

SPRING
2024

youth
& adult
activities

PLAYLIST

recreation program guide



registration opens
february 5 - 7

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 63.

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 64.

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 65.



spring 2024 | 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:

Nathan Hovekamp, Board Chair • Jodi Barram, Vice-Chair • Xavier Borja • Donna Owens • Debra Schoen

BUDGET COMMITTEE:

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

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don@bendparksandrec.org

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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: Troy, a therapeutic recreation participant, and Sean, BPRD staff, are all smiles at the Larkspur Community Center indoor track. Photo credit: Sean, BPRD staff.



hello to spring

“Spring work
is going on
with joyful
enthusiasm.”
- John Muir



At Bend Park and Recreation District, we are ready to spring into the upcoming season with an exciting lineup of programs for April through mid-June. We're thrilled to introduce a fresh batch of offerings including a new roller skating school for adults, teens and youth, hobby exploration and no-school day activities. We're also bringing back some crowd favorites such as adult softball leagues, swim lessons and music lessons.

Our With A Child classes have become a hit! This spring, we have a fun mix of adult-and-child activities available including crafting flowering baskets with your favorite kiddo or diving into creativity with fused glass or sushi making.

For arts and crafts enthusiasts, mosaic art classes offer a vibrant array of options or you can try your hand at pottery. Classes cater to all ages and skill levels, including pottery wheel experience. Create something special for yourself or a cherished gift for a friend.

For those wanting to explore in the kitchen, delve into the world of cooking with classes ranging from French bread baking to cheese making and fresh, easy seafood dishes – catering to every palate.

The program list is diverse and dynamic, offering something for everyone. Be sure to peruse through our offerings; you're sure to find something that sparks your interest. Outdoor enthusiasts, don't miss the chance to hit the trails or visit one of our parks as the temperatures warm up this season.

Whatever your passion, I invite you to join us at one of BPRD's parks or facilities.

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. The Playlist 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.

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Mark Your Calendar:

Spring 2024
registration
opens
February 5 - 7.

how to register

Spring 2024 Registration

Winter 2024 registration opens for January - March programs and winter/spring sports leagues:

- **Monday, February 5, 6:00 a.m.: Recreation, enrichment and sports programs.**
- **Tuesday, February 6, 6:00 a.m.: Swim lessons and aquatics programs.**
- **Wednesday, February 7, 6:00 a.m.: Sports leagues** including adult cornhole, adult and youth roller hockey, youth indoor soccer, adult softball and adult 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

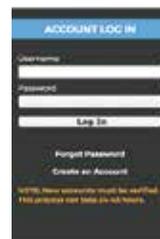
Out-of-district residents do not pay property taxes that support the district and will be charged an additional 20% for most programs. If you need help determining if you live inside the district boundaries, call us at 541-389-7275.

Online Registration Instructions

1. Click on the "Register" link on our website or go directly to: <https://register.bendparksandrec.org>

REGISTER

Enter your email and password. You already have an account if you have recently participated in a program or have a pass at Juniper Swim & Fitness Center, Larkspur Community Center, The Pavilion or Bend Senior Center. The default password is your last name (first letter capitalized) unless you set it up differently.



2. Make sure all family members are added with correct birth dates and genders.
3. You can select/search for activities in one of three ways:

- › **Activity Number (Fastest)** - Enter the activity number (first six digits) in the box. Click on the Search button. The activity numbers are printed in this guide.



- › **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

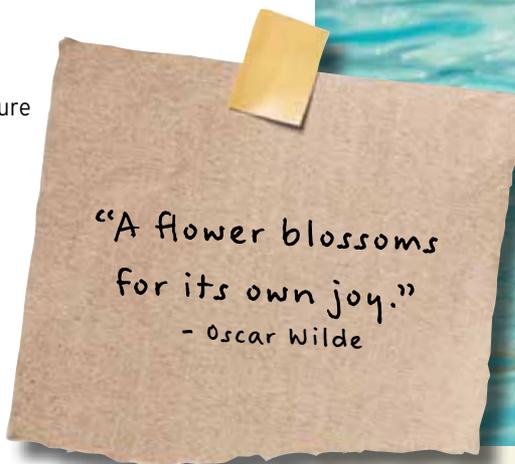
If the registration for a program is listed as "full," be sure to add your name on the waitlist.

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 3,200 individuals have received financial support to participate in programs that provide 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.

Spring 2024 Registration

Spring 2024 registration opens for April - Mid-June programs and spring/summer sports leagues:

- **Monday, February 5, 6:00 a.m.: Recreation, enrichment and sports programs.**
- **Tuesday, February 6, 6:00 a.m.: Swim lessons and aquatics programs.**
- **Wednesday, February 7, 6:00 a.m.: Sports leagues** including adult cornhole, adult and youth roller hockey, youth indoor soccer, adult softball and adult volleyball leagues.

Once opened, registration is ongoing throughout the season.

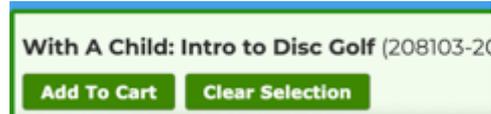
ABOUT THE VIRTUAL WAITING ROOM

ON OPENING DAYS: FEBRUARY 5 - 7

1. Log into your BPRD account. If you log on before 6:00 a.m., you and any others will be randomized at 5:59 a.m. After 6:00 a.m., the line will form one after another just like in person at the movie theater. The wait time may vary, but knowing how many are ahead of you will allow you to plan your morning.
2. Wait for your turn. The virtual waiting room is automated and there's nothing you need to do. If your computer or browser window unintentionally close or shut down, don't panic. Just turn the same device and browser back on and a helpful "cookie" will remember you and your place in line.
3. When it's your turn, add programs to your cart and register. The shopping and registration experience is consistent with past seasons. Use 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



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 February 5 - 7 to help control traffic to the registration website.



Aspen Hall

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

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.

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.

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.



The Pavilion

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.

LARKSPUR COMMUNITY CENTER welcomes groups of various sizes for gatherings, celebrations, meetings and other events. The Event Room features a maple hardwood floor, abundant natural light, high ceiling and a full commercial kitchen. Various meeting rooms are also available.

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.



Picnic Shelter at Shevlin Park

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.

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.



TRIPS
& TOURS.....
PAGE 13

venture into play

Cooking & Baking

Delicious & Healthy Plant-Based Cooking

Ages: All Adults

Larkspur Community Center

Limiting our consumption of meat is considered by many to be a healthy strategy for our bodies and the planet, and this class will show you that it can be easier than you might think. We will use fresh vegetables and grains to create some classic vegan dishes you will love. Bring an apron and a to-go container for leftovers. Instructor: Mark Thomas.

\$89.00 ID \$106.80 OD

Activity: [102227](#) - Opens Feb. 5

F: 5:00 - 8:00 pm

Session: 4/19 - Entrees
5/17 - The Classics



Fresh & Easy Seafood NEW

Ages: All Adults

Larkspur Community Center

Learn how to cook seafood the fresh and easy way! In this demonstration class, we'll talk about preparation, the distinction of wild versus farmed and best practices and recommendations for cooking sustainable seafood at home. The instructor will demonstrate recipes prepared from fresh, seasonal ingredients available in local markets in spring. Recipes may include: Sesame seared ahi with spring greens, pine crusted cod with orange sauce, wild caught salmon with spicy rub, great fish tacos, and fantailed coconut shrimp and crab. All delicious and all easy to make! Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [102220](#) - Opens Feb. 5

Th: 5:00 - 7:30 pm

Session: 4/25



Fabulous French Bread & Other Loaves We Love

Ages: All Adults

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. With instruction beyond just theory, we will put our hands to the dough to get baking. Instructor: Elizabeth Guerin.

\$79.00 ID \$94.80 OD

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

Sa: 12:00 - 2:30 pm

Session: 4/27

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?



Simple Cheese-Making: Italian Cheeses NEW

Ages: All Adults

Larkspur Community Center

Take a cheese-making adventure and explore how to make several kinds of Italian cheeses. In this hands-on class, you will see how mozzarella and mascarpone are made and then turn up the heat to make your very own ricotta with a few basic ingredients. We will sample cheeses and then take home our cheese-making products. Instructor: Elizabeth Guerin.

\$79.00 ID \$94.80 OD

Activity: [102292](#) - Opens Feb. 5

Sa: 12:00 - 2:30 pm

Session: 5/4

Knife Skills & Kitchen Shortcuts

Ages: All Adults

Larkspur Community Center

Learn easy knife skills, knife care and sharpening while enjoying tasty recipes in this hands-on class. Learn about the four must-have knives and how to select a cutting board. Learn how to cut like a chef - fast and efficient - with cutting techniques and practice. We'll prepare some deliciously simple vegetable dishes and make vegetable stir fry, herb roasted winter vegetables and honeyed heirloom matchstick carrots. Bring your best vegetable knife and a cutting board. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [102232](#) - Opens Feb. 5

Th: 5:00 - 7:30 pm

Session: 5/9

More "With A Child" classes

Art on pages 14 - 17.

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: Cooking & Baking

With A Child: Marshmallow Madness

Ages: 8 - 12

Larkspur Community Center

Let's whip up some sweet, fluffy, homemade marshmallows. Join us as we put together a few basic ingredients and learn to make marshmallow magic and how to vary flavorings to create original marshmallow treats. Bring an apron and a 9x9 baking pan to take home your final confection creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102260](#) - Opens Feb. 5

Sa: 1:00 - 3:00 pm

Session: 4/13

With A Child: NEW Lunches & Snacks

Ages: 7 - 12 with Adult

Larkspur Community Center

Kids will experiment with making simple weekend lunches yummy enough for the whole family to enjoy. Sample recipes may include favorites such as: hamburger biscuit cups, make-it-your-way sandwich rollups, stove top mac and cheese, corndogs, and banana split chocolate pops. Please bring an apron and a to-go container for any leftovers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [102256](#) - Opens Feb. 5

Sa: 1:00 - 3:00 pm

Session: 4/20



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

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

With A Child: Let's Make Pizza

Ages: 8 - 12

Larkspur Community Center

Grab your buddy and let's make pizza together! We'll start from the bottom up to create your very own personal pizza. Your artisan bread-baking instructor will walk you through each step, from perfect pizza dough to the finishing touches. Learn the dough basics from thick to thin crusts and achieving that authentic flavor. Bring an apron, rolling pin, pizza pan or cookie sheet, to-go containers for any leftovers, and 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.

\$69.00 ID \$82.80 OD

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

Sa: 1:00 - 3:00 pm

Session: 5/11

With A Child: Sushi Rolling Made Easy

Ages: 6 - 12

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.

\$69.00 ID \$82.80 OD

Activity: [102293](#) - Opens Feb. 5

Sa: 1:00 - 3:00 pm

Session: 6/1



Flower Arranging

With A Child: May Flowering Basket

Ages: 6 - 12

Larkspur Community Center

Enjoy some one-on-one time with your child and create a beautiful arrangement of fresh flowers to celebrate May or a special occasion such as Mother's Day. Surprise a family member or friend with your creation, or make the class experience your gift. It's sure to bring smiles either way. The fee includes one child and one required accompanying adult. Please only register the child. All materials and supplies included. Instructor: Rae Aldrich.

\$89.00 ID \$106.80 OD

Activity: [102190](#) - Opens Feb. 5

Sa: 12:00 - 1:30 pm

Session: 5/11



Music, Theater & Voice

Drama Club NEW

Ages: All Adults

Larkspur Community Center

An exciting drama class guiding students through an immersive exploration of the fundamentals of acting, storytelling and theatrical expression. Each session is designed to be stand-alone or can be taken consecutively. Instructor: Jana Mohr.

\$50.00 ID \$56.00 OD

Activity: [106222](#) - Opens Feb. 5

T: 7:00 - 8:00 pm

Session: 4/2 - 4/23 4/30 - 5/21

Beginning Ukulele I

Ages: 16 & up

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [102100](#) - Opens Feb. 5

M: 5:00 - 6:00 pm

Session: 4/8 - 29



Ukulele Chord Melody

Ages: 16 & up

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: [102105](#) - Opens Feb. 5

M: 6:15 - 7:15 pm

Session: 4/8 - 29

Beginning Ukulele II

Ages: 16 & up

Larkspur Community Center

Now you are ready to learn more about your amazing ukulele! We will take you beyond beginning ukulele and 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! No class on 5/27, Memorial Day. Instructor: Carl Ventis.

\$49.00 ID \$58.80 OD

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

M: 6:15 - 7:15 pm

Session: 5/13 - 6/10 (no class 5/27)



Beginning Guitar I

Ages: 16 & up

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

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

W: 5:00 - 6:00 pm

Session: 4/3 - 24

Beginning Guitar II

Ages: 16 & up

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

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

W: 6:15 - 7:15 pm

Session: 5/15 - 6/5

Parenting

First Steps Together NEW

Ages: 0 - 1 with Adult

Larkspur Community Center

Join in this new 10-week learning series designed especially for parents, guardians and caregivers of infants. Led by a dedicated adult/child educator, each session delves into child development decoding baby cues, and enhancing communication with your little one. Beyond education, adults strengthen bonds with their child, connect with a supportive community and gain a valuable resource in their adult/child educator.

\$100.00 ID \$120.00 OD

Activity: [106255](#) - Opens Feb. 5

F: 12:00 - 1:00 pm

Session: 4/5 - 6/7

Playful Parenting NEW

Ages: 1 - 3 with Adult

Larkspur Community Center

Embrace the joy of parenting in this new dynamic 10-week learning series led by a skilled adult-child educator. Featuring childcare while you are in class, this unique program combines insightful learning with hands-on play labs, fostering strong bonds between adult and child. Sessions will explore various topics including child development, communication and the magic of play and will include laughter-filled learning and meaningful connections. One hour of parent education (with childcare) and 1 hour of play lab (with parent involvement).

\$200.00 ID \$240.00 OD

Activity: [106257](#) - Opens Feb. 5

F: 9:00 - 11:00 am

Session: 4/5 - 6/7



Specialized Fitness & Wellness

Outdoor 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. Research-backed science supports that you'll build strength in your upper body and core, improve your posture and burn up to 46% more calories than regular walking. Poles take weight off the joints and increase coordination and stabilization. Bring your own poles or borrow ours. Sessions held outside Larkspur Community Center. Instructor: Monica McClain-Smith.

\$12.00 ID \$14.40 OD

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

Th: 10:30 - 11:30 am

Session: 4/11 5/9

Looking for drop-in fitness classes?

Visit
bendparksandrec.org/fitness-swim/

Calm Restorative Yoga Workshop

Ages: All Adults

Juniper Swim and Fitness Center

Keep calm and carry on in this popular workshop using the power of props, poses and pranayama pathways to help induce calm in body and mind. Restorative forward and inverted shapes can help to influence the circulation and helping to calm the heart, breath and brain. All levels welcome. Instructor: Nicole Williams.

\$28.00 ID \$33.60 OD

Activity: [105633](#) - Opens Feb. 5

Sa: 4:00 - 5:30 pm

Session: 4/20



Technology

iPhone for Beginners: Photos & Videos

Ages: All Adults

Larkspur Community Center

The camera and Photo app on your iPhone can be amazing so let's put them to work capturing memories and more! Learn iPhone fundamentals with step-by-step instructions and demonstrations to become a beginner iPhone photographer and videographer. This hands-on class will also cover how to edit your images and effortlessly manage your photos and videos on your iPhone and across all Apple devices. Bring your iPhone with you. Instructor: Isaac Montoya.

\$25.00 ID \$30.00 OD

Activity: [102566](#) - Opens Feb. 5

W: 2:30 - 4:00 pm

Session: 4/24



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



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

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

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.

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

Albuquerque Balloon Fiesta & Santa Fe

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





create yourself.

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

Clay

Intro to Adult Wheel Throwing

Ages: 14 & up

Harmon Park Clay Studio

Learn how to throw different vessels on the wheel and understand the process to create mugs, plates, bowls, vases and more in this class specially designed for beginners. Instructor: Anne Hunter.

\$175.00 ID \$210.00 OD

Activity: [111203](#) - Opens Feb. 5

Tu: 6:00 - 9:00 pm

Session: 4/9 - 5/7 5/14 - 6/11

Work for play at BPRD.

Learn more at bendparksandrec.org/jobs

Wheel Experience

Ages: 16 & up

Harmon Park Clay Studio

All experience levels are welcome to this pottery wheel class including those who have always wanted to give the wheel a spin and test the waters or refine their skills. Follow the process of basic wheel-throwing practice, trimming and glazing. Instructor: Hunter Teig.

\$175.00 ID \$210.00 OD

Activity: [111105](#) - Opens Feb. 5

Tu: 9:00 am - 12:00 pm

Session: 4/9 - 5/7 5/14 - 6/11



Day Clay

Ages: 16 & up

Harmon Park Clay Studio

This six-week class provides a supportive atmosphere for all experience levels to learn clay techniques. Practice hand building, wheel throwing and design skills. Explore creative methods and find inspiration in this project-oriented class. Tools and the first 10 pounds of clay provided; additional clay available for purchase at the studio. Instructor: Helen Bommarito.

\$175.00 ID \$210.00 OD

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

W: 11:00 am - 2:00 pm

Session: 4/10 - 5/8 5/15 - 6/12

Th: 11:00 am - 2:00 pm

Session: 4/11 - 5/9 5/16 - 6/13

F: 11:00 am - 2:00 pm

Session: 4/12 - 5/10 5/17 - 6/14

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.

\$175.00 ID \$210.00 OD

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

W: 6:00 - 9:00 pm

Session: 4/10 - 5/8 5/15 - 6/12



DIY & Multimedia

DIY: Stained Glass Mosaic Bird Bath

Ages: All Adults

Larkspur Community Center

Learn how to make a bird bath created with your own artistic flair. You will design and create the motif using stained glass pieces and then return the next day to grout and polish your masterpiece. The vibrant colors of the bowl are great for attracting bathing birds and thirsty bees. This class meets for two separate sessions on Saturday and Sunday for a total of six hours. Saturday is from 10:00 a.m. - 2:00 p.m.; Sunday is from 12:00 p.m. - 2:00 p.m. All supplies provided. Instructor: Jessica Carleton.

\$109.00 ID \$119.90 OD

Activity: [102424](#) - Opens Feb. 5

Sa: 10:00 am - 2:00 pm

- AND -

Su: 12:00 - 2:00 pm

Session: 4/20 - 21



DIY: Mosaic Garden Stake

Ages: All Adults

Larkspur Community Center

Make a unique and beautiful garden stake of your very own design using pieces of stained glass. You'll create various shapes and designs as you learn the basics of working with stained glass as a mosaic element and end up with a wonderful gift or stake for your garden or houseplants. All supplies provided. Instructor: Jessica Carleton.

\$69.00 ID \$82.80 OD

Activity: [102427](#) - Opens Feb. 5

Sa: 10:00 am - 1:00 pm

Session: 5/4

DIY: Stained Glass Mosaic Garden Heart

Ages: All Adults

Larkspur Community Center

Bling for your garden! Instead of a stepping stone, a cement heart will be your base. You will decorate it with colorful stained glass - lines, circles and swirls - let your creativity flow! Learn the basics of mosaic while creating a one-of-a-kind piece of outdoor art to adorn your own yard or to give as a gift. Supplies and tools provided. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [102423](#) - Opens Feb. 5

Sa: 10:00 am - 2:00 pm

Session: 5/18

DIY: Mosaic Stepping Stone

Ages: All Adults

Larkspur Community Center

Mosaic stepping stones are a great way to personalize your garden, walkway or yard. Learn a different style of mosaic in this class. You will create a design by attaching colorful glass in a pattern to an adhesive film, and then we will pour in the concrete. It will set up overnight and you can pick it up the next day. No experience necessary; all tools and materials provided. Instructor: Jessica Carleton.

\$69.00 ID \$82.80 OD

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

Sa: 12:00 - 2:30 pm

Session: 6/8



Art Station moves into the future

After calling the historic train depot home for many years, the Art Station had to move and has been operating out of temporary spaces listed below for the past year.

Good news though! The BPRD Board of Directors has approved a new facility for the Art Station at Larkspur Park. Plans are underway for a 2026 opening. Keep your eyes open for updates.

CLAY CLASSES

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

MULTIMEDIA CLASSES

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

ART PARTIES

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



Painting

Painting Birds & Flowers

Ages: 14 & up

Larkspur Community Center

Celebrate the return of spring wildflowers and birds by painting them in oil and with no painting experience required! Use vibrant colors and expressive brushstrokes to create a dynamic springtime composition. Working in layers, we will explore the depiction of energetic movement and the fundamentals of avian form. The instructor will demonstrate and explain the painting process from roughing-in the overall composition to the adding final layers of color, texture and your personal finishing touches, allowing plenty of time for individual assistance, exploration of style, and, of course, painting. You are encouraged to bring photo references of your own or choose to work from provided references. Instructor: Steven Teater.

\$175.00 ID \$210.00 OD

Activity: [111226](#) - Opens Feb. 5

Sa: 9:00 am - 12:00 pm

Session: 5/4 - 25

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. Instructor: Michelle Oberg.

\$25.00 ID \$30.00 OD

Activity: [102411](#) - Opens Feb. 5

Th: 1:00 - 3:30 pm

Session: 5/9

Beginning Watercolor

Ages: All Adults

Larkspur Community Center

Come 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. No art experience is necessary, just a willingness to try something new and have fun. \$10 supply fee due to instructor at class. Instructor: Jennifer Ware-Kempke.

\$25.00 ID \$30.00 OD

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

Th: 1:00 - 3:30 pm

Session: 5/23

Expressive Portraiture NEW

Ages: 12 & up

Larkspur Community Center

Let's express ourselves! No painting experience is needed for this four-week painting series. Using oil, painters will explore composition, personal expression and personality by painting a human or animal portrait that incorporates abstract elements and showcases the beauty and presence of the paint itself as a medium. Portraits will be completed layer-by-layer as the instructor demonstrates the painting process from initial compositional block-ins and establishing a value pattern, through the final finishing touches of each piece. Time for individual assistance and simply enjoying the playful process of painting will be plenty. Guidance on gathering and preparing reference photos to paint from will be provided by the instructor before the series begins. Instructor Stephen Teater.

\$159.00 ID \$190.80 OD

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

Sa: 9:00 am - 12:00 pm

Session: 6/8 - 29



Printmaking

Reduction Block Printing

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.

\$159.00 ID \$190.80 OD

Activity: [111131](#) - Opens Feb. 5

Th: 5:30 - 7:30 pm

Session: 5/2 - 23





With A Child: Art

With A Child: NEW Back to the Future Self-Portraits

Ages: 8 - 12 with Adult

Larkspur Community Center

What if you could create an alternate reality where adults and children travel in time and tell their story in a painting? With a focus on experimentation and exploration of fine arts techniques, adult and child duos will team up to create a modern art two-panel diptych, with a fun switch in roles as adults imagine themselves as children and the children as adults. Enjoy the creative process as you both learn about portrait painting using acrylic paints and a slew of mixed media on canvas. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Mila Shelehoff.

\$69.00 ID \$82.80 OD

Activity: [102417](#) - Opens Feb. 5

Sa: 12:00 - 2:00 pm

Session: 4/6

With A Child: Fun With Clay

Ages: 5 - 14 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: [111510](#) - Opens Feb. 5

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

Session: 4/6 - Mugs
4/13 - Bowls
4/20 - Gnomes
4/27 - Spring Bowls
5/4 - Giant Garden Flowers
5/11 - Bird House
5/18 - Dragons
6/1 - Picnic Plates
6/8 - Flower Pots

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: Acrylic Pouring on Canvas

Ages: 6 - 15 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: [111545](#) - Opens Feb. 5

Sa: 9:00 - 11:00 am

Session: 4/13 4/20
4/27

With A Child: Paint Night

Ages: 6 - 12 with Adult

Larkspur Community Center

Enjoy quality 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: [102416](#) - Opens Feb. 5

Th: 5:30 - 7:30 pm

Session: 4/18 - Turtles
5/2 - Horses & Unicorns
6/6 - Butterflies



With A Child: Fun With Fused Glass

Ages: 6 - 12 with Adult

Larkspur Community Center

Come enjoy an evening with your young artist and make a fused glass piece of art. Try your creativity in designing with different shapes and color pieces to make the most of your decor. 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: [102414](#) - Opens Feb. 5

F: 5:30 - 7:00 pm

Session: 4/26 - Night Light
5/17 - Gnome

More "With A Child" classes

Young Children programs
on pages 31 - 38

Cooking programs
on pages 10 - 11.

Flower arrangement
programs on page 11.



**ADULT
ROLLER
HOCKEY
LEAGUE**
.....
PAGE 19

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.



Cornhole

Pints n' Play: Adult Cornhole NEW Spring League

Ages: All Adults

The Pavilion

It has been called many things - Corn Toss, Bean Bag, Bean Toss, Soft Horseshoes, and Indiana Horseshoes - but to many of us the game is known as Cornhole. If you can aim and toss a cornhole bag 30 feet then this league is for you! Get out on spring evenings with friends and family and enjoy one of Bend's favorite past times. Local brewery on site. Each team will play six weeks of matches with a tournament held 6/12 and 6/19.

**Registration deadline: 4/10,
11:59 pm or until full.**

\$140.00 ID \$168.00 OD

Activity: [110200](#) - Opens Feb. 7

W: 6:30 - 9:00 pm

Session: 5/1 - 6/26 (no games 6/19)

Martial Arts

Adult & Teen Shorinji Kempo

Ages: 13 & up

Larkspur Community Center

Experience training in Shorinji Kempo, a world class Japanese martial art, whose main purpose is to promote strength, balance, cooperation and compassion. Founded by Doshin So in 1947, Shorinji Kempo is a discipline for the training the body and mind and is recognized as a life skill educational system. The techniques are dynamic yet pragmatic designed for strengthening our bodies, protecting yourself, helping others and improving people's lives. Together, we will learn foundational skills, which can be divided into three main pillars: Goho (technical elements focusing on basic blocking, striking and kicking). Juho (technical elements focusing on body movement, dodging, footwork, releasing, escaping and capturing). Seiho (basic healing techniques to help the body relax and recover). We will also pursue some purposeful philosophical elements so that we can be respectful, responsible and positive members of the communities we live in. Instructor: Bruce Weinberg

\$99.00 ID \$118.80 OD

Activity: [106756](#) - Opens Feb. 5

M/W: 7:00 - 7:50 pm

Session: 4/15 - 5/8
5/13 - 6/10 (no class 5/27)



**Be a coach!
Volunteer coaches
needed for
youth sports.**

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



Roller Hockey

Adult Roller Hockey Skills & Drills

Ages: All Adults

The Pavilion

Let's get together, learn something new and play roller hockey! This 4-week session is designed to develop the fundamentals of the game, hone in a particular skill, promote physical fitness and, above all else, have fun.

\$60.00 ID \$72.00 OD

Activity: [110421](#) - Opens Feb. 5

M: 6:00 - 7:00 pm

Session: 4/29 - 5/20 6/3 - 24

Adult Spring Roller Hockey League

Ages: All Adults

The Pavilion

Get into spring hockey action with BPRD's Adult Roller Hockey League! Sign up as an individual and be drafted onto a A, B or C league team. Teams play 8, 45-minute games. Games are on Monday nights between 7:30-10:30 pm. There will be no playoffs. Dark and light jersey provided. For more information, contact Clare at Clare@bendparksandrec.org.

Registration deadline: 4/8, 11:59 pm or until full

\$125.00 ID \$150.00 OD

Activity: [110520](#) - Opens Feb. 7

M: 7:30 - 10:30 pm - A

Session: 4/29 - 6/24

W: 7:30 - 10:30 pm -B/C

Session 5/1 - 6/26 (no games 6/19)

Adult Roller Hockey Specialized Times

Ages: All Adults

The Pