highlights of the Douro River in Spain

Ages: All Adults

Travel to Porto, Portugal and embark on a seven-night cruise on the Douro River aboard the MS Amelia Rodrigues. Your ship features all outside cabins and a maximum of 128 guests. All meals and beverages are included for the duration of your cruise including wine, soft drinks, and non-premium spirits. Your ship also features complimentary Wi-Fi for sharing pictures and staying connected. In Portugal you'll enjoy tours in Porto, Vila Réal, Lamego and Guimarães. You'll also enjoy a visit and city tour of Salamanca Spain, several opportunities for wine tasting and Flamenco and Fado entertainment. This trip also offers an opportunity to extend your journey with three nights in Portugal's beautiful capital, Lisbon.

\$5195.00 each CAT E
(dbl. occupancy, land/air/tax from Portland)

Dates: 10/21 - 29/2024

Rose Parade & New Year's in Southern California

NEW

Ages: All Adults

Escape the rainy Pacific Northwest and enjoy five nights in one hotel in sunny Southern California. Enjoy a wonderful New Year's Eve party complete with live entertainment. Take in the splendor of the Tournament of Roses Parade from your reserved grandstand seats. This trip features highlights like a behind-the-scenes look at the parade floats at the Showcase of Floats, the beautiful beach communities of Laguna and Newport, a mouth-watering lunch at Lawry's in Beverly Hills, a San Diego Harbor cruise and much more.

\$3349.00 each
(dbl. occupancy, land/air/tax from Portland)

Dates: 12/30/2024 - 1/4/2025



Clay

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 water this class is for you. Follow the process of basic wheel throwing practice, trimming and glazing. Instructor: Hunter Teig.

\$215.00 ID \$258.00 OD

Activity: [311103](#) - Opens Aug. 14

Tu: 9:00 am - 12:00 pm

Sessions: 9/26 - 10/31
11/7 - 12/19 (no class 11/21)

**Work for play
at BPRD.**

Learn more at
bendparksandrec.org/jobs

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 are provided; additional clay is available for purchase at the studio. Instructor: Helen Bommarito.

\$215.00 ID \$258.00 OD

Activity: [311100](#) - Opens Aug. 14

W: 11:00 am - 2:00 pm

Sessions: 9/27 - 11/1
11/8 - 12/20 (no class 11/22)

Th: 11:00 am - 2:00 pm

Sessions: 9/28 - 11/2
11/9 - 12/21 (no class 11/23)

F: 11:00 am - 2:00 pm

Sessions: 9/29 - 11/3
11/10 - 12/22 (no class 11/24)



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.

\$215.00 ID \$258.00 OD

Activity: [311102](#) - Opens Aug. 14

W: 6:00 - 9:00 pm

Sessions: 9/27 - 11/1
11/8 - 12/20 (no class 11/22)

**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

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.

\$69.00 ID \$82.80 OD

Activity: [302423](#) - Opens Aug. 14

Sa: 10:00 am - 12:30 pm

Session: 9/23

Let's Make An Installation NEW

Ages: 16 & up

Larkspur Community Center

Let's make an Installation! What is installation art? A whole lot of fun! In this class you will learn a bit about the history of installation art and discover some famous installation artists and their work! You will design and build a model of your own dream installation and we will work together to build our own public art installation! Instructor Anastasia Zielinski.

\$129.00 ID \$154.80 OD

Activity: [311214](#) - Opens Aug. 14

Th: 6:00 - 8:00 pm

Session: 10/12 - 11/16

Work for play at BPRD.

Learn more at bendparksandrec.org/jobs

DIY: Simple Scrapbooking

Ages: All Adults

Larkspur Community Center

Life is about creating memories! Today's scrapbooks can be beautiful collections and displays of those memories. In this class we will learn simple, easy and efficient ways to display what matters from your collection of memories. Please bring 20-25 print photos - such as an anniversary, a recent trip, a family reunion or new baby. Together, we will create quick and easy memory books. Instructor: Claire-Anne Wood.

\$59.00 ID \$70.80 OD

Activity: [302436](#) - Opens Aug. 14

Th: 1:00 - 3:30 pm

Session: 10/26



DIY: Stained Glass Wind Chimes

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.

\$69.00 ID \$82.80 OD

Activity: [302402](#) - Opens Aug. 14

Th: 2:00 - 4:00 pm

Session: 10/26



DIY: Glass on Glass

Ages: All Adults

Larkspur Community Center

Get the look of stained glass without the soldering. We will start with a basic picture frame, apply colorful stained glass in a simple design. After watching a demo on how to grout, you will take home your project to complete; a handmade masterpiece to hang in your window. Supplies and tools provided. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302431](#) - Opens Aug. 14

Sa: 10:00 am - 3:30 pm

Session: 11/4

DIY: Mosaic Luminaries

Ages: All Adults

Larkspur Community Center

Learn the basics of mosaic art, while making a one-of-a-kind luminary (or night light) using a glass block and stained glass pieces. We will create your design, as well as apply the materials. Watch a demo on how to grout and finish your project at home. All materials, aprons, gloves, and safety glasses provided, including a 4' light string to put inside once completed. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302418](#) - Opens Aug. 14

Sa: 10:00 am - 3:00 pm

Session: 11/18



DIY: Bead Mosaics NEW

Ages: All Adults

Larkspur Community Center

Create a sweet picture by pouring and adhering seed beads in colored sections bordered with foam strips. The result is a sparkly, colorful image that will delight and inspire. No experience necessary. Supplies and tools provided. Instructor: Jessica Carleton.

\$69.00 ID \$82.80 OD

Activity: [302424](#) - Opens Aug. 14

Sa: 10:00 am - 12:30 pm

Session: 12/2



Work for play at BPRD.

Learn more at bendparksandrec.org/jobs

Painting

Paint Central Oregon Landscapes

Ages: 14 & up

Larkspur Community Center

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

\$179.00 ID \$214.80 OD

Activity: [31112](#) - Opens Aug. 14

Sa: 9:00 - 11:00 am

Sessions: 9/9 - 30 12/2 - 23

Introduction to Pastel Painting

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: [302404](#) - Opens Aug. 14

Th: 1:00 - 3:30 pm

Session: 9/14

Beginning Watercolor

Ages: All Adults

Larkspur Community Center

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

\$25.00 ID \$30.00 OD

Activity: [302400](#) - Opens Aug. 14

Th: 1:00 - 3:30 pm

Session: 10/12

Paint Your Pet

Ages: 14 & up

Larkspur Community Center

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

\$179.00 ID \$214.80 OD

Activity: [311242](#) - Opens Aug. 14

Sa: 9:00 am - 12:00 pm

Session: 11/4 - 25



Printmaking

Printmaking

Ages: 16 & up

Larkspur Community Center

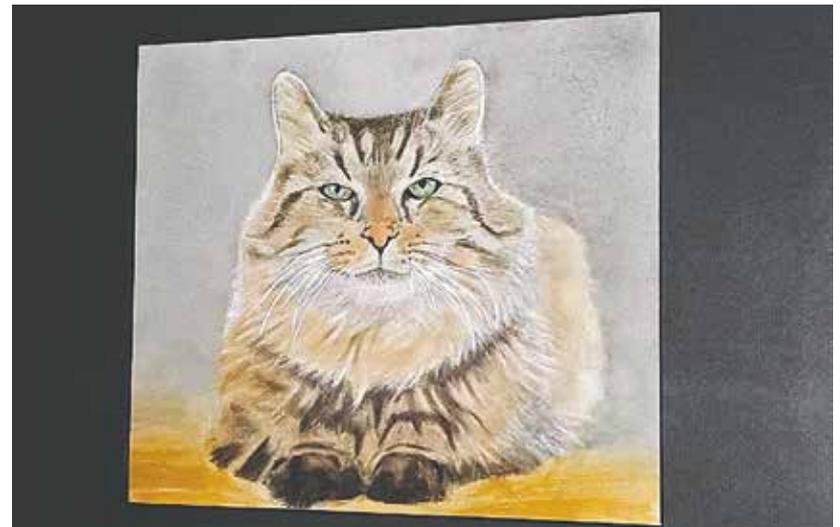
Learn how to make your own printed designs for cards, t-shirts and more using household items. Learn how to create fun marks, mixed colors and unique patterns that are sure to impress. Instructor: Anastasia Zielinski.

\$129.00 ID \$154.80 OD

Activity: [311130](#) - Opens Aug. 14

Tu: 6:00 - 8:00 pm

Session: 9/26 - 10/31



Reduction Block Printing NEW

Ages: 14 & up

Larkspur Community Center

Learn how to create a one-of-a-kind block print. In this class, we use a reduction printing technique to produce multilayered and multicolored prints. Each layer builds on the last as we cut off the linoleum block to reveal the next color in our compositions. When done, the only thing left on our blocks will be the lines and shapes of the darkest color and we will have created unique prints that can never be reproduced. Instructor: Anastasia Zielinski.

\$139.00 ID \$166.80 OD

Activity: [311228](#) - Opens Aug. 14

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

Session: 12/5 - 14

With A Child: Art

With A Child: Fun With Clay

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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Harmon Clay Studio Staff.

\$75.00 ID \$90.00 OD

Activity: [311500](#) - Opens Aug. 14

Sa: 10:00 am - 12:00 pm

- OR - 12:30 - 2:30 pm

Sessions: 9/9 - Clay Creature
9/16 - Animals
9/23 - Gnomes
9/30 - Spooky Houses
10/7 - Monsters
10/14 - Pumpkins
10/21 - Fall Mugs
10/28 - Animal Bowls
11/4 - Dragons
11/18 - Cups & Bowls
12/9 - Holiday Trees
12/16 - Mugs



With A Child: NEW Odd Birds

Ages: 6 & up with Adult

Larkspur Community Center

Come and see the odd birds that we can make with scraps of glass, googly eyes, ornaments, sticks, wires and a little imagination. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Jessica Carleton.

\$49.00 ID \$58.80 OD

Activity: [302435](#) - Opens Aug. 14

Sa: 10:00 - 11:00 am

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

Session: 9/16

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: 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 that when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [302416](#) - Opens Aug. 14

Th: 5:30 - 7:30 pm

Sessions: 9/21 - Fall Birds
12/7 - Holiday Moose

Sa: 5:30 - 7:30 pm

Sessions: 10/21 - Pumpkins & Cats
10/28 - Give Thanks

With A Child: Acrylic Pouring on Canvas

Ages: 6 & up with Adult

Larkspur Community Center

Swirl, slip and slide acrylic paint across a canvas and create amazing results together. Learn acrylic pouring technique and applications. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Stephen Teater.

\$69.00 ID \$82.80 OD

Activity: [311541](#) - Opens Aug. 14

Sa: 9:00 - 11:00 am

Sessions: 10/7 10/14
10/21 10/28

**More
"With A Child"
classes**

Cooking on page 11 - 13.

With A Child: Fun with Fused Glass

Ages: 6 & up with Adult

Larkspur Community Center

Come enjoy the evening with your child and make fused glass ornaments. Try your creativity in designing with different shapes and color pieces to make the most of your holiday décor. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [302438](#) - Opens Aug. 14

Th: 5:30 - 7:00 pm

Sessions: 10/26 - Jack o'Lantern
11/9 - Turkey
11/30 - Holiday Ornaments



With A Child: Ceramic Ornament Paint Night

Ages: 6 & up with Adult

Larkspur Community Center

Enjoy a fun night with your child painting ceramic holiday ornaments. Select from an assortment of unfinished shapes and designs and let your creativity shine. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [302417](#) - Opens Aug. 14

F: 5:00 - 7:00 pm

Session: 12/8

PLAY LIKE
A KID!ADULT
HOCKEY
LEAGUES

PAGE 22

we're 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: [310334](#) - Opens Aug. 14

F: 9:00 - 11:00 am

Sessions:	10/27	11/3
	11/10	11/17
	11/24	12/1
	12/8	12/15
	12/22	12/29

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. Sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6115.

Adult Curling League

Ages: All Adults

The Pavilion

Open to all levels of curling experience, from first-timers to seasoned experts! This league gives you a chance to compete alongside your friends. BPRD will supply stones, brooms and all necessary equipment. Games are played on Sunday afternoons and evenings in a round-robin format. 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 and pays on behalf of your team of four to six players.

Registration deadline: 10/15,
11:59 p.m.

\$450.00 / team

Activity: [310331](#) - Opens Aug. 16

Su: 3:00 - 10:00 pm

Season: 10/29 - 12/17 (no program 11/26)



Drop-in Basketball & Skatepark

All ages for \$5.00 person

Su: 10:00 - 11:30 am

Dates: August -
September
(no program 9/17)

Come in and enjoy the covered basketball courts or ride the skatepark. We have one full court available for basketball, balls available to use at the facility. Skatepark is open to roller skates, roller blades, scooters and skateboards. Helmets are required in the skatepark.

Check schedules at
thepavilioninbend.com.

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 Times:

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.

Adult: \$13.50 / Youth: \$12.50

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.

Adult: \$13.50

Activity: [410403](#) - 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.

Adult: \$13.50 / Youth: \$12.50

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

Curling Time

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

Adult: \$20.00

Activity: [410332](#) - Adult



Hockey

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: [310321](#) - Opens Aug. 14

F: 8:15 - 9:15 pm
- OR - 9:30 - 10:30 pm

Session: 10/27 - 12/15
(no program 11/10 & 11/24)

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: 10/20,
11:59 p.m.

\$160.00 ID \$192.00 OD

Activity: [310325](#) - Opens Aug. 16

F: 11:45 am - 2:00 pm

Season: 11/3 - 12/15 (no program 11/24)

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.

Adult Hockey League

Ages: All Adults

The Pavilion

Join BPRD's popular Adult Hockey League for camaraderie and fun! Players register individually in one of six divisions (A, B, C+, C-, D or new "Newberry League"). In order for players to play in the Adult Hockey League, we require that you can comfortably skate, change directions and stop. The Newberry League will be for those players who need to learn the basics of the game and will be a scrimmage-style league with coaches. Registration includes twelve regular season games plus at least two playoff games; each game includes three 17-minute periods with a 3-minute warm-up. Full gear required. Evaluations will take place only as needed (only required for new players to the league and players on the "bubble" between divisions). For more information contact DavidC@bendparksandrec.org.

Registration deadline: 10/15,
11:59 p.m.

\$336.00 ID \$403.20 OD

Activity: [310320](#) - Opens Aug. 16

M-Th: 6:30 - 11:15 pm

Season: 11/13 - 3/1

(No games 11/20 - 11/23 and 12/18 - 1/4)



Ice Skating

With A Child: Learn to Skate

Ages: 6 - 11

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. Skate rentals included.

\$140.00 ID \$168.00 OD

Activity: [310110](#) - Opens Aug. 14

Th: 5:40 - 6:10 pm

Session: 11/2 - 12/14 (no program 11/23)



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, you 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. Skate rentals included.

\$87.00 ID \$104.40 OD

Activity: [310141](#) - Opens Aug. 14

Th: 5:40 - 6:10 pm

Session: 11/2 - 12/14 (no program 11/23)

Sa: 8:45 - 9:15 am

Session: 11/4 - 12/16 (no program 11/25)

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. Skate rentals included.

\$87.00 ID \$104.40 OD

Activity: [310143](#) - Opens Aug. 14

Th: 5:40 - 6:10 pm

Session: 11/2 - 12/14 (no program 11/23)

Sa: 8:45 - 9:15 am

Session: 11/4 - 12/16 (no program 11/25)

Learn to Skate: Adult Hockey NEW

Ages: All Adults

The Pavilion

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 confidently and unassisted. Skate rentals included.

\$87.00 ID \$104.40 OD

Activity: [310146](#) - Opens Aug. 14

Tu: 5:40 - 6:10 pm

Session: 11/7 - 12/12
(\$72.00 ID \$86.40 OD, no program 11/21)

Th: 5:40 - 6:10 pm

Session: 11/2 - 12/14 (no program 11/23)

Sa: 9:20 - 9:50 am

Session: 11/4 - 12/16 (no program 11/25)



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 Saturdays at 10:30 - 10:45 am, October 28 - December 16 (excluding 11/25) to ensure you or your child are in the right class. Inquire at the front desk or call (541) 389-7588 to arrange an appointment.

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 55.

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). Cheap Skates on Tuesdays not included.

Schedules at
thepavilioninbend.com.



Wilderness Safety & First Aid

Wilderness First Aid

Ages: 16 & up

Hollinshead Barn

This program 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

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

Session: 10/8 - 9

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

Session: 10/17 - 18

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

Session: 11/1 - 2

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). Includes CPR. *If your certification is expired, to re-certify a WFR course issued by National Outdoor Leadership School (NOLS), please check their website at www.nols.edu to confirm the latest policies in regards to the grace period (typically 1 year). For certifications not issued by NOLS, you should possess a valid and unexpired WFR certification in order to take this course.

\$355.00 ID/OD

Activity: [408362](#) - Open now

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

Session: 10/11 - 13

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

Sessions: 10/24 - 26 11/28 - 30

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 decisions. Presented by NOLS Wilderness Medicine, 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. Adult/child CPR certification is included. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. Deposit of \$425 required at registration with remaining 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

Sessions: 11/12 - 21 12/1 - 10

Wilderness Upgrade for Medical Professionals

Ages: All Adults

Hollinshead Barn

Presented by NOLS Wilderness Medicine, 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. Continuing education units available. Deposit of \$425 due at registration with remaining balance due 30 days prior start of training.

\$850.00 ID/OD

Activity: [408366](#) - Open now

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

Session: 11/5 - 9

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

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

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

ADVANCE
YOUR
SWIMMING
.....
SEE
BELOW

swim on

Adult Swimming

Level 1 Adult Swim Instruction

Ages: 16 & up

Juniper Swim and Fitness

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 of swimming you may have. The majority of class is in shallow water.

\$150.00 ID \$180.00 OD

Activity: [305554](#) - Opens Aug. 15

Sa: 9:00 - 9:45 am

Session: 9/30 - 12/9 (no class 11/25)

Level 2 Adult Swim Instruction

Ages: 16 & up

Juniper Swim and Fitness

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.

\$150.00 ID \$180.00 OD

Activity: [305555](#) - Opens Aug. 15

Tu: 6:20 - 7:05 pm

Session: 9/26 - 12/5 (no class 11/21)

Th: 6:20 - 7:05 pm

Session: 9/28 - 12/7 (no class 11/23)

Level 3 Adult Swim Instruction

Ages: 16 & up

Juniper Swim and Fitness

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, short distance repeats and is individualized to meet your goals. Appropriate for adults who can swim 15 meters but not much more.

\$150.00 ID \$180.00 OD

Activity: [305556](#) - Opens Aug. 15

Tu: 5:30 - 6:10 pm

Session: 9/26 - 12/5 (no class 11/21)

Th: 5:30 - 6:15 pm

Session: 9/28 - 12/7 (no class 11/23)

Water Wisdom Swim Lessons for 55 & Better NEW

Ages: 55 & up

Larkspur Community Center

It is never too late to experience the magic of water. This class is designed for adults 55 and better who have always wanted to learn to swim. Join your peers in our warm water pool where we will introduce you to basic swim skills and water safety while helping conquer any fears of swimming. The majority of this class is in shallow water.

\$150.00 ID \$180.00 OD

Activity: [315570](#) - Opens Aug. 15

Tu: 3:05 - 3:50 pm

Session: 9/19 - 12/12 (no class 11/21)

Th: 3:05 - 3:50 pm

Session: 9/21 - 12/14 (no class 11/23)

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.

Dates: 9/18 - 12/31

M/W/F: 5:35 - 6:50 am
11:45 am - 1:00 pm

T/Th: 6:45 - 8:00 am
9:00 - 10:15 am

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

CLICK TO LEARN
MORE ABOUT
MASTERS SWIMMING
& LAP SWIMMING

[Check schedule](#)

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.



always in play

*"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 THERAPEUTIC RECREATION

Kids' Adventure Days

Ages: 6 - 12

District Office

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

\$45.00 ID \$54.00 OD

Activity: [304810](#) - Opens Aug. 14

Sa: 1:30 - 5:00 pm

Sessions:	9/9	10/7
	11/18	12/9

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.



Youth Game & Activity Night

Ages: 8 - 17

District Office

Join us for an evening of crafts and games. Depending upon the weather, we may get outside for some games in Riverbend Park. This program is designed for youth with disabilities and their siblings or friends.

\$30.00 ID \$36.00 OD

Activity: [304803](#) - Opens Aug. 14

F: 6:00 - 8:00 pm

Session: 9/15



TEEN THERAPEUTIC RECREATION

Teen Adventure Club

Ages: 13 - 21

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 the weather. This program is designed for teens with disabilities and their siblings or friends.

\$45.00 ID \$54.00 OD

Activity: [304820](#) - Opens Aug. 14

Sa: 9:30 am - 1:00 pm

Sessions: 9/9 10/7
11/18 12/9

Teen Fitness **NEW**

Ages: 13 - 17

Larkspur Community Center

Try out this new program, just for teens that's focused on a fit and healthy lifestyle. We will utilize fitness centers at Juniper Swim and Fitness Center or Larkspur Community Center to exercise with friends.

This program is designed for teens with disabilities and their siblings or friends.

\$25.00 ID \$30.00 OD

Activity: [304850](#) - Opens Aug. 14

F: 5:30 - 7:00 pm

Sessions: 9/22 12/1

M: 5:30 - 7:00 pm

Session: 11/6

Youth Trampoline Night

Ages: 8 - 17

District Office

Jump, bounce, run, play - join us for a night on trampolines with friends. This program is designed for youth with disabilities and their siblings or friends.

\$40.00 ID \$48.00 OD

Activity: [304800](#) - Opens Aug. 14

M: 5:45 - 7:15 pm

Session: 10/16

Youth Swimming 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. This program is designed for youth with disabilities, and their siblings or friends.

\$25.00 ID \$30.00 OD

Activity: [304801](#) - Opens Aug. 14

F: 5:00 - 7:00 pm

Sessions: 10/20 12/15

Youth Movie & Craft Night

Ages: 8 - 17

Norton Avenue Apts

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. This program is designed for youth with disabilities, and their siblings or friends.

\$35.00 ID \$42.00 OD

Activity: [304604](#) - Opens Aug. 14

F: 6:00 - 8:00 pm

Session: 11/3



Register at register.bendparksandrec.org • Fall registration opens August 14 - 16 at 6:00 a.m. daily. Check Activity # for opening date.

How to register and refund/cancellation policy on pages 4 - 7. • Program locations on pages 78 - 79. • Park lists on pages 80 - 81.



ADULT THERAPEUTIC RECREATION

Day Program: Community Outing

Ages: All Adults

Norton Avenue Apts

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

\$120.00 ID \$144.00 OD

Activity: [304505](#) - Opens Aug. 14

F: 9:30 am - 12:30 pm

Sessions: 9/8 - 29 10/6 - 27
11/3 - 17 12/1 - 15

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.

Therapeutic Recreation BBQ

NEW

Ages: All Ages

Alpenglow Park

Join us for our first-ever BPRD Therapeutic Recreation BBQ. All participants and families are invited and it's a great opportunity to connect with other families and staff. Games and activities will be organized by BPRD staff. BPRD will provide main dishes and families will be asked to bring a side dish. This is a family event - 1:1 staff support will not be available.

\$5.00 ID \$6.00 OD

Activity: [304507](#) - Opens Aug. 14

Sa: 1:00 - 5:00 pm

Session: 9/23

Oregon Coast Trip

Ages: All Adults

Norton Avenue Apts

This year's Oregon Coast Trip will be to Fort Stevens State Park on the northern coast. We will spend two nights in yurts, eat delicious seafood, hike trails in the coastal mountains and play on the beach. What a fun two days!

\$350.00 ID \$420.00 OD

Activity: [304601](#) - Opens Aug. 14

F - Su: 7:00 am - 4:00 pm

Session: 9/29 - 10/1

Science Center **NEW**

Ages: All Adults

Norton Avenue Apts

Time for some hands-on science fun! Each week we will explore a different science topic as we delve into biology, geology, physics and more. We'll conduct experiments, ask questions and explore the fascinating world of science together.

\$45.00 ID \$54.00 OD

Activity: [304108](#) - Opens Aug. 14

Th: 6:00 - 7:30 pm

Session: 10/5 - 26

Saturday Adventure

Ages: All Adults

Norton Avenue Apts

Join us for an outing with friends in or around Bend. The outing will be determined based on the weather, but it will certainly be active and scenic. Saturdays have never been so much fun!

\$55.00 ID \$66.00 OD

Activity: [304104](#) - Opens Aug. 14

Sa: 10:00 am - 4:00 pm

Sessions: 10/14 11/11
12/16



Community Contributions

Ages: All Adults

Norton Avenue Apts

Let's take some time to give back to the Bend community. We will either volunteer at an organization or business in town, or use our artistic skills to create gifts to donate somewhere in need.

\$30.00 ID \$36.00 OD

Activity: [304100](#) - Opens Aug. 14

Sa: 10:00 am - 1:00 pm

Session: 10/21

Who's Got Talent **NEW**

Ages: All Adults

Norton Avenue Apts

Inspired by the popular TV show, America's Got Talent, contestants will spend two weeks selecting, practicing, and rehearsing their talent acts before competing in the third and final week. From singing, dancing, yodeling or maybe trying to balance as many cups on your head as you can, does your talent have what it takes to be number one? Let's find out together in this fun-focused competition.

\$45.00 ID \$54.00 OD

Activity: [304140](#) - Opens Aug. 14

Tu: 5:30 - 7:30 pm

Session: 10/31 - 11/14

Holiday Parade Float

Ages: All Adults

Twin Knolls Trans

Let's spend three weeks working together to build our BPRD Therapeutic Recreation holiday parade float! We will all work collectively in choosing a theme for our float and then build it into our final masterpiece that will be presented at the downtown holiday parade on December 2.

\$65.00 ID \$78.00 OD

Activity: [304420](#) - Opens Aug. 14

W: 6:30 - 8:00 pm

Session: 11/1 - 15

Culture Club

NEW

Ages: All Adults
Norton Avenue Apts

No need to purchase a plane ticket for this international adventure! In Culture Club, we will learn about a different country and its customs each week. We will sample local cuisine, listen to some favorite songs and participate in popular local activities.

\$40.00 ID \$48.00 OD

Activity: [304230](#) - Opens Aug. 14

Tu: 5:30 - 7:30 pm

Session: 11/28 - 12/12

Holiday Parade

Ages: All Adults
Norton Avenue Apts

Join your friends for a day of singing, laughing and hot cocoa at the annual holiday parade in downtown Bend. Don't miss the boat - sign up to be on the float!

\$35.00 ID \$42.00 OD

Activity: [304517](#) - Opens Aug. 14

Sa: 10:00 am - 2:00 pm

Session: 12/2

Cocoa, Candy Canes & Holiday Lights

Ages: All Adults
Norton Avenue Apts

With cups of hot cocoa and candy canes, we'll drive around Bend for a beautiful night of holiday light viewing. Let's find out where the most festive house in Bend is!

\$20.00 ID \$24.00 OD

Activity: [304418](#) - Opens Aug. 14

F: 5:30 - 7:30 pm

Session: 12/8

Arts & Crafts

Jewelry Making

Ages: All Adults
Twin Knolls Trans

Ever want to make your own earrings? Or twine together a stone to make a ring? How about friendship bracelets for your pals? Even if you don't think jewelry is your thing, this class is great fun as we create gifts for family and friends, or maybe even yourself!

\$85.00 ID \$102.00 OD

Activity: [304400](#) - Opens Aug. 14

W: 6:30 - 8:00 pm

Session: 9/6 - 27



Upcycled Art

Ages: All Adults
Twin Knolls Trans

Everything in this art class will have had another purpose before finding itself in your creative hands. Tin cans, toilet paper rolls and milk jugs will be repurposed into spectacular works of art.

\$85.00 ID \$102.00 OD

Activity: [304419](#) - Opens Aug. 14

W: 6:30 - 8:00 pm

Session: 10/4 - 25

Cooking & Baking

Fall Fiesta

NEW

Ages: All Adults
Twin Knolls Trans

Cocinemos! Let's cook! Join us as we learn to cook Mexican cuisine together. From enchiladas to huevos rancheros, we will explore many favorite dishes, ingredients and seasonings.

\$110.00 ID \$132.00 OD

Activity: [304301](#) - Opens Aug. 14

W: 4:30 - 6:30 pm

Session: 9/6 - 27

Meatless Masterpieces

NEW

Ages: All Adults
Twin Knolls Trans

Did you know that cauliflower can be used to replace chicken as a delicious alternative to buffalo wings? And jackfruit makes an excellent substitute for pork on a BBQ sandwich? Join us as we recreate some favorite meat dishes with delicious meatless alternatives.

\$110.00 ID \$132.00 OD

Activity: [304314](#) - Opens Aug. 14

W: 4:30 - 6:30 pm

Session: 10/4 - 25

Warm & Cozy Dishes

Ages: All Adults
Twin Knolls Trans

Mmmmmmm, let's warm up our insides this fall as we learn to make cozy soups, stews and other hot meals. These comforting recipes will lift your body temperature and spirit.

\$85.00 ID \$102.00 OD

Activity: [304315](#) - Opens Aug. 14

W: 4:30 - 6:30 pm

Session: 11/1 - 15



Canning & Pickling

Ages: All Adults

Twin Knolls Trans

Not only are canning and pickling great ways to extend a food's shelf life, the processes are fun to learn and can make excellent holiday gifts. Whether you like pickles or not, you'll be able share some delicious foods this holiday season.

\$65.00 ID \$78.00 OD

Activity: [304421](#) - Opens Aug. 14

W: 6:30 - 8:00 pm

Session: 11/29 - 12/13

Holiday Favorites

Ages: All Adults

Twin Knolls Trans

Why wait for holiday feasts when you could nosh on your favorite holiday foods all season long? Grab a favorite family or celebratory recipe for this class as we recreate our holiday dishes and share them with friends.

\$85.00 ID \$102.00 OD

Activity: [304316](#) - Opens Aug. 14

W: 4:30 - 6:30 pm

Session: 11/29 - 12/13

Fun & Games

Treasure Hunters

Ages: All Adults

Norton Avenue Apts

Ahoy mateys! Each week we'll explore Bend using a series of treasure maps to search for the X that marks the spot. Working together in teams, you'll try to decipher the clues that will lead you to the bounty

\$45.00 ID \$54.00 OD

Activity: [304706](#) - Opens Aug. 14

Th: 5:30 - 7:30 pm

Session: 9/7 - 28



Game Night

Ages: All Adults

Norton Avenue Apts

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

\$25.00 ID \$30.00 OD

Activity: [304508](#) - Opens Aug. 14

M: 5:30 - 7:30 pm

Session: 9/18

Scavenger Hunt

Ages: All Adults

Norton Avenue Apts

Let's go on an adventure finding fall-related items around Bend. We will start at Norton Avenue Apartments and head out to local parks following clues.

\$30.00 ID \$36.00 OD

Activity: [304513](#) - Opens Aug. 14

F: 4:30 - 7:30 pm

Session: 10/6

Afternoon at the Pool

Ages: 16 & up

Norton Avenue Apts

It may be cold outside, but we can still make a splash at the warm indoor pools as we join the Recreation Swim session at Juniper Swim & Fitness Center.

\$30.00 ID \$36.00 OD

Activity: [304506](#) - Opens Aug. 14

Sa: 1:00 - 3:45 pm

Session: 10/21

Howlin' Halloween Dance

Ages: All Adults

Hollinshead Barn

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

\$35.00 ID \$42.00 OD

Activity: [304511](#) - Opens Aug. 14

F: 6:00 - 9:00 pm

Session: 10/27

Night at the Pool

Ages: 17 & up

Larkspur Community Center

Splash around with your friends! Come join us for an evening of swimming and games.

\$25.00 ID \$30.00 OD

Activity: [304503](#) - Opens Aug. 14

F: 5:00 - 7:00 pm

Session: 11/17

Bowling Night

Ages: All Adults

Norton Avenue Apts

All skill levels are welcome for a fun night of strikes, spares, and, of course, gutter balls!

\$40.00 ID \$48.00 OD

Activity: [304399](#) - Opens Aug. 14

M: 5:00 - 8:00 pm

Session: 11/27

Outdoors

Outdoor Sports

Ages: All Adults

Norton Avenue Apts

Disc golf, fishing and croquet are just a few things we will be learning and playing in September. Each week we will be tackling a different sport while enjoying the last days of summer sun.

\$45.00 ID \$54.00 OD

Activity: [304101](#) - Opens Aug. 14

Tu: 5:30 - 7:30 pm

Session: 9/5 - 26



Evening Adventure

Ages: All Adults

Norton Avenue Apts

Let's get out on an outdoor adventure before the summer weather departs! The activity will be weather-dependent, but you can count on it to be active and adventurous.

\$35.00 ID \$42.00 OD

Activity: [304422](#) - Opens Aug. 14

F: 5:00 - 9:00 pm

Session: 9/8

Sports & Fitness

Fitness Fun

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.

\$45.00 ID \$54.00 OD

Activity: [304512](#) - Opens Aug. 14

Tu: 5:30 - 7:30 pm

Session: 10/3 - 24

Moving to Music

Ages: All Adults

Norton Avenue Apts

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

\$70.00 ID \$84.00 OD

Activity: [304105](#) - Opens Aug. 14

Th: 6:15 - 7:45 pm

Session: 11/2 - 12/14



**ACTIVITIES
FOR
AGES 5
& UNDER**

time to play

Art & Clay

PreClay

Ages: 3 - 5 with Adult
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. The fee includes one child and one required accompanying adult. Please only register the child.
 Instructor: Helen Bommarito

\$35.00 ID \$42.00 OD
 Activity: [311300](#) - Opens Aug. 14
F: 9:45 - 10:45 am
 Sessions: 9/22 10/20
 11/17 12/15

Art StART

Ages: 2 - 5 with Adult
Larkspur Community Center
 Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Join us for play-based art explorations inspired by child-friendly themes. The fee includes one child and one required accompanying adult. Please only register the child.
 Instructor: Anne Rustand.

\$89.00 ID \$106.80 OD
 Activity: [311301](#) - Opens Aug. 14
Tu: 9:00 - 10:00 am
 - OR - **10:30 - 11:30 am**
 Sessions: 9/12 - 10/3 10/17 - 11/7
 11/28 - 12/12
W: 9:00 - 10:00 am
 - OR - **10:30 - 11:30 am**
 Sessions: 9/13 - 10/4 10/18 - 11/8
 11/29 - 12/13
Th: 9:00 - 10:00 am
 - OR - **10:30 - 11:30 am**
 Sessions: 9/14 - 10/5 10/19 - 11/9
 11/30 - 12/14

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

**Look for
 With A Child
 classes:
 Art, page 49,
 Cooking, page 11 - 13.**

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 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 amazing art experience! Each session will have different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$30.00 ID \$36.00 OD

Activity: [311302](#) - Opens Aug. 14

F: 9:00 - 10:00 am
- OR - 10:30 - 11:30 am

Sessions:	9/8	9/22
	10/6	10/20
	11/3	11/17
	12/1:	12/15



Dance

Happy Hip Hop

Ages: 5 - 7

Academie De Ballet

Come and learn the latest dance style of today's top choreographers. Utilize moves from street dance, breaking, popping, locking and freestyle and incorporate them into a vibrant dance combination that expresses your individuality.

\$225.00 ID \$270.00 OD

Activity: [306570](#) - Opens Aug. 14

W: 2:45 - 3:30 pm

Session: 9/13 - 12/6 (no class 11/22)

Born to Dance

Ages: 3

Academie De Ballet

Little ones will travel to the zoo, the sea or maybe the moon - it could be anywhere in this creative dance class! Budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Parents are able to sit in class with their dancer. Dress code is required; view studio website for more information at <https://abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/>

\$189.00 ID \$226.80 OD

Activity: [306573](#) - Opens Aug. 14

Sa: 9:30 - 10:00 am

Session: 9/16 - 12/9 (no class 11/25)

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 <https://abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/>

\$234.00 ID \$280.80 OD

Activity: [306580](#) - Opens Aug. 14

Sa: 9:40 - 10:15 am

Session: 9/16 - 12/9 (no class 11/25)

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 <https://abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/>

\$234.00 ID \$280.80 OD

Activity: [306582](#) - Opens Aug. 14

Sa: 10:10 - 10:55 am

Session: 9/16 - 12/9 (no class 11/25)

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: [306750](#) - Opens Aug. 14

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

Sessions: 9/6 - 27 (\$78.00 ID \$93.60 OD)

10/2 - 25

11/6 - 12/6 (no class 11/20 & 11/22)

Children's Aikido

Ages: 5 - 12

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.

\$99.00 ID \$118.80 OD

Activity: [306756](#) - Opens Aug. 14

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

Sessions: 10/3 - 26

11/7 - 30 (no class 11/21 & 11/23)

12/5 - 21





Movement

Baby Ninja Classes NEW

Ages: 10 - 24 months with Adult

Free Spirit Yoga + Ninja + Play

Babies and caregivers will bond and have a blast during these wonderful kids movement classes! Led by experienced coaches, Baby Ninja Classes include exploration through soft-obstacle courses to develop important gross motor skills including: coordination, balance, grip strength and how to safely turn around to safely move down from obstacles. Weekly themes incorporate yoga movements, songs with hand gestures, parachute play, bubbles and story time. Adults will enjoy meeting other active adults and will learn positive ways to interact with their babies in an active, safe and playful manner. Please only register the child.

\$132.00 ID \$158.40 OD

Activity: [306170](#) - Opens Aug. 14

Tu: 11:00 - 11:45 am

Session: 9/12 - 10/17

Mini-Ninja Classes NEW

Ages: 2 - 3 with Adult

Free Spirit Yoga + Ninja + Play

Come enjoy these upbeat kids movement classes! Your children will develop fundamental coordination skills, improve their balance, and build self-confidence as they tackle Ninja Warrior obstacle courses and practice fun yoga poses designed around a weekly theme. Learn how to support your kids as they learn to hang and flip on rings, perform somersaults, climb the rock wall and warped wall, cross balance beams and more. We also play under a parachute, giggle during bubble time, dance together, sing songs and wind down through story time and deep breathing exercises. Adults will enjoy yoga stretching, connecting with other active adults and having fun with their child in an active and uplifting environment. Please only register the child.

\$132.00 ID \$158.40 OD

Activity: [306171](#) - Opens Aug. 14

W: 10:30 - 11:15 am

Session: 9/13 - 10/18

Nano-Ninja Classes NEW

Ages: 4 - 5

Free Spirit Yoga + Ninja + Play

Nano-Ninja Classes are strategically designed to improve your child's balance and coordination, increase their strength and enhance their body awareness - all critical components of healthy child development. Our coaches use positive encouragement to boost their self-confidence as they teach how to safely traverse a wide variety of Ninja Warrior obstacle circuits including: warped wall, climbing wall, fire pole, rings, ropes, slanted steps, balance beams, cargo nets and more! During team games kids will gain valuable socialization skills, get their heart rates up, and have lots of fun!

\$142.00 ID \$170.40 OD

Activity: [306172](#) - Opens Aug. 14

Th: 3:15 - 4:05 pm

Session: 9/14 - 10/19

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: Monday - Friday from 9:00 to 11:35 am.



Registration Childcare

TODDLER

Ages: 6 - 29 months.

Limited availability

\$30.00 ID \$36.00 OD / session

Activity: [305600](#) - Opens Aug. 14

PRESCHOOLER

Ages: 30 months - 5 years old

\$25.00 ID \$30.00 OD / session

Activity: [305601](#) - Opens Aug. 14

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

Sessions:

M: 9/11 - 25 10/2 - 30
11/ 6 - 27 12/4 - 18

T: 9/5 - 26 10/3 - 31
11/7 - 28 12/5 - 26

W: 9/6 - 27 10/4 - 25
11/8 - 29 12/6 - 27

Th: 9/7 - 28 10/5 - 26
11/2 - 30 (no class 11/23)
12/7 - 28

F: 9/8 - 29 10/6 - 27
11/3 - 17 12/1 - 19

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.

Weekdays: 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 Registration

Ages: 3 - 5

Juniper Swim and Fitness

Busy Buddies Preschool is a school-year program that aligns similarly to the Bend-La Pine Schools calendar. This program includes weekly swim lessons 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. Registration opened in May.

Limited availability - sign up on wait list if the program is full. This registration holds your spot for the program that begins in September.

Monthly fees begin in September. Fees are \$20.00 ID/OD non-refundable registration fee due at time of enrollment and monthly fee of \$240.00 ID / \$280.00 OD which is due the 5th of every month. You can register for multiple sessions per week if you choose.

The first payment will be due by September 5, 2023.

\$20.00 ID \$24.00 OD

Activity: [405601](#) - Open now

M/W: 1:30 - 4:30 pm

Session: 9/11 - 6/12

Tu/Th: 1:30 - 4:30 pm

Session: 9/12 - 6/13

No school during Thanksgiving Break, 11/20 - 23, Winter Break: 12/18 - 1/1 and Spring Break, 3/25 - 28.

Mini-Ninja Camp NEW

Ages: 3 - 5

Free Spirit Yoga + Ninja + Play

Kids will love connecting with our coaches and developing new friendships as they develop fundamental coordination skills through gymnastics, climbing and tumbling movements. Weekly themes include: Ninja Warrior obstacle-based circuits, upbeat group games, parachute play, bubbles, yoga stretching, as well as, cool down time with breathing ball exercises and interactive story time. Through positive direction your children will gain self-confidence while enhancing their balance, increasing their strength, improving their listening skills, and enhancing their body awareness in a fun and safe environment

\$172.00 ID \$206.40 OD

Activity: [306175](#) - Opens Aug. 14

Tu: 1:00 - 3:00 pm

Session: 9/12 - 10/17

Th: 1:00 - 3:00 pm

Session: 9/14 - 10/19

Family Yoga Classes NEW

Ages: 5 - 8 with Adult

Free Spirit Yoga + Ninja + Play

Parents / caregivers, partner-up with your kid-yogis to practice yoga and mindfulness together! During these special Family Yoga Classes we teach kid-friendly yoga sequences, partner poses, acro-yoga while introducing breathing techniques and mindfulness practices to your family. Both adults and children will build flexibility and strength, while enjoying special bonding time. These classes are perfect for families who want to practice yoga together and learn ways to bring mindfulness, calm and peacefulness into their daily routines. All levels welcome.

\$142.00 ID \$170.40 OD

Activity: [306179](#) - Opens Aug. 14

Th: 4:15 - 5:15 pm

Session: 9/14 - 10/19

Performing Arts

Drama Discovery NEW

Ages: 5 - 7

Larkspur Community Center

In this engaging and imaginative class, young children will be introduced to the foundations of drama through creative movement exercises and playful exploration.

\$60.00 ID \$72.00 OD

Activity: [306222](#) - Opens Aug. 14

Tu: 2:45 - 3:45 pm

Sessions: 9/19 - 10/10 10/17 - 11/14

Science & Technology

Wednesday Enrichment Stop Animation Filmmaking NEW

Ages: 5 - 11

Samara Learning Center

Using a wide variety of materials such as LEGO@s, clay, paint, hot glue and green screens, filmmakers will construct miniature sets, characters, stories and vignettes reflective of their imaginations. From brainstorming to the final edit, students will be taught stop-motion animation techniques and story-telling strategies necessary to produce original, short, animated movies. Emphasis will be put on the step-by-step creative process as practiced in professional creative fields.

\$287.00 ID \$344.40 OD

Activity: [306568](#) - Opens Aug. 14

W: 1:30 - 3:00 pm

Sessions: 9/13 - 11/8

11/15 - 1/31

(no class 11/22, 12/20, 12/27)

Fun Works Intro to Engineering/STEAM With LEGO®

Ages: 5 - 7

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 and a monorail are just a few of the fun, exciting, educational projects built at camp.

Activity: [306660](#) - Opens Aug. 14

Elk Meadow Elementary

\$120.00 ID \$144.00 OD

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

Session: 10/25 - 27

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

Session: 11/20 - 22

Cascade Middle School

\$200.00 ID \$240.00 OD

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

Session: 12/18 - 22

\$160.00 ID \$192.00 OD

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

Session: 12/26 - 29

More programs for little guys & gals at:

Art, pages 45 - 49

Martial Arts, page 57

Sports, pages 50 - 60

Swimming, pages 61 - 65



discover & 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!

\$120.00 ID \$144.00 OD

W: 12:45 - 2:15 pm

Sessions: 9/13 - 10/18
11/1 - 12/13 (no class 11/22)

BEAR CREEK ELEMENTARY

Grades: K - 5

All Programs: [406601](#) - Opens Aug. 14

Run Club NEW

Happy Habits Run Club will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity, and resilience. Kids are getting exercise, having fun, and building strength of character.

Session: 9/13 - 10/18

Cultural Dance NEW

Have fun and get some energy out by moving and grooving to music and expressing yourself through dance. Learn cultural dances and their significance from regions around the world.

Session: 11/1 - 12/13 (no class 11/22)

ELK MEADOW ELEMENTARY

All Programs: [406603](#) - Opens Aug. 14

STEM LEGO with Funworks Engineering

Grades: 1 - 5

Children are introduced to engineering concepts focused 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: 9/13 - 10/18

Experiment with Art

Grades: K - 5

Try your hand at a variety of art mediums and see which one you like the best! Learn new techniques and create some incredible art projects.

Session: 11/1 - 12/13 (no class 11/22)

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**

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!

\$120.00 ID \$144.00 OD

W: 12:45 - 2:15 pm

Sessions: 9/13 - 10/18
11/1 - 12/13 (no class 11/22)

**HIGH LAKES
ELEMENTARY**

Grades: K - 5

All Programs: [406605](#) - Opens Aug. 14

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: 9/13 - 10/18

**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: 11/1 - 12/13 (no class 11/22)

**HIGHLAND
ELEMENTARY**

Grades: K - 5

All Programs: [406606](#) - Opens Aug. 14

**Ready to Thrive
STEM & Spanish**

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: 9/13 - 10/18

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: 11/1 - 12/13 (no class 11/22)

**JEWELL
ELEMENTARY**

Grades: K - 5

All Programs: [406607](#) - Opens Aug. 14

Experiment with Art

Try your hand at a variety of art mediums and see which one you like the best! Learn new techniques and create some incredible art projects.

Session: 9/13 - 10/18

**Ready to Thrive
STEM & Spanish**

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: 11/1 - 12/13 (no class 11/22)



MILLER ELEMENTARY

All Programs: [406610](#) - Opens Aug. 14

Creative Writing

Grades: K - 5

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: 9/13 - 10/18

STEM LEGO with Funworks Engineering

Grades: 1 - 5

Children are introduced to engineering concepts focused 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: 11/1 - 12/13 (no class 11/22)

PINE RIDGE ELEMENTARY

Grades: K - 5

All Programs: [406611](#) - Opens Aug. 14

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: 9/13 - 10/18

Experiment with Art

Try your hand at a variety of art mediums and see which one you like the best! Learn new techniques and create some incredible art projects.

Session: 11/1 - 12/13 (no class 11/22)

PONDEROSA ELEMENTARY

Grades: K - 5

All Programs: [406612](#) - Opens Aug. 14

Cultural Dance NEW

Have fun and get some energy out by moving and grooving to music and expressing yourself through dance. Learn cultural dances and their significance from regions around the world.

Session: 9/13 - 10/18

Run Club NEW

Happy Habits Run Club will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. Kids are getting exercise, having fun and building strength of character.

Session: 11/1 - 12/13 (no class 11/22)

NORTH STAR ELEMENTARY

Grades: K - 5

All Programs: [406614](#) - Opens Aug. 14

Experiment with Art

Try your hand at a variety of art mediums and see which one you like the best! Learn new techniques and create some incredible art projects.

Session: 9/13 - 10/18

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: 11/1 - 12/13 (no class 11/22)



No School Days

NO SCHOOL

Grades: K - 5

RE Jewell, North Star & Pine Ridge elementary schools

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: [307400](#) - Opens Aug. 14

Daily: 7:30 am - 5:30 pm

\$52.00 ID \$62.40 OD

W:	10/25	North Star & RE Jewell
Th:	10/26	North Star & RE Jewell
F:	10/27	North Star & RE Jewell

\$156.00 ID \$187.20 OD

M-W:	11/20 - 22	North Star & RE Jewell
------	------------	------------------------

\$260.00 ID \$312.00 OD

M-F:	12/18 - 22	North Star & Pine Ridge
------	------------	-------------------------

\$208.00 ID \$249.60 OD

Tu-F:	12/26 - 29	North Star & Pine Ridge
-------	------------	-------------------------



No School Days

Westside Village Camp

Ages: 5 - 14

Westside Village

Pack your no-school day with adventures and creative arts! Get moving with outdoor activities such as walking adventures within 2 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.

Activity: [306401](#) - Opens Aug. 14

\$159.00 ID \$190.80 OD

W-F: 7:45 am - 5:15 pm

Session: 10/25 - 27

\$65.00 ID \$78.00 OD

F: 7:45 am - 5:15 pm

Session: 11/10

\$159.00 ID \$190.80 OD

M-W: 7:45 am - 5:15 pm

Session: 11/20 - 22

\$259.00 ID \$310.80 OD

M-F: 7:45 am - 5:15 pm

Session: 12/18 - 22

\$159.00 ID \$190.80 OD

W-F: 7:45 am - 5:15 pm

Session: 12/27 - 29

Cooking & Baking

Fabulous French Bread & Other Loaves We Love

Ages: 12 & up

Larkspur Community Center

This step-by-step class will explore baking amazing French bread, rolls, and other yeast breads. Learn to 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: [302236](#) - Opens Aug. 14

Sa: 1:00 - 3:00 pm

Session: 9/23

With A Child: Japanese Cooking

Ages: 7 & up with Adult

Cascade Middle School

Learn to make traditional Japanese potstickers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Chieko Saito.

\$69.00 ID \$82.80 OD

Activity: [306125](#) - Opens Aug. 14

F: 10:00 am - 12:00 pm

- OR - 1:00 - 3:00 pm

Session: 11/10

Japanese Ramen Shop

Ages: 10 - 14

Cascade Middle School

Join us we learn how to make yummy "ramen" noodles with toppings, "chahan" stir fried rice and "gyoza" (pot stickers) just like a ramen chef in Japan.

\$100.00 ID \$120.00 OD

Activity: [306229](#) - Opens Aug. 14

M-W: 9:00 am - 1:00 pm

Session: 11/20 - 22



Dance

Happy Hip Hop

Ages: 5 - 7

Academie De Ballet

Come and learn the latest dance style of today's top choreographers. Utilize moves from street dance, breaking, popping, locking and freestyle and incorporate them into a vibrant dance combination that expresses your individuality.

\$225.00 ID \$270.00 OD

Activity: [306570](#) - Opens Aug. 14

W: 2:45 - 3:30 pm

Session: 9/13 - 12/6 (no class 11/22)

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 <https://abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/>

\$234.00 ID \$280.80 OD

Activity: [306582](#) - Opens Aug. 14

Sa: 10:10 - 10:55 am

Session: 9/16 - 12/9 (no class 11/25)

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.

\$89.00 ID \$106.80 OD

Activity: [306151](#) - Opens Aug. 14

Tu: 6:00 - 8:00 pm

Sessions: 10/3 11/7
12/5

W: 6:00 - 8:00 pm

Session: 9/6

Kids Beaded Earrings

Ages: 9 - 17

DIYcave

In this two-hour workshop, students will learn to make two to three pairs of earrings using wire and glass/metal/stones. This is a wonderful project for young makers because it introduces them to the joy of jewelry-making and helps them create something tangible that they can be proud of. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$99.00 ID \$118.80 OD

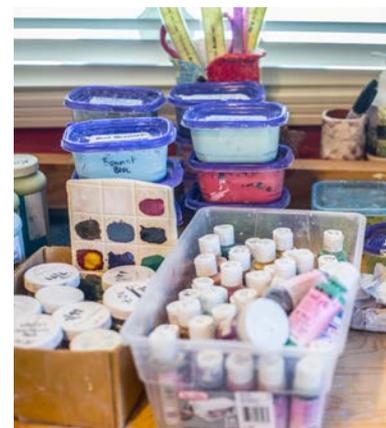
Activity: [306154](#) - Opens Aug. 14

W: 6:00 - 8:00 pm

Session: 9/13 10/11
11/15 12/13

With A Child Classes

Art on pages 48 - 49,
Cooking on pages 11 - 13,
Skating on page 54.



Art of the Fidget NEW

Ages: 9 - 14

Samara Learning Center

A fun-focused class that balances your child's creative kinetic outlet and practical skills of being considerate, self-aware and self-advocating. This class will include doodling with style, pencil tricks, finger knitting, flipbooks, bubble letters, pipe cleaner creations, zentangles, tessellations, clay creations, origami, creating one's own fidgets and more! All supplies provided.

\$254.00 ID \$304.80 OD

Activity: [306560](#) - Opens Aug. 14

M: 2:45 - 3:40 pm

Session: 9/11 - 11/6

KIDS INC

bend park & recreation district

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.

Stencil & Print Art NEW

Ages: 9 - 14

Samara Learning Center

In this class, children will learn the basics of stencil and print art - a versatile and creative art form that is used to create a variety of stylized images and graffiti-style art. Students will make their own stencils and use brushes, rollers and spray bottles to transform their ideas into art. All supplies provided.

\$278.00 ID \$333.60 OD

Activity: [306561](#) - Opens Aug. 14

Tu: 2:45 - 3:40 pm

Session: 9/12 - 11/7

Sheet Metal Art

Ages: 10 - 17

DIYcave

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

\$89.00 ID \$106.80 OD

Activity: [306155](#) - Opens Aug. 14

Tu: 6:00 - 8:00 pm

Sessions: 9/12 10/10
 11/7

Tu: 5:30 - 7:30 pm

Session: 12/12

Archery & Martial Arts

in Youth Sports,
on page 57.

Work for play!

View BPRD jobs available at
bendparksandrec.org/jobs



Youth Stick Welding 101 NEW

Ages: 10 - 17

DIYcave

The class will cover the fundamentals of SMAW (stick) welding including safety practices, equipment setup and basic welding techniques. Our Stick Welding 101 class is perfect for students looking for a new challenge beyond MIG Welding 101. SMAW is cost-effective, more portable than other welding processes and can be used on a wide variety of metals. Students will learn how to prepare the base metal for welding, how to strike an arc and how to maintain a consistent arc while welding. Join us for this exciting, hands-on introduction to the world of SMAW welding. This two-part series can be taken alone, or with the other series 'MIG Welding 101' and 'Weld-a-Saurus' classes for six days (totaling 15 hours) of introductory welding programming. Students should wear work clothes - long sleeved shirts and pants. No synthetic clothing (e.g., fleece, polyester). Cotton and denim work great. Work boots should be worn. All materials and tools included.

\$249.00 ID \$298.80 OD

Activity: [306160](#) - Opens Aug. 14

Tu-W: 4:00 - 6:00 pm

Sessions: 9/12 - 13 10/24 - 25
 11/21 - 22 12/5 - 6

Youth MIG Welding 101 NEW

Ages: 10 - 17

DIYcave

Let's get started in welding! Youth MIG Welding 101 is an exciting, hands-on class that introduces kids to the world of welding. This beginner's class will introduce students to MIG (GMAW / Wire Feed) welding, a widely used and versatile process that is perfect for beginners. Learn about the equipment needed for MIG welding, how to correctly set the welders and how to prepare and clean the metal surfaces for successful welds. The class will emphasize safety precautions and how to weld tacks and basic lap and T joints. This two-part series can be taken alone or with other series 'Stick Welding 101' and 'Weld-a-Saurus' classes for six days (totaling 15 hours) of introductory welding programming. Students should wear work clothes - long sleeved shirts and pants. No synthetic clothing (e.g., fleece, polyester). Cotton and denim work great. Work boots should be worn. All materials and tools included.

\$249.00 ID \$298.80 OD

Activity: [306159](#) - Opens Aug. 14

Tu-W: 4:00 - 6:00 pm

Sessions: 9/19 - 20 10/17 - 18
 11/14 - 15 12/12 - 13

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. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$99.00 ID \$118.80 OD

Activity: [306153](#) - Opens Aug. 14

W: 3:30 - 6:30 pm

Sessions: 9/20 10/4
 10/18 11/1
 11/15 12/6
 12/20

Kid's 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 and craft something special. Kids will focus on design, measurement, and layout techniques while gaining experience with power tools such as the miter saw, drill press, palm and drum sanders, router and various hand tools. This is a wonderful 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: [306156](#) - Opens Aug. 14

Tu-W: 4:00 - 6:00 pm

Sessions: 9/26 - 27 10/31 - 11/1
 11/28 - 29 12/19 - 20



Youth Weld-a-saurus NEW

Ages: 10 - 17

DIYcave

Weld-a-saurus is an exciting, hands-on class that introduces kids to the world of MIG welding through creating metal art. In this beginner's class, students will be introduced to MIG (GMAW / Wire Feed) welding, a widely-used and versatile process that is perfect for beginner welders. Students will learn about the equipment needed for MIG welding, how to correctly set the welders and how to prepare and clean the metal surfaces for successful welds. The class will emphasize safety precautions and students will assemble a creative art project from pre-selected patterns. Ignite kids' creativity and let them explore the endless possibilities of welding. Students should wear work clothes - long sleeved shirts and pants. No synthetic clothing (e.g., fleece, polyester). Cotton and denim work great. Work boots should be worn. All materials and tools included.

\$249.00 ID \$298.80 OD

Activity: [306158](#) - Opens Aug. 14

Tu-W: 4:00 - 6:00 pm

Sessions: 10/3 - 4 10/24 - 25
11/21 - 22

Fiber Art NEW

Ages: 9 - 14

Samara Learning Center

In this hands-on class, you'll learn fun and easy crafts that can be used to create beautiful and unique pieces of art. Discover how to choose the right materials, create a design and apply various methods to create your own masterpieces. Projects incorporate crochet, embroidery, macramé, paracord, pom and tassels, resolution sticks, pin and thread, felting and more. All supplies provided.

\$258.00 ID \$309.60 OD

Activity: [306562](#) - Opens Aug. 14

M: 2:45 - 3:40 pm

Session: 11/13 - 1/29
(no class 11/20, 12/18, 12/25, 1/1, or 1/15)

Upcycled Handmade Gifts NEW

Ages: 9 - 14

Samara Learning Center

From clothing to bottle caps and wood scraps to cardboard, this eco-trend class is all about creating your own unique style and art pieces from cast-offs. Have great fun and be inspired by the myriad of ways you can re-use unwanted stuff. Our upcycling courses introduce you to fantastic methods to transform discarded things into something a loved one can cherish. All supplies provided.

\$232.00 ID \$278.40 OD

Activity: [306563](#) - Opens Aug. 14

Tu: 2:45 - 3:40 pm

Session: 11/14 - 1/30
(no class 11/21, 12/19, 12/26, 1/2)



Games

D.I.C.E. - An Introduction to Tabletop Role Play NEW

Samara Learning Center

Dungeon In Constant Engagement (D.I.C.E.) is a tabletop fantasy-based role-playing game where students will make characters and embark on an adventure guided by a game master. Participants will learn about character creation, story progression and collaboration while interacting with mystical beings, uncovering mysteries and overcoming obstacles both fantastic and mundane. This program is intended for beginner - intermediate students.

\$275.00 ID \$330.00 OD

Activity: [306565](#) - Opens Aug. 14

Ages: 9 - 14

Tu: 4:15 - 5:45 pm

Sessions: 9/19 - 10/10 10/17 - 11/7
11/14 - 12/12 (no class 11/21)

Ages: 13 - 18

M: 4:00 - 5:30 pm

Sessions: 9/18 - 10/9 10/16 - 11/6
11/13 - 12/11 (no class 11/20)

Volunteer with kids!

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

D.I.C.E. - Tabletop Role Play NEW

Ages: 13 - 18

Samara Learning Center

Dungeon In Constant Engagement (D.I.C.E.) is a tabletop fantasy-based role-playing game where students will make characters and embark on an adventure guided by a game master. Participants will learn about character creation, story progression and collaboration while interacting with mystical beings, uncovering mysteries and overcoming obstacles both fantastic and mundane. Requires experience making characters and out-of-class time to create a new character at home. Student-to-teacher ratio will not exceed 5:1. This program is intended for intermediate - advanced students.

\$370.00 ID \$444.00 OD

Activity: [306566](#) - Opens Aug. 14

Su: 1:00 - 4:00 pm

Sessions: 9/17 - 10/15
10/29 - 12/3 (no class 11/19)

With A Child classes:

**Art, pages 48 - 49,
Cooking, page 11 - 13.**

Movement

Kids Ninja Warrior After-school Camp

Ages: 6 - 10

NEW

Free Spirit Yoga + Ninja + Play

Drop-off the kids after school for fun-filled Ninja Warrior Camp - they'll get their energy out and get their exercise in! Through positive encouragement, experienced coaches will lead them through weekly Ninja Warrior circuits that include climbing, parkour, gymnastics and functional fitness movements. Plus, they'll stay active and have fun in our exciting team-games and timed races through our incredible Ninja Warrior course. This is a fantastic chance to meet new ninja friends while building important coordination, balance, speed, strength and agility skills. Let the fun begin!

\$199.00 ID \$238.80 OD

Activity: [306176](#) - Opens Aug. 14

W: 1:30 - 4:00 pm

Session: 9/13 - 10/18

Kids Ninja Warrior Classes

NEW

Ages: 6 - 9

Free Spirit Yoga + Ninja + Play

Our coaches will keep your child moving through weekly Ninja Warrior obstacle-based circuits that include elements of gymnastics, parkour, rock climbing and fitness conditioning. Kids will gain strength and ability as we work specifically on techniques for climbing wall, high rings, warped wall, fire pole, ropes, cargo net, tilted frame, devil's bridge, cheese wall, balance beam and more! They will be empowered as they improve their speed, increase their strength, and become more agile and coordinated while enhancing their overall athletic skills. Plus, our coaches will boost their cardio during our uptempo team games. Kids, come build friendships and have lots of fun!

\$142.00 ID \$170.40 OD

Activity: [306173](#) - Opens Aug. 14

Th: 4:15 - 5:15 pm

Session: 9/14 - 10/19

Ninja Elite Classes

NEW

Ages: 8 - 12

Free Spirit Yoga + Ninja + Play

Ninja Elite Classes are fast-paced and designed with challenging Ninja Warrior obstacle-based circuits that utilize all obstacles and equipment in the ninja gym. Kids will learn new fitness conditioning techniques, achieve bigger parkour moves and be challenged by dynamic climbing and gymnastics movements. All levels are welcome as our coaches offer modifications or progressions based on individual skill development. Through engaged coaching strategies, your kids will achieve a stronger body, enhancing their balance, developing their coordination and building their self-confidence while having lots of fun and making ninja friends!

\$142.00 ID \$170.40 OD

Activity: [306174](#) - Opens Aug. 14

Th: 5:30 - 6:30 pm

Session: 9/14 - 10/19

Family Yoga Classes

NEW

Ages: 5 - 8 with Adult

Free Spirit Yoga + Ninja + Play

Parents / caregivers, partner-up with your kid-yogis to practice yoga and mindfulness together! During these special Family Yoga Classes we teach kid-friendly yoga sequences, partner poses, acro-yoga while introducing breathing techniques and mindfulness practices to your family. Both adults and children will build flexibility and strength, while enjoying special bonding time. These classes are perfect for families who want to practice yoga together and learn ways to bring mindfulness, calm and peacefulness into their daily routines. All levels welcome.

\$142.00 ID \$170.40 OD

Activity: [306179](#) - Opens Aug. 14

Th: 4:15 - 5:15 pm

Session: 9/14 - 10/19



Performing Arts

My Drama Journey

NEW

Ages: 8 - 11

Larkspur Community Center

An exciting introductory drama class guiding young students through an immersive exploration of the fundamentals of acting, storytelling, and theatrical expression.

\$60.00 ID \$72.00 OD

Activity: [306221](#) - Opens Aug. 14

M: 2:45 - 3:45 pm

Sessions: 9/25 - 10/16 10/23 - 11/13

Hello, My Name Is ____.

NEW

Ages: 11 - 14

Larkspur Community Center

While learning to unlock the power of character development through fun activities, this class will empower students to bring memorable and authentic characters to life on the stage.

\$60.00 ID \$72.00 OD

Activity: [306223](#) - Opens Aug. 14

M: 4:00 - 5:00 pm

Sessions: 9/25 - 10/16 10/23 - 11/13

Drama Discovery

NEW

Ages: 5 - 7

Larkspur Community Center

In this engaging and imaginative class, young children will be introduced to the foundations of drama through creative movement exercises and playful exploration.

\$60.00 ID \$72.00 OD

Activity: [306222](#) - Opens Aug. 14

Tu: 2:45 - 3:45 pm

Sessions: 9/26 - 10/17 10/24 - 11/14

Expressive Ensemble

NEW

Ages: 11 - 14

Larkspur Community Center

In this dynamic class that fosters imagination and teamwork, students will explore the foundations of acting and dramatic creativity.

\$60.00 ID \$72.00 OD

Activity: [306224](#) - Opens Aug. 14

Tu: 4:00 - 5:00 pm

Sessions: 9/26 - 10/17 10/24 - 11/14

Science & Technology

Wednesday Enrichment **NEW** Stop Animation Filmmaking

Ages: 7 - 11

Samara Learning Center

Using a wide variety of materials such as LEGOs, clay, paint, hot glue and green screens, filmmakers will construct miniature sets, characters, stories and vignettes reflective of their imaginations. From brainstorming to the final edit, students will be taught stop-motion animation techniques and story-telling strategies necessary to produce original, short, animated movies. Emphasis will be put on the step-by-step creative process as practiced in professional creative fields.

\$287.00 ID \$344.40 OD

Activity: [306568](#) - Opens Aug. 14

W: 1:30 - 3:00 pm

Sessions: 9/13 - 11/8
11/15 - 1/31
(no class 11/22, 12/20, 12/27)



Wednesday Enrichment **NEW** Stop Animation Filmmaking

Ages: 12 - 15

Samara Learning Center

Let's get creative! Combining computer technology with a variety of materials such as LEGOs, clay, paint, hot glue and green screens, filmmakers will construct miniature sets, characters, stories and vignettes reflective of their imaginations. From brainstorming to the final edit, students will be taught stop-motion animation techniques and story-telling strategies necessary to produce original, short, animated movies. Emphasis will be put on the step-by-step creative process as practiced in professional creative fields.

\$287.00 ID \$344.40 OD

Activity: [306567](#) - Opens Aug. 14

W: 3:30 - 5:00 pm

Sessions: 9/13 - 11/8
11/15 - 1/31
(no class 11/22, 12/20, 12/27)



STEAM Workshop

NO SCHOOL

Ages: 6 - 11

Sylvan Learning Center

Sylvan's newest camp, this workshop incorporates digital art into the fan-favorite robotics and engineering courses our students 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: [306655](#) - Opens Aug. 14

M: 9:30 am - 2:30 pm

Sessions: 11/20 12/18

Tu: 9:30 am - 2:30 pm

Sessions: 11/21 12/19

W: 9:30 am - 2:30 pm

Session: 10/25

Th: 9:30 am - 2:30 pm

Session: 10/26

Fun Works **NO SCHOOL** Intro to Engineering/ STEAM With LEGO

Ages: 5 - 7

Cascade Middle School & Elk Meadow Elementary

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 and a monorail are just a few of the fun, exciting, educational projects built at camp.

Activity: [306660](#) - Opens Aug. 14

\$120.00 ID \$144.00 OD

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

Session: 10/25 - 27 Elk Meadow

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

Session: 11/20 - 22 Elk Meadow

\$200.00 ID \$240.00 OD

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

Session: 12/18 - 22 Cascade MS

\$160.00 ID \$192.00 OD

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

Session: 12/26 - 29 Cascade MS

Register at register.bendparksandrec.org • Fall registration opens August 14 - 16 at 6:00 a.m. daily. Check Activity # for opening date.

How to register and refund/cancellation policy on pages 4 - 7. • Program locations on pages 78 - 79. • Park lists on pages 80 - 81.

Fun Works Engineering/ STEAM With LEGO

NO SCHOOL

Ages: 7 - 12

Cascade Middle School
& Elk Meadow Elementary

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 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 and an inchworm vehicle are just a few of the fun, exciting, educational projects built at camp.

Activity: [306661](#) - Opens Aug. 14

\$120.00 ID \$144.00 OD

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

Session: 10/25 - 27 Elk Meadow

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

Session: 11/20 - 22 Elk Meadow

\$200.00 ID \$240.00 OD

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

Session: 12/18 - 22 Cascade MS

\$160.00 ID \$192.00 OD

Tu-F: 1:00 - 4:00 pm

Session: 12/26 - 29 Cascade MS



Fun Works Intro to Art of Flight

NO SCHOOL

Ages: 6 - 7

Cascade Middle School
& Elk Meadow Elementary

Learn and experiment with the fundamentals and principles of five aircraft. Each student builds, modifies, decorates, and takes home all projects. Paper airplanes, glider airplanes, and a water rocket are just a few of the exciting projects built during camp. All aircraft are artistically customized with stickers and pens by students.

Activity: [306663](#) - Opens Aug. 14

\$140.00 ID \$168.00 OD

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

Session: 10/25 - 27 Elk Meadow

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

Session: 11/20 - 22 Elk Meadow

\$220.00 ID \$264.00 OD

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

Session: 12/18 - 22 Cascade MS

\$180.00 ID \$216.00 OD

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

Session: 12/26 - 29 Cascade MS

FunWorks Art of Flight

NO SCHOOL

Ages: 7 - 12

Cascade Middle School
& Elk Meadow Elementary

Learn and experiment with the fundamentals and principles of five aircraft. Each student builds, modifies, decorates and takes home all projects. All aircraft are artistically customized with stickers and pens by students. Motorized paper airplanes, glider airplanes and a solid fuel rocket are just a few of the exciting projects built during camp.

Activity: [306664](#) - Opens Aug. 14

\$140.00 ID \$168.00 OD

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

Session: 10/25 - 27 Elk Meadow

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

Session: 11/20 - 22 Elk Meadow

\$220.00 ID \$264.00 OD

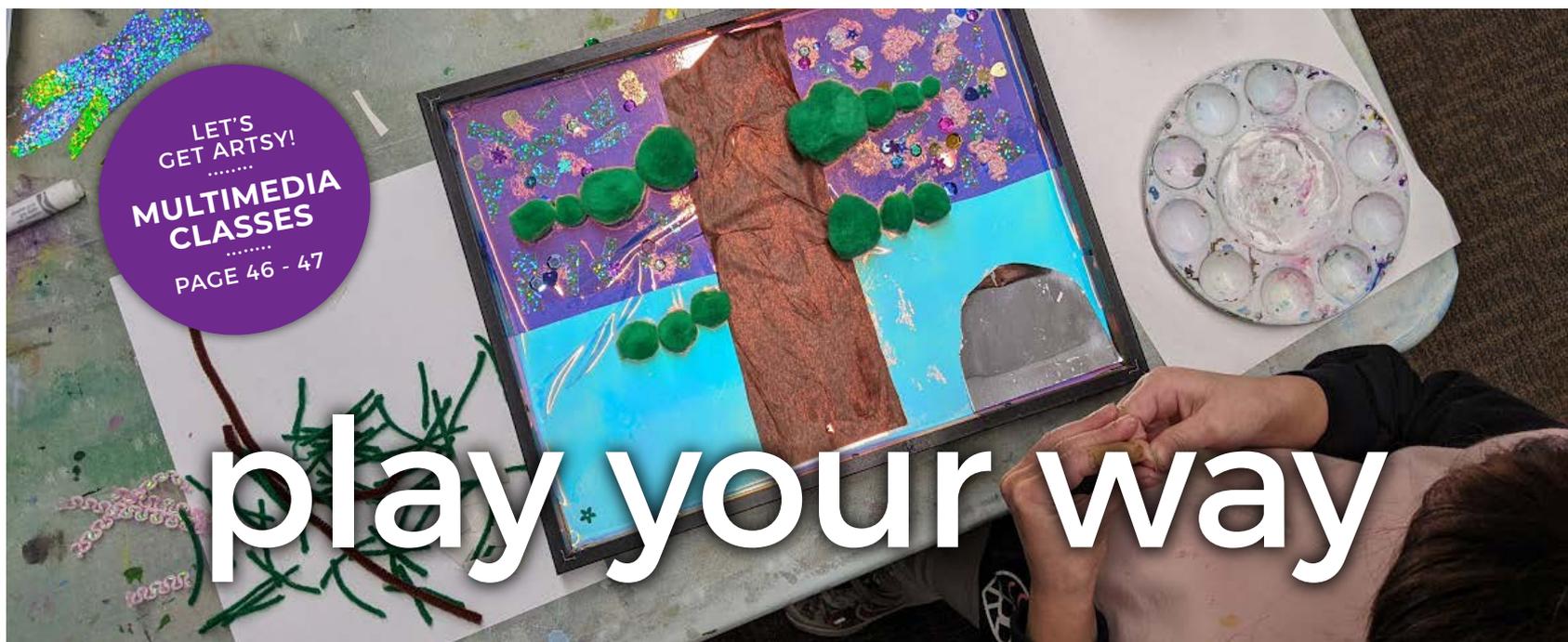
M-F: 1:00 - 4:00 pm

Session: 12/18 - 22 Cascade MS

\$180.00 ID \$216.00 OD

Tu-F: 1:00 - 4:00 pm

Session: 12/26 - 29 Cascade MS



Clay

Kooky Clay Creations

Ages: 6 - 10

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 technique to sculpt with clay. Imagination is mandatory! Instructor: Cat Melone.

\$129.00 ID \$154.80 OD

Activity: [311200](#) - Opens Aug. 14

F: 3:00 - 5:00 pm

Sessions: 9/15 - 10/6 10/20 - 11/10

F: 3:00 - 5:00 pm

Session: 12/1 - 22

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 more one-on-one time with students to improve their skills. Instructor: Hunter Teig.

\$149.00 ID \$178.80 OD

Activity: [311203](#) - Opens Aug. 14

M: 3:30 - 5:30 pm

Sessions: 9/18 - 10/9 10/23 - 11/13
11/27 - 12/18

Tu: 3:30 - 5:30 pm

Sessions: 9/19 - 10/10 10/24 - 11/14
11/28 - 12/19

Th: 3:30 - 5:30 pm

Sessions: 9/21 - 10/12 10/26 - 11/16
11/30 - 12/21

Home School 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.

\$149.00 ID \$178.80 OD

Activity: [311260](#) - Opens Aug. 14

M: 1:00 - 3:00 pm

Sessions: 9/18 - 10/9 10/23 - 11/13
11/27 - 12/18



creativity
equals
expression

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

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



Art 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.



Fun With Clay

Ages: 6 - 14

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: Cat Melone and Amanda Krammes.

\$129.00 ID \$154.80 OD

Activity: [311208](#) - Opens Aug. 14

Ages: 8 - 14

M: 6:00 - 8:00 pm

Sessions: 9/18 - 10/9 10/23 - 11/13
11/27 - 12/18

Ages: 6 - 12

W: 3:30 - 5:30 pm

Sessions: 9/20 - 10/11 10/25 - 11/15
11/29 - 12/20

Sa: 3:30 - 5:30 pm

Sessions: 9/23 - 10/14 10/28 - 11/18
12/2 - 23

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.

Drawing

Cartooning

Ages: 8 - 14

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: [311226](#) - Opens Aug. 14

Tu: 3:30 - 5:30 pm

Sessions: 9/19 - 10/10 10/24 - 11/14
11/28 - 12/19

Draw Yourself

Ages: 7 - 12

Larkspur Community Center

Self-portraiture is the cornerstone of every artist's practice. The most introspective art-form, self-portraits are a way to share who you are, how you want to be seen and what's important to you. In this class you will learn a bit about the history of self-portraits and discover some artists who are famous for their self-portraits. Every week we will learn about a new artist and use a different technique to convey our sense of self on the page. The class culminates in exhibition of the students' work at Larkspur Community Center. Instructor: Anastasia Zielinski.

\$139.00 ID \$166.80 OD

Activity: [311227](#) - Opens Aug. 14

Th: 3:30 - 5:30 pm

Session: 9/28 - 10/19

Multimedia

Young Jewelers

Ages: 8 - 13

Larkspur Community Center

Learn beginner jewelry skills and make some razzle-dazzle to wear or share with friends. This class is designed for children that are interested in basic beading skills and jewelry design. Instructor: Sage Homan-Muise.

\$129.00 ID \$154.80 OD

Activity: [311249](#) - Opens Aug. 14

M: 3:30 - 5:30 pm

Session: 9/11 - 10/2

Let's Make An Installation NEW

Ages: 7 - 12

Larkspur Community Center

Let's make an installation! What is installation art? A whole lot of fun! In this class you will learn a bit about the history of installation art and discover some famous installation artists and their work! You will design and build a model of your own dream installation and we will work together to build our own public art installation! Instructor Anastasia Zielinski

\$129.00 ID \$154.80 OD

Activity: [311213](#) - Opens Aug. 14

Tu: 3:30 - 5:30 pm

Session: 9/26 - 10/24





Fiber Art NEW

Ages: 9 - 14

Samara Learning Center

In this hands-on class, you'll learn fun and easy crafts that can be used to create beautiful and unique pieces of art. Discover how to choose the right materials, create a design and apply various methods to create your own masterpieces. Projects incorporate crochet, embroidery, macramé, paracord, pom and tassels, resolution sticks, pin and thread, felting and more. All supplies provided.

\$258.00 ID \$309.60 OD

Activity: [306562](#) - Opens Aug. 14

M: 2:45 - 3:40 pm

Session: 11/13 - 1/29
(no class 11/20, 12/18, 12/25, 1/1, or 1/15)

Art-rageous Camp

Ages: 6 - 12

Cascade Middle School & 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.

Activity: [311405](#) - Opens Aug. 14

Larkspur Community Center

\$149.00 ID \$178.80 OD

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

Session: 10/25 - 27

Cascade Middle School

\$195.00 ID \$234.00 OD

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

Session: 11/20 - 22

\$259.00 ID \$310.80 OD

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

Session: 12/18 - 21

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

Session: 12/26 - 29

Upcycled Handmade Gifts NEW

Ages: 9 - 14

Samara Learning Center

From clothing to bottle caps and wood scraps to cardboard, this eco-trend class is all about creating your own unique style and art pieces from cast-offs. Have great fun and be inspired by the myriad of ways you can re-use unwanted stuff. Our upcycling courses introduce you to fantastic methods to transform discarded things into something a loved one can cherish. All supplies provided.

\$232.00 ID \$278.40 OD

Activity: [306563](#) - Opens Aug. 14

Tu: 2:45 - 3:40 pm

Session: 11/14 - 1/30
(no class 11/21, 12/19, 12/26, 1/2)



Painting

Paint Central Oregon Landscapes

Ages: 14 & up

Larkspur Community Center

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

\$179.00 ID \$214.80 OD

Activity: [31112](#) - Opens Aug. 14

Sa: 9:00 - 11:00 am

Sessions: 9/9 - 30 12/2 - 23

Paint Your Pet

Ages: 14 & up

Larkspur Community Center

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

\$179.00 ID \$214.80 OD

Activity: [311242](#) - Opens Aug. 14

Sa: 9:00 am - 12:00 pm

Session: 11/4 - 25





Printmaking

Stencil & Print Art

NEW

Ages: 9 - 14

Samara Learning Center

In this class, children will learn the basics of stencil and print art - a versatile and creative art form that is used to create a variety of stylized images and graffiti-style art. Students will make their own stencils and use brushes, rollers and spray bottles to transform their ideas into art. All supplies provided.

\$278.00 ID \$333.60 OD

Activity: [306561](#) - Opens Aug. 14

Tu: 2:45 - 3:40 pm

Session: 9/12 - 11/7

Printmaking

Ages: 8 - 12

Larkspur Community Center

Learn how to make your own printed designs for cards, t-shirts and more using household items. Learn how to create fun marks, mixed colors and unique patterns that are sure to impress. Instructor: Anastasia Zielinski.

\$129.00 ID \$154.80 OD

Activity: [311131](#) - Opens Aug. 14

Th: 3:30 - 5:30 pm

Session: 10/26 - 11/16

Reduction Block Printing

NEW

Ages: 14 & up

Larkspur Community Center

Learn how to create a one-of-a-kind block print. In this class, we use a reduction printing technique to produce multilayered and multicolored prints. Each layer builds on the last as we cut off the linoleum block to reveal the next color in our compositions. When done, the only thing left on our blocks will be the lines and shapes of the darkest color and we will have created unique prints that can never be reproduced. Instructor: Anastasia Zielinski.

\$139.00 ID \$166.80 OD

Activity: [311228](#) - Opens Aug. 14

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

Session: 12/5 - 14



Art & The Young Child

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 amazing art experience! Each session will have different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us.

The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$30.00 ID \$36.00 OD

Activity: [311302](#) - Opens Aug. 14

F: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 9/8 9/22

10/6 10/20

11/3 11/17

12/1 12/15

Art StART

Ages: 2 - 5 with Adult

Larkspur Community Center

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Join us for play-based art explorations inspired by child-friendly themes. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$89.00 ID \$106.80 OD

Activity: [311301](#) - Opens Aug. 14

Tu: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 9/12 - 10/3 10/17 - 11/7
11/28 - 12/12

W: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 9/13 - 10/4 10/18 - 11/8
11/29 - 12/13

Th: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Sessions: 9/14 - 10/5 10/19 - 11/9
11/30 - 12/14

PreClay

Ages: 3 - 5 with Adult

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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Helen Bommarito

\$35.00 ID \$42.00 OD

Activity: [311300](#) - Opens Aug. 14

F: 9:45 - 10:45 am

Sessions: 9/22 10/20

11/17 12/15

ADULTS CAN GET ARTSY TOO!

Adult Art classes
on pages 17 - 20.

With A Child: Art

With A Child: Fun With Clay

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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Harmon Clay Studio Staff.

\$75.00 ID \$90.00 OD

Activity: [311500](#) - Opens Aug. 14

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

Sessions: 9/9 - Clay Creature
9/16 - Animals
9/23 - Gnomes
9/30 - Spooky Houses
10/7 - Monsters
10/14 - Pumpkins
10/21 - Fall Mugs
10/28 - Animal Bowls
11/4 - Dragons
11/18 - Cups & Bowls
12/9 - Holiday Trees
12/16 - Mugs



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: NEW Odd Birds

Ages: 6 & up with Adult
Larkspur Community Center

Come and see the odd birds that we can make with scraps of glass, googly eyes, ornaments, sticks, wires and a little imagination. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Jesica Carleton.

\$49.00 ID \$58.80 OD

Activity: [302435](#) - Opens Aug. 14

Sa: 10:00 - 11:00 am
- OR - 11:00 am - 12:00 pm
Session: 9/16

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 that when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [302416](#) - Opens Aug. 14

Th: 5:30 - 7:30 pm

Sessions: 9/21 - Fall Birds
12/7 - Holiday Moose

Sa: 5:30 - 7:30 pm

Sessions: 10/21 - Pumpkins & Cats
10/28 - Give Thanks

**Look for
With A Child
classes:
Cooking, pages 11 - 13,
Skating, page 54.**



With A Child: Acrylic Pouring on Canvas

Ages: 6 & up with Adult
Larkspur Community Center

Swirl, slip and slide acrylic paint across a canvas and create amazing results together. Learn acrylic pouring technique and applications. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Stephen Teater.

\$69.00 ID \$82.80 OD

Activity: [311541](#) - Opens Aug. 14

Sa: 9:00 - 11:00 am

Sessions: 10/7 10/14
10/21 10/28

With A Child: Fun with Fused Glass

Ages: 6 & up with Adult
Larkspur Community Center

Come enjoy the evening with your child and make fused glass ornaments. Try your creativity in designing with different shapes and color pieces to make the most of your holiday décor. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [302438](#) - Opens Aug. 14

Th: 5:30 - 7:00 pm

Sessions: 10/26 - Jack o'Lantern
11/9 - Turkey
11/30 - Holiday Ornaments

With A Child: Ceramic Ornament Paint Night

Ages: 6 & up with Adult
Larkspur Community Center

Enjoy a fun night with your child painting ceramic holiday ornaments. Select from an assortment of unfinished shapes and designs and let your creativity shine. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [302417](#) - Opens Aug. 14

F: 5:00 - 7:00 pm

Session: 12/8



LEARN
TO PLAY
HOCKEY
PAGE 56

ready to play

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.

All-Sports Camps

Moment Athletics Friday Night Court Sports

Ages: 8 - 13

Highland Elementary

Music, games, friends and fun - perfect for a First Friday night! Find some friends and come play! Moment Athletics will provide a fun and active game night with fair play and meaningful competition. We will play dodgeball, indoor soccer, kickball and basketball. Moment Athletics is locally-owned and operated by veteran teacher and coach, CJ Colt. Bring a water bottle.

\$32.00 ID \$38.40 OD

Activity: [303051](#) - Opens Aug. 14

F: 6:00 - 9:00 pm

Sessions: 10/6 11/3
12/1

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs.

Archery

Youth Archery

Ages: 8 - 12

Shevlin Aspen Meadow

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

\$35.00 ID \$42.00 OD

Activity: [307710](#) - Opens Aug. 14

Sa: 10:00 am - 12:00 pm

Sessions: 9/9 9/16
9/23 9/30
10/7 10/14
10/21

Sa: 1:00 - 3:00 pm

Sessions: 9/9 9/16
9/23 10/7
10/21



Teen Archery

Ages: 13 - 17

Shevlin Aspen Meadow

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

\$35.00 ID \$42.00 OD

Activity: [307711](#) - Opens Aug. 14

Sa: 1:00 - 3:00 pm

Session: 9/30 10/14



PRINT IT OUT!

**(RE) PLACE
 IT ON
 YOUR FRIDGE!**

 DON'T MISS OUT
 ON THE
 ACTION!

Yo! Sports Fans!

Plan ahead for play!

**2023-24 Youth Sports
 League Registration Deadlines**

**All registrations are dependent on availability;
 some leagues fill faster than others.**

Fall 2023 Registration: Leagues open August 16

Program/League	Dates	Deadline or until full
Youth Volleyball League	Nov. - Dec.	9/24
Bitty Basketball	Nov. - Dec.	10/7
Youth Basketball League	Jan. - Mar.	11/12
Middle School Basketball - Girls	Jan. - Mar.	12/20
Middle School Basketball - Boys	Nov. - Dec.	10/7
High School Basketball League	Dec. - Feb.	11/12

Winter 2024 Registration: Early December

Program/League	Dates	Deadline or until full
Youth Hockey League	Jan. - Mar.	TBD
Youth Lacrosse League	April - June	TBD
Youth Softball League	April - June	TBD

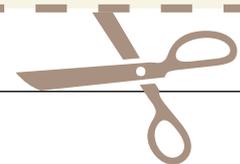
Spring 2024 Registration: Early February

Program/League	Dates	Deadline or until full
Boys Volleyball League	April - May	TBD
Youth Roller Hockey League	May - June	TBD

Summer 2024 Registration: Late March

Program/League	Dates	Deadline or until full
Kindergarten Soccer League	Sept. - Oct.	TBD
Youth Fall Soccer League	Sept. - Oct.	TBD
Youth Flag Football League	Sept. - Oct.	TBD
Middle School Tennis League	Sept. - Oct.	TBD

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



Basketball

COBO Advanced Basketball Skills & Drills Training

Grades: 5 - 8

Highland Elementary

Prepare for the coming season as you practice and develop shooting, ball handling, passing, post play, perimeter attack skills, rebounding and defense. The goal is to expose players to advanced training, techniques, and drills that can improve their individual game. Led by former Mtn. View High School basketball coach Craig Reid.

\$155.00 ID \$186.00 OD

Activity: [303055](#) - Opens Aug. 14

Grades: 5 - 6

M/W: 6:00 - 7:20 pm

Grades: 7 - 8

M/W: 7:25 - 8:45 pm

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

COBO Preseason Basketball Clinics

Grades: 5 - 8

Mountain View High School

COBO will help you get ready for the coming basketball season and tryouts. Designed to enhance and strengthen your skills, all COBO camps are under the direction of former Mtn. View High School basketball coach Craig Reid and his staff. Space is limited.

\$49.00 ID \$58.80 OD

Activity: [303056](#) - Opens Aug. 14

Sa: 4:00 - 6:00 pm

Session: 10/21 - 28



Caldera Preseason Boys' Basketball Clinics

Grades: 4 - 8

Caldera High School

Held at the Caldera High School Gym and under the direction of Caldera High School boys' basketball coach Ryan Cruz and his staff, these focused clinics will develop and strengthen your skills, helping you prepare for the coming season and tryouts. Space is limited.

\$89.00 ID \$106.80 OD

Activity: [303059](#) - Opens Aug. 14

Su: 5:00 - 7:00 pm

Session: 10/8 - 22

Caldera Preseason Girls' Basketball Clinics

Grades: 4 - 8

Caldera High School

Girls, get ready for the coming basketball season and tryouts. Held at the Caldera High School Gym, the clinics will focus on skill development and court awareness and are held under the direction of Caldera High School girls' basketball coach Pam Bradbury and her staff. Space is limited

\$79.00 ID \$94.80 OD

Activity: [303061](#) - Opens Aug. 14

Su: 3:15 - 4:45 pm

Session: 10/8 - 22

COBO Basketball Skills Days

NO SCHOOL

Grades: 3 - 8

Pilot Butte Middle School

Prepare for the season or just come play some hoops. Join us to work on your passing, dribbling, shooting and defensive skills. Includes fun drills and lots of games. Bring a water bottle and snack. This camp occurs on no-school days. Space is limited.

\$32.00 ID \$38.40 OD

Activity: [303060](#) - Opens Aug. 14

F: 9:00 - 11:45 am

Session: 10/27 11/10

Moment Athletics Youth Basketball Camp

NO SCHOOL

Grades: 3 - 5

Pacific Crest Middle School

No school? Cool, come play ball with your friends and schoolmates. This camp is geared toward grade-level skills. Moment Athletics is locally-owned and operated by veteran teacher and coach, CJ Colt. Bring a water bottle.

\$43.00 ID \$51.60 OD

Activity: [303050](#) - Opens Aug. 14

F: 9:00 - 11:30 am

Session: 11/10

Moment Athletics - HoopFest

NO SCHOOL

Ages: 8 - 13

Pacific Crest Middle School

Music, hoops, friends and fun-perfect for a no-school day! Come play some basketball. Moment Athletics will provide a fun and active tournament structure, with fair play and meaningful competition. Moment Athletics is locally-owned and operated by veteran teacher and coach, CJ Colt. Bring a water bottle.

\$39.00 ID \$46.80 OD

Activity: [303052](#) - Opens Aug. 14

F: 1:00 - 4:00 pm

Session: 11/10



Bitty Ball Basketball League

Grades: K - 2

Cascade Middle School

A good introduction for the younger player, this league focuses on skill development, teamwork and fun. Focused on skills, drills and intra-squad scrimmages and games, teams practice and scrimmage every Saturday. Team t-shirt included. This program is dependent on volunteer coaches. Anyone interested in coaching, please visit our website to complete a Volunteer Application.

Registration opens: 8/16

Registration deadline: 10/7, 11:59 p.m. or until full.

\$83.00 ID \$99.60 OD

Grade: Activity:

Coed - Grade K [303400](#)

Coed - Grade 1 [303401](#)

Boys - Grade 2 [303403](#)

Girls - Grade 2 [303404](#)

Sa: 8:30 am - 4:00 pm

60-minute program
time varies

Season: 11/4 - 12/16 (no program 11/25)



Youth Basketball League

Grades: 3 - 5

Local schools

This recreational league emphasizes skill development, maximum participation, good sportsmanship, and lots of fun. Teams will practice twice during the week after 6:00 p.m. Coaches will select practice time and location. Games are played on Saturdays at local middle schools.

This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

Registration opens: 8/16

Registration deadline: 11/12,
11:59 p.m. or until full,
limited space available.

\$95.00 ID \$114.00 OD

Grade:	Activity:
Boys - Grade 3	303405
Girls - Grade 3	303406
Boys - Grade 4	303407
Girls - Grade 4	303408
Boys - Grade 5	303409
Girls - Grade 5	303410
Season:	1/2 - 3/2

Middle School Basketball League

Grades: 6 - 8

This joint program between the Bend La Pine Schools and BPRD emphasizes individual and team skill development, maximum participation, good sportsmanship and fun. This program is open to all grades 6 - 8 youth for 2023 - 24 school year that live in Bend-La Pine Schools district. If your school doesn't have a team, register for nearest school. Teams practice during the week, games played on weeknights. Uniform tops are provided.

This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

Registration opens: 8/16

Space is limited.

Boys registration deadline: 10/7,
11:59 p.m. or until full.

Girls registration deadline: 12/20,
11:59 p.m. or until full.

\$79.00 ID \$94.80 OD / season

Boys' season: 10/30 - 12/15

Girls' season: 1/9 - 3/1

Cascade Middle School

#: [303412](#) - Boys [303431](#) - Girls

High Desert Middle School

#: [303413](#) - Boys [303432](#) - Girls

Pacific Crest Middle School

#: [303414](#) - Boys [303433](#) - Girls

Pilot Butte Middle School

#: [303415](#) - Boys [303434](#) - Girls

Sky View Middle School

#: [303416](#) - Boys [303435](#) - Girls

Three Rivers School

#: [303420](#) - Boys [303440](#) - Girls

La Pine Middle School

#: [303421](#) - Boys [303441](#) - Girls

Seven Peaks School

#: [303422](#) - Boys

St. Francis School

#: [303425](#) - Boys [303444](#) - Girls

Bend International School

#: [303426](#) - Boys [303446](#) - Girls

Westside School

#: [303427](#) - Boys [303447](#) - Girls

Cascades Academy

#: [303428](#) - Boys [303445](#) - Girls



High School Basketball League

Grades: 9 - 12

Cascade Middle School

Open to any high school student who is not playing on a high school basketball team. This is a recreational league where players serve as team captains. Officials, scorekeepers and team T-shirts are provided. We keep league standings and have playoffs to end the season.

Registration opens: 8/16

Registration deadline: 11/12,
11:59 p.m. or until full.

\$83.00 ID \$99.60 OD

Grades: Activity:

Grades 9 - 10 [303500](#)

Grades 11 - 12 [303502](#)

Su: 4:00 - 9:00 pm

Season: 1/7 - 2/25

Volunteer with youth sports and adaptive programs.

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

Flag Football

Girls Flag Football Clinics

NEW

Grades: 6 - 12

Summit High School

Let's get flag football going for girls in Central Oregon! Come learn the skills of the game in a camp-like setting with practice and games every Sunday. These non-contact training sessions will allow new players to develop their skills and have fun with friends. Designed for players of all ability levels, the clinics include a t-shirt.

\$89.00 ID \$106.80 OD

Activity: [303049](#) - Opens Aug. 14

Su: 4:30 - 6:00 pm

Session: 9/17 - 10/8



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.

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!

\$70.00 ID \$84.00 OD per 6-week 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 yourself or your child in? Take the guesswork out - come for a free skate skill assessment on Saturdays at 10:30 - 10:45 am, October 28 - December 16 (excluding 11/25) to ensure you or your child are in the right class. Inquire at the front desk or call (541) 389-7588 to arrange an appointment.

Guided Skating with Your Preschooler

Ages: 3 - 5 with Adult

During Tuesday and Thursday Parent/Tot Open Skates, free instructor support is available at 10:00 - 11:15 am. Drop-in skating fees apply and direct supervision of your child on the ice required.

Schedules at thepavilioninbend.com

KinderSkate 1

Ages: 4 - 5

The Pavilion

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.

\$70.00 ID \$84.00 OD

Activity: [310101](#) - Opens Aug. 14

Tu: 4:30 - 5:00 pm

- OR - **5:05 - 5:35 pm**

Session: 11/7 - 12/12 (\$58.00 ID \$69.60 OD)
(no class 11/21)

Th: 4:30 - 5:00 pm

- OR - **5:05 - 5:35 pm**

Session: 11/2 - 12/14 (no class 11/23)

Sa: 8:45 - 9:15 am

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

KinderSkate 2 - 3

Ages: 4 - 5

The Pavilion

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 1. Protective headgear required - bring a helmet or use ours for free.

\$70.00 ID \$84.00 OD

Activity: [310102](#) - Opens Aug. 14

Tu: 4:30 - 5:00 pm

- OR - **5:05 - 5:35 pm**

Session: 11/7 - 12/12 (\$58.00 ID \$69.60 OD)
(no class 11/21)

Th: 4:30 - 5:00 pm

Session: 11/2 - 12/14 (no class 11/23)

Sa: 8:45 - 9:15 am

- OR - **9:20 - 9:50 am**

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

With A Child: Learn to Skate

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. Skate rentals included.

\$140.00 ID \$168.00 OD

Activity: [310110](#) - Opens Aug. 14

Th: 5:40 - 6:10 pm

Session: 11/2 - 12/14 (no class 11/23)

Learn to Skate: Youth Level 1

Ages: 6 - 11

The Pavilion

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. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310111](#) - Opens Aug. 14

Tu: 4:30 - 5:00 pm

- OR - **5:40 - 6:10 pm**

Session: 11/7 - 12/12 (\$58.00 ID \$69.60 OD)
(no class 11/21)

Th: 4:30 - 5:00 pm

- OR - **5:40 - 6:10 pm**

Session: 11/2 - 12/14 (no class 11/23)

Sa: 8:45 - 9:15 am

- OR - **9:20 - 9:50 am**

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

Skating Practice

FREE

Learn to Skate participants skate for free at public skate sessions Monday - Thursday during enrolled dates. Rental skates and "Cheap Skates" sessions not included. **Schedules at thepavilioninbend.com**

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: Youth Level 2

Ages: 6 - 11

The Pavilion

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. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310112](#) - Opens Aug. 14

Tu: 4:30 - 5:00 pm
- OR - 5:40 - 6:10 pm

Session: 11/7 - 12/12 (\$58.00 ID \$69.60 OD)
(no class 11/21)

Th: 4:30 - 5:00 pm

Session: 11/2 - 12/14 (no class 11/23)

Sa: 8:45 - 9:15 am

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

Learn to Skate: Youth Levels 3 - 4

Ages: 6 - 11

The Pavilion

In Levels 3-4, we will develop forward stroking, backward one-foot glides, backward snowplow stops, forward half swizzle pumps and more. Then, when you are ready, we'll take your skating up another level with forward and outside edges around circles, forward crossovers, two-foot spins, backward half-swizzle pumps and more. Suggested prerequisite: Completion of Level 2. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310113](#) - Opens Aug. 14

Tu: 4:30 - 5:00 pm
- OR - 5:40 - 6:10 pm

Session: 11/7 - 12/12 (\$58.00 ID \$69.60 OD)
(no class 11/21)

Th: 4:30 - 5:00 pm
- OR - 5:05 - 5:35 pm

Session: 11/2 - 12/14 (no class 11/23)

Sa: 9:55 - 10:25 am

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

Learn to Skate: Youth Levels 5 - 6

Ages: 6 - 11

The Pavilion

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. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310115](#) - Opens Aug. 14

Th: 5:05 - 5:35 pm

Session: 11/2 - 12/14 (no class 11/23)

Sa: 9:55 - 10:25 am

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

Learn to Skate: Teen Levels 1 - 3

Ages: 12 - 17

The Pavilion

Welcome to Skate School where you will learn the fundamentals of ice skating! Depending on your experience and ability, you 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. Skate rentals included.

\$58.00 ID \$69.60 OD

Activity: [310131](#) - Opens Aug. 14

Tu: 5:40 - 6:10 pm

Session: 11/7 - 12/12 (no class 11/21)

(Learn to Skate continued on next page)



About Bend Ice

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

Bend Ice Figure Skating Club

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

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 stretch 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 the 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



Specialized Sessions

Youth Fees: \$12.50 / session

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](#)

Learn to Skate: Teen Levels 4 - 6

Ages: 12 - 17

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. Skate rentals included.

\$58.00 ID \$69.60 OD

Activity: [310133](#) - Opens Aug. 14

Tu: 5:40 - 6:10 pm

Session: 11/7 - 12/12 (no class 11/21)

Learn to Skate: Hockey Level 1

Ages: 6 - 11

The Pavilion

Let's learn some hockey-specific ice skating skills! In this class, we will develop 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. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310120](#) - Opens Aug. 14

Tu: 5:05 - 5:35 pm

Session: 11/7 - 12/12 (\$58.00 ID \$69.60 OD) (no class 11/21)

Th: 5:05 - 5:35 pm

Session: 11/2 - 12/14 (no class 11/23)

Sa: 9:55 - 10:25 am

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



Learn to Skate: Hockey Level 2

Ages: 6 - 11

The Pavilion

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. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310122](#) - Opens Aug. 14

Tu: 5:05 - 5:35 pm

Session: 11/7 - 12/12 (\$58.00 ID \$69.60 OD) (no class 11/21)

Th: 5:05 - 5:35 pm

Session: 11/2 - 12/14 (no class 11/23)

Sa: 9:55 - 10:25 am

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

Learn to Skate: Hockey Level 3

NEW

Ages: 6 - 11

The Pavilion

Level up your hockey skating! In this class, skaters will hone in their dynamic and fast skating abilities designed for efficiency and agility during hockey games. Wearing hockey gear is optional. No sticks or pucks on ice. Suggested prerequisite: Completion of Hockey Level 2. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310124](#) - Opens Aug. 14

Sa: 9:55 - 10:25 am

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



Hockey

Youth Learn to Play Hockey: Level 1

Ages: 5.5 - 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. Pre-requisite: 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: [310201](#) - Opens Aug. 14

W: 4:00 - 5:00 pm

Session: 11/1 - 12/13 (no class 11/22)

Youth Learn to Play Hockey: Level 2

Ages: 5.5 - 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: [310202](#) - Opens Aug. 14

W: 5:15 - 6:15 pm

Session: 11/1 - 12/13 (no class 11/22)

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: [306750](#) - Opens Aug. 14

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

Sessions: 9/6 - 27 (\$78.00 ID \$93.60 OD)

10/2 - 25

11/6 - 12/6 (no class 11/20 & 11/22)

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. Bring a water bottle and wear shoes. Wear comfortable clothing (no jeans) to the first class. Uniforms will be handed out at the end of the first class and required for all classes thereafter.

\$109.00 ID \$130.80 OD

Activity: [306751](#) - Opens Aug. 14

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

Sessions: 9/6 - 27 (\$96.00 ID \$115.20 OD)

10/2 - 25

11/6 - 12/6 (no class 11/20 & 11/22)



Children's Aikido

Ages: 5 - 12

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.

\$99.00 ID \$118.80 OD

Activity: [306756](#) - Opens Aug. 14

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

Sessions: 10/3 - 26

11/7 - 30 (\$75.00 ID

\$90.00 OD, no class 11/21 & 23)

12/5 - 21

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.

WINTER-SPRING 2024 ICE SPORTS

Registration Opens
in Early December.

Make plans for:
YOUTH HOCKEY LEAGUE
YOUTH SKATE LESSONS
LEARN TO PLAY HOCKEY

Need to learn to skate
before you can
pick up a hockey stick?

See the previous page for
hockey skate lessons.



Pickleball

Moment Athletics Competitive Pickleball NEW

Ages: 8 - 13

Pine Nursery Park

Calling all youth pickleball players! Come compete against other like-minded pickleball players in this new program. We will practice skills and compete in various small competitions and tournaments within the group. Equipment provided. Bring a water bottle. Moment Athletics is locally-owned and operated by veteran teacher and coach CJ Colt.

\$99.00 ID \$118.80 OD

Activity: [303054](#) - Opens Aug. 14

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

Session: 9/11 - 27

Scootering

Fall Scooter Camp

NO SCHOOL

Ages: 6 - 17

Ponderosa Skate Park

Come get spooky with us! 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 will instruct with guest appearances from other pros! On the last day, we will show off our skills in a mini-competition and we'll have a special costume contest. Scooter, helmet and pads required. Bring a water bottle and sack lunch. Program is weather-dependent.

\$215.00 ID \$258.00 OD

Activity: [306778](#) - Opens Aug. 14

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

Session: 10/25 - 27



Work for play at BPRD.

Learn more at bendparksandrec.org/jobs.

SoccerJrs

SoccerJrs - Teddies

Ages: 18 months - 2 years

Cascade Indoor Sports Center

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence. Adults participate with the child as they learn soccer basics and fun activities.

\$100.00 ID \$120.00 OD

Activity: [303310](#) - Opens Aug. 14

Tu: 10:00 - 10:55 am

Sessions: 9/19 - 10/24

10/31 - 12/12 (no class 11/21)

W: 11:00 - 11:55 am

Sessions: 9/20 - 10/25

11/1 - 12/13 (no class 11/22)

Th: 5:00 - 5:55 pm

Sessions: 9/21 - 10/26

11/2 - 12/14 (no class 11/23)

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Sessions: 9/23 - 10/28

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

SoccerJrs - Cubs

Ages: 3 - 4

Cascade Indoor Sports Center

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence. An introductory program teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions. We do not play competitive games in this class.

\$100.00 ID \$120.00 OD

Activity: [303311](#) - Opens Aug. 14

M: 5:00 - 5:55 pm

Sessions: 9/18 - 10/23

10/30 - 12/11 (no class 11/20)

Tu: 11:00 - 11:55 am

- OR - 4:00 - 4:55 pm

Sessions: 9/19 - 10/24

10/31 - 12/12 (no class 11/21)

W: 10:00 - 10:55 am

- OR - 4:00 - 4:55 pm

Sessions: 9/20 - 10/25

11/1 - 12/13 (no class 11/22)

Th: 4:00 - 4:55 pm

- OR - 5:00 - 5:55 pm

Sessions: 9/21 - 10/26

11/2 - 12/14 (no class 11/23)

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Sessions: 9/23 - 10/28

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



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

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



SoccerJrs - Bears

Ages: 5 - 6

Cascade Indoor Sports Center

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence. This class is designed for kids with little or no soccer experience.

\$100.00 ID \$120.00 OD

Activity: [303312](#) - Opens Aug. 14

M: 4:00 - 4:55 pm

Sessions: 9/18 - 10/23
10/30 - 12/11 (no class 11/20)

Tu: 5:00 - 5:55 pm

Sessions: 9/19 - 10/24
10/31 - 12/12 (no class 11/21)

W: 3:00 - 3:55 pm

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

Th: 4:00 - 4:55 pm

Sessions: 9/21 - 10/26
11/2 - 12/14 (no class 11/23)

Volunteer with youth sports.

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

Soccer

Youth 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 six weeks with no practices. Team shirt included. Space is limited, Registration is available until program is full or start date.

\$105.00 ID \$126.00 OD

SESSION 1

Activity: [303340](#) - Opens Aug. 16

Grade: K

Sa: 11:00 am - 12:00 pm

Grade: 1 - 2

Sa: 12:00 - 2:00 pm

Grade: 3 - 5

Sa: 2:00 - 4:00 pm

Grade: 6 - 8

Sa: 5:00 - 7:00 pm

Season: 9/23 - 10/28

SESSION 2

Activity: [303345](#) - Opens Aug. 16

Grade: K

Sa: 11:00 am - 12:00 pm

Grade: 1 - 2

Sa: 12:00 - 2:00 pm

Grade: 3 - 5

Sa: 2:00 - 5:00 pm

Grade: 6 - 8

Sa: 5:00 - 8:00 pm

Season: 11/4 - 12/16 (No games 11/25)



Ultimate

Fall Middle School Ultimate League NEW

Grades: 6 - 8

Big Sky Sports Complex

Let's play! Join BPRD's new Middle School Ultimate League. In this coed 5v5 league, players can expect a short team practice followed by a game each week. All players receive a t-shirt and a disc.

Registration deadline: 9/3, 11:59 p.m. or until full.

\$68.00 ID \$81.60 OD

Activity: [303602](#) - Opens Aug. 16

W: 4:30 - 5:45 pm

Session: 9/13 - 10/18

Volleyball

NPJ Fall Volleyball Clinics

Grades: 3 - 6

Cascade Middle School

Led by local NPJ club volleyball coaches, come improve your game and have fun with your friends as we get ready for the upcoming season.

\$49.00 ID \$58.80 OD

Activity: [303126](#) - Opens Aug. 14

Grades: 3 - 4

Su: 5:00 - 6:15 pm

Grades: 5 - 6

Su: 6:30 - 7:45 pm

Session: 10/8 - 22

Youth Volleyball Leagues

Grades: 3 - 6

Local schools

This league emphasizes individual and team skill development, maximum court time, good sportsmanship and fun. Teams will practice and play games on Saturdays (no program on 11/25). Practice/game times will vary each week and last 90 minutes This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

Registration opens: 8/16

Registration deadline: 9/24, 11:59 p.m. or until full.

\$85.00 ID \$102.00 OD

Grade: Activity:

Grade 3 [303553](#)

Grade 4 [303554](#)

Grade 5 [303555](#)

Grade 6 [303556](#)

Sa: 9:00 am - 6:00 pm
Times vary

Season: 11/4 - 12/16 (no games 11/25)

GIVE & RECEIVE BACK
.....
COACHING MATTERS IN OUR COMMUNITY
.....



give a little, get a lot

**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 spring & summer sport programs. You made it a great season for the young players and their families and we can't thank you enough!

- Youth lacrosse
- Youth softball
- Youth roller hockey



Thanks, Sponsors!

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

KRUEGER & LENOX ORAL & MAXILLOFACIAL SURGERY

Sponsor for kindergarten soccer and youth volleyball

THE CENTER

Sponsor for youth soccer and flag football

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 we want all kids to have the opportunity to play. We make it easy to be a coach and we know it will be rewarding and fun! We are currently seeking volunteer coaches for:

- Youth fall soccer
- Flag football
- Youth volleyball
- Middle school tennis
- Middle school basketball – boys & girls leagues
- Youth basketball
- Youth ice hockey

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



KIDS' SWIM LESSONS
PAGES 62 - 63

makin' waves

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 swimming 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.

[View classes and schedules available online.](#)

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

Learn more at bendparksandrec.org/jobs.



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 71 and view schedules at bendparksandrec.org/recswim



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

Swim lessons fill quickly! 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: \$96.00 - \$116.00 ID
\$115.20 - \$139.20 OD

Frequency: 1 and 2 days a week

Opens Aug. 15

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: 30 - 35 months

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: \$96.00 - \$116.00 ID
\$115.20 - \$139.20 OD

Frequency: 1 and 2 days a week

Opens Aug. 15

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: \$96.00 - \$116.00 ID
\$115.20 - \$139.20 OD

Frequency: 1 and 2 days a week
Opens Aug. 15

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: \$96.00 - \$116.00 ID
\$115.20 - \$139.20 OD

Frequency: 1 and 2 days a week

Opens Aug. 15

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: \$96.00 ID
\$115.20 OD

Frequency: 1 day a week

Opens Aug. 15

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

Frequently Asked Questions

When does registration begin?

Registration opens Tuesday, August 15 at 6:00 a.m. and is ongoing.

How do I know what lesson to register my child for?

Come to a swim lesson assessment or read the prerequisite listed under the class description.

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 signed up for?

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

What if 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.

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.



Swim Lesson Assessment **FREE**

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

Larkspur Community Ctr.:

M-Th: 3:45 pm & 6:15 pm
Sa: 3:00 pm

Juniper Swim & Fitness Ctr.:

M-Th: 10:45 am
M/W: 4:00 & 6:30 pm
Sa: 12:30 pm

Dates: 9/18 - 12/15

Email ann@bendparksandrec.org or keri@bendparksandrec.org to arrange an appointment to work with your schedule.

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: Monday - Friday from 9:00 to 11:35 am.

Registration Childcare

TODDLER

Ages: 6 - 29 months.
Limited availability
\$30.00 ID \$36.00 OD / session
Activity: [305600](#) - Opens Aug. 14

PRESCHOOLER

Ages: 30 months
- 5 years old
\$25.00 ID \$30.00 OD / session
Activity: [305601](#) - Opens Aug. 14

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

Sessions:

M:	9/11 - 25	10/2 - 30
	11/6 - 27	12/4 - 18
T:	9/5 - 26	10/3 - 31
	11/7 - 28	12/5 - 26
W:	9/6 - 27	10/4 - 25
	11/8 - 29	12/6 - 27
Th:	9/7 - 28	10/5 - 26
	11/2 - 30 (no class 11/23)	12/7 - 28
F:	9/8 - 29	10/6 - 27
	11/3 - 17	12/1 - 19

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.

Weekdays: 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 includes swim lessons

Ages: 3 - 5

Juniper Swim and Fitness

Busy Buddies Preschool is a school-year program that aligns similarly to the Bend-La Pine Schools calendar. This program includes weekly swim lessons 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. Registration opened in May.

Limited availability - sign up on wait list if the program is full. This registration holds your spot for the program that begins in September.

Monthly fees begin in September. Fees are \$20.00 ID/OD non-refundable registration fee due at time of enrollment and monthly fee of \$240.00 ID / \$280.00 OD which is due the 5th of every month. You can register for multiple sessions per week if you choose.

The first payment will be due by September 5, 2023.

\$20.00 ID \$24.00 OD

Activity: [405601](#) - Open now

M/W: 1:30 - 4:30 pm

Session: 9/11 - 6/12

Tu/Th: 1:30 - 4:30 pm

Session: 9/12 - 6/13

No school during Thanksgiving Break, 11/20 - 23, Winter Break: 12/18 - 1/1 and Spring Break, 3/25 - 28.



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

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



Aquatics Programs

Family Swim Lesson in Spanish

Ages: 3 & up

Juniper Swim and Fitness

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.

\$146.00 ID \$175.20 OD

Activity: [305260](#) - Opens Aug. 15

Sa: 12:30 - 1:00 pm

Session: 9/30 - 12/9 (no class 11/25)

Youth Novice Swim Team

Ages: 6.5 - 11

Juniper Swim and Fitness

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.

Activity: [305540](#) - Opens Aug. 15

\$366.00 ID \$439.20 OD

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

Session: 9/18 - 12/15
(no class 11/20, 11/22 & 11/24)

\$244.00 ID \$292.80 OD

Tu/Th: 3:15 - 4:10 pm
- OR - 4:15 - 5:10 pm

Session: 9/19 - 12/14
(no class 11/21 & 11/23)

Middle School Novice Swim Team

Ages: 10.5 - 14

Juniper Swim and Fitness

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.

\$244.00 ID \$292.80 OD

Activity: [305541](#) - Opens Aug. 15

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

Session: 9/19 - 12/14 (no class 11/21 & 11/23)

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

Learn more at
bendparksandrec.org/jobs.

Springboard Diving

Ages: 9 - 12

Juniper Swim and Fitness

Learn the basics of how to dive from the 1-meter springboard. The instructor will lead you through the specifics of how to do a diving approach, front jumps, front dives, as well as a basic introduction to the back dive. Additional instruction includes introductions to front flips and twist jumps, along with basic step-by-step progressions. Focused on developing your confidence in a safe environment. These skills and others will help you become a successful diver. Prerequisite: Ability to comfortably swim two widths of the pool in the deep end and tread water.

\$54.00 ID \$64.80 OD

Activity: [305570](#) - Opens Aug. 15

W: 1:35 - 2:20 pm

- OR - 2:25 - 3:10 pm

Sessions: 9/20 - 10/18
10/25 - 11/29 (no class 11/22)

F: 4:10 - 4:55 pm

- OR - 5:00 - 5:45 pm

- OR - 5:50 - 6:25 pm

Sessions: 9/22 - 10/20
10/27 - 12/1 (no class 11/24)



DISCOVER NATURE FESTIVAL

SATURDAY,
SEPTEMBER 23
11 AM - 3 PM
ALPENGLOW PARK
FREE!



PRESENTED BY...

**CHILDREN'S
FOREST**



**CENTRAL
OREGON**

OUTDOOR RECREATION
NATURE EDUCATION
ART AND COMMUNITY
ALL ARE WELCOME!


Bend Park &
Recreation
DISTRICT



CHILDRENSFORESTCO.ORG



Bend Senior Center



Larkspur Community Center

places to play

recreation centers



Juniper Swim & Fitness Center



The Pavilion



LET'S GO!

Facility Fee & Pass Information

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

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

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

- **No initiation or start up fees.**
- **No contracts.**

With our monthly and annual passes you can enjoy:

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

Pass Types

10-Visit Passes

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

Monthly & Annual Passes

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

Annual Pass Discount

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

Family Pass Special

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

Partner Discount

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

Out-Of-District Fee Policy

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

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 75 - 76.

BEND SENIOR CENTER

Social Pass

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

THE PAVILION: ICE SEASON

Without Skates

Admission to all public skate sessions.

Ice Season: October - April

Skate rental: \$3.00

THE PAVILION: ROLLER SEASON

Without Skates

Admission to all public skate sessions.

Roller Season: April - September

Skate rental: \$3.00

Single Visit Admission	Adult (19-61)	\$8.00	\$3.50	\$9.00	\$7.00
	Older Adult* (62-79)	\$7.00	\$1.50	\$8.00	\$6.00
	Youth (3-18)/Honored Citizens (80+)	\$6.00	\$1.25	\$7.00	\$5.00
	Children under 3 with paying adult	Free	N/A	Free	Free
10-Visit Pass Save an average of 15%	Adult (19-61)	\$68.00	\$29.00	\$72.00	n/a
	Older Adult* (62-79)	\$59.00	\$12.00	\$64.00	n/a
	Youth (3-18)/Honored Citizens (80+)	\$51.00	\$10.00	\$56.00	n/a
Monthly Pass Unlimited Visits!	Adult (19-61)	\$59.00	\$24.00	ICE SEASON PASSES: OCTOBER - APRIL Unlimited drop-in skate sessions (without skates)	
	Older Adult* (62-79)	\$46.00	\$16.00	\$298.00	
	Youth (3-18)/Honored Citizens (80+)	\$32.00	\$13.00	\$259.00	
	Any mix of three or more household members	\$110.00	N/A	\$220.00	
Monthly Family Pass				\$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.



CLICK TO
LEARN MORE ABOUT
& PURCHASE
PASSES



USE YOUR
MONTHLY &
ANNUAL
FITNESS/SWIM
PASS FOR
ROLLER SKATING
AT THE PAVILION

(Does not include skate rental.)

Register at register.bendparksandrec.org • Fall registration opens August 14 - 16 at 6:00 a.m. daily. Check Activity # for opening date.

How to register and refund/cancellation policy on pages 4 - 7. • Program locations on pages 78 - 79. • Park lists on pages 80 - 81.



**USE YOUR
MONTHLY &
ANNUAL
FITNESS/SWIM
PASS FOR
ROLLER SKATING
AT THE PAVILION**

(Does not include skate rental.)

**ICE & ROLLER
SKATING PARTIES
AVAILABLE**

Great for birthday parties and more! During ice season, The Pavilion features an indoor viewing room with fireplace. During roller season, guests can enjoy the outdoor pavilion. No matter the time of year, The Pavilion offers spaces with 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 Roller & Ice Skate Sessions

The Pavilion

- Roller season: April - September
- Ice season: late October - April
- Facility information on page 77.

Fees: Pass or drop-in fee.

- Rental skates available.
- Helmets available to borrow.
- See page 68 - 69.

Open Skate

ROLLER & ICE SKATING

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.

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

ICE SEASON: 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 so you know what to expect.

More at: bendparksandrec.org/pavilion

Family Skate

ROLLER & ICE SKATING

All ages with adult

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

During Roller Skating season, the Skatepark is open for skates, scooters and skateboards.

More at: bendparksandrec.org/pavilion

Cheap Skates

ROLLER & ICE SKATING

All ages

Open Skate at a special discounted fee.

More at: bendparksandrec.org/pavilion

Parent-Tot Skate & Play

ROLLER & ICE SKATING

Ages: 5 & under with adult

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

During roller skating season, you can expect an open play space (with mats and balls) along with roller skating.

More at: bendparksandrec.org/pavilion

Friday Night Roller Dance

ROLLER SKATING

All ages

Open Skate with those Friday night dance vibes. Complete with themes, good music and roller dancing.

More at: bendparksandrec.org/pavilion

Saturday Night Adult Roller Jam

ROLLER SKATING

Ages: 21 & over

S-A-T-U-R-D-A-Y Night! We'll bring out the music, turn down the lights and let the big kids play at these special adults-only skate sessions with local brewery on site. We're talking youthful "skate center" vibes and joy!

For Adult Roller Jam lessons prior to the skate session, see online schedules.

More at: bendparksandrec.org/pavilion

CLICK FOR
SKATING
SCHEDULES





Drop-in Swim Sessions

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 75 - 76.
- Fee: Pass or drop-in fee. See pages 68 - 69.

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

CLICK FOR LAP SWIMMING & CURRENT CHANNEL SCHEDULES



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, including hot tub, sauna and steam room, are available when Juniper's indoor pool is open.

The hot tub at Larkspur is open when Larkspur's pool is open.

Youth ages 6 years and up are only allowed in the hot tubs with an adult; not allowed during Open Recreation Swim.

USE YOUR MONTHLY & ANNUAL FITNESS/SWIM PASS FOR ROLLER SKATING AT THE PAVILION

(Does not include skate rental.)

POOL PARTIES

Make waves at your next celebration with a pool party.

Available at both Juniper and Larkspur pools.

Details at: bendparksandrec.org/poolparty

One pass - two facilities & hundreds of sessions

The fitness and swim pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to 200+ weekly exercise programs at both Juniper and Larkspur.

More at bendparksandrec.org



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 200 weekly group exercise programs at both Juniper and Larkspur.

Details at bendparksandrec.org



USE YOUR MONTHLY & ANNUAL FITNESS/SWIM PASS FOR ROLLER SKATING AT THE PAVILION

(Does not include skate rental.)

Drop-in Fitness Classes

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 75 - 76.
- Fee: Pass or drop-in fee. See pages 68 - 69.

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 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 68 - 69.

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. Our 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

There is a low-cost or no-cost fitness pass option for insurance-reimbursed fitness programs, including: Active & Fit Enterprise, Active & Fit Direct, Silver & Fit and AARP Renew Active. Eligible programs will include unlimited access to BPRD fitness centers, virtual fitness classes, lap swimming and drop-in fitness classes, including water fitness classes and workout-on-your-own sessions. Learn more at: bendparksandrec.org/medicare

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

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



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 75 - 76.
- Fee: Pass or drop-in fee. See pages 68 - 69.

Ages: 16 & up; 11 - 15 with adult

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 75 - 76.

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 76. Adult Activity and Art programs on pages 9 - 20.
- Fee: Social pass, Fitness/Swim pass or drop-in fee. See pages 68 - 69.

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 - 16.

Adult Art Programs

on pages 17 - 20.

Adult Swim Programs

on page 25.

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.

Souper Tuesday Brunch

Join us for a tasty brunch on the second Tuesday of each month. Check online schedules for cost 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 - 1:30 pm. You bring your lunch; dessert and coffee are on us. Offered fall through spring with a break during summer months. 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. Three 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.

SHIBA Medicare Presentation

FREE

Senior Health Insurance Benefits Assistance (SHIBA) is a program dedicated to educate and advocate for Oregonians with Medicare. Counselors can help you understand your Medicare benefits and identify and compare health insurance options.

AARP Smart Driver Class

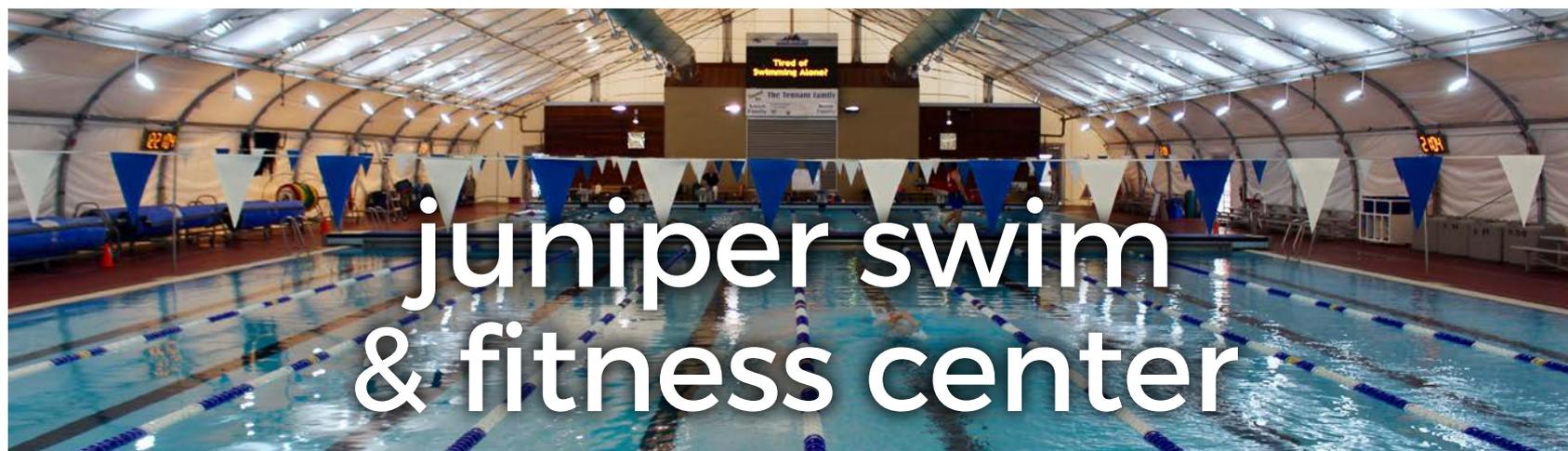
The AARP Smart Driver Course is one of many programs offered by AARP Driver Safety. It's the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. The class meets from 9:00 am to 4:00 pm with a lunch break. Fees are \$20 for AARP members; \$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 68 - 69.



Social Media

facebook.com/JuniperSwimandFitnessCenter
instagram.com/juniperswimandfitness

Activities

Childcare & Preschool (page 33)
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, Juniper is located two blocks from the Hawthorne Street transit center of Cascade East Transit and a bus stop is located on Franklin Avenue.

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 May 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.

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 71.

Drop-in Fitness

on pages 72 - 73.

Adult Swim Programs

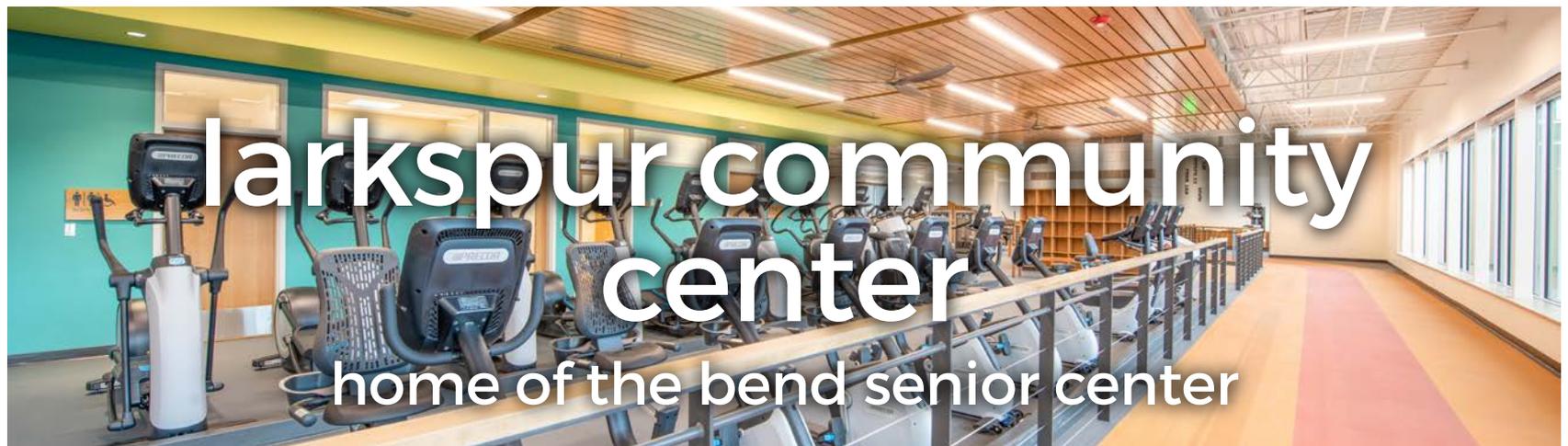
on page 25.

Youth Swim Programs

on pages 61 - 65.

Register at register.bendparksandrec.org • Fall registration opens August 14 - 16 at 6:00 a.m. daily. Check Activity # for opening date.

How to register and refund/cancellation policy on pages 4 - 7. • Program locations on pages 78 - 79. • Park lists on pages 80 - 81.



Larkspur community center

home of the bend senior center

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 68 - 69.



Social Media

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

Drop-in Swim

on page 71.

Drop-in Fitness

on pages 72 - 73.

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 - 16.

Adult Swim Programs

on page 25.

Youth Swim Programs

on pages 61 - 65.

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.

Bend Senior Center

3,500-sq.-ft. Event Room and Kitchen

Senior Social Lounge and Billiards Room

Free Wi-Fi

CLICK FOR
OLDER ADULT
ACTIVITIES
INFORMATION



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

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



the pavilion

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 68 - 69.



Social Media

[facebook.com/
thepavilioninbend](https://facebook.com/thepavilioninbend)

[instagram.com/
thepavilioninbend](https://instagram.com/thepavilioninbend)

CLICK FOR
DROP-IN SKATING
SCHEDULES



Activities

April - September

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

Late October - April

Ice Skating & Lessons
Hockey
Curling
Skate Parties

How to Get There

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

PUBLIC & ALTERNATIVE TRANSPORTATION:

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



Facility Features

Roller Sports Flooring (April - September)

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

Skatepark (April - September)

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

The Ice Sheet (Late October - April)

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

Skate Parties

Learn more online at
bendparksandrec.org/skateparties



Drop-in Skating Sessions

page 70.

Curling, Ice Hockey & Ice Skating

Adult Sports on pages 21 - 24.
Youth Sports on pages 50 - 60.



Fall 2023 Program Locations

Locations of all seasonal programs are in alphabetical order below.

Academie De Ballet Classique
162 NW Greenwood Ave, Bend, OR
97701

Alpenglow Park
61049 SE 15th St, Bend, OR 97702

Aspen Hall
18920 Shevlin Park Rd, Bend, OR
97703

Bear Creak Elementary School
51 SE 13th St, Bend, OR 97702

Bend International School
63034 O. B. Riley Rd, Bend, OR 97703

Big Sky Sports Complex
21690 Neff Rd, Bend, OR 97701

BPRD District Office
799 SW Columbia St, Bend, OR 97702

Caldera High School
60925 SE 15th 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

Cascades Academy
19860 Tumalo Reservoir Rd, Tumalo,
OR 97703

DIYCave
444 SE 9th St #150, Bend, OR 97702

Elk Meadow Elementary School
60880 Brookwood Blvd, Bend, OR
97702

Free Spirit Yoga + Ninja + Play
320 SW Powerhouse Dr Ste 150,
Bend, OR 97702

Harmon Park Clay Studio
1100 NW Harmon Blvd, Bend, OR
97701

High Desert Middle School
61111 SE 27th St, Bend, OR 97702

High Lakes Elementary School
2500 NW High Lakes Lp, Bend, OR
97701

Highland Elementary School
701 NW Newport Ave, Bend, OR 97703

Hollinshead Park & Barn
1235 NE Jones Rd, Bend, OR 97701

Jewell Elementary School
20550 Murphy Rd, Bend, OR 97702

Juniper Swim & Fitness Center
800 NE 6th St, Bend, OR 97701

La Pine Middle School
16360 1st St, La Pine, OR 97739

**Larkspur Community Center
- Home of the Bend Senior
Center**
1600 SE Reed Market Rd, Bend, OR
97702

Miller Elementary School
300 NW Crosby Dr, Bend, OR 97703

Mountain View High School
2755 NE 27th St, Bend, OR 97701

North Star Elementary School
63567 Brownrigg Ln, Bend, OR 97703

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 Loop, Bend, OR 97702

Pacific Crest Middle School
3030 NW Elwood Ln, Bend, OR 97703

The Pavilion
1001 SW Bradbury Way, Bend, OR
97702

Pilot Butte Middle School
1501 NE Neff Rd, Bend, OR 97701

**Pine Nursery Park &
Sports Complex**
3750 NE Purcell Blvd, Bend, OR 97701

Pine Ridge Elementary School
19840 Hollygrape St, Bend, OR 97702

Ponderosa Elementary School
3790 NE Purcell Blvd, Bend, OR 97701

Ponderosa Skatepark
1411 SE Wilson Ave, Bend, OR 97702

**Riverbend Community Room -
BPRD District Office**
799 SW Columbia St, Bend, OR 97702

Samara Learning Center
230 NE 9th St, Bend, OR 97701

Seven Peaks School
19660 Mountaineer Way, Bend, OR
97702

Shevlin Park - Aspen Meadow
18920 NW Shevlin Park Rd, Bend, OR
97701

Sky View Middle School
63555 NE 18th St, Bend, OR 97701

St. Francis School
2450 NE 27th St, Bend, OR 97701

Summit High School
2855 NW Clearwater Dr, Bend, OR
97703

**Sylvan Learning Center -
Northwest Crossing**
2754 NW Crossing Dr #101, Bend, OR
97701

Three Rivers School
56900 Enterprise Dr, Sunriver, OR
97707

Twin Knolls Transition Co-op
2500 NE Twin Knolls Dr, Bend, OR
97702

Westside Village School
1101 NW 12th St, Bend, OR 97703



Park Features & Amenities



Get out and play with our features and amenities guide. Need to know how to get to a park? An interactive map is available online at bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at bendparksandrec.org or call (541) 389-7275.

Park & Trail Rules & Regulations:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at bendparksandrec.org.

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans. Dogs are allowed in all parks except for Riley Ranch Nature Reserve.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on district property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

Trail Use:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails or in Riley Ranch Nature Reserve. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.

NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•	•				
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	•									•		•				



Sawyer Park



Hollinshead Barn at Hollinshead Park



Pine Nursery Park

let's play
together



play for life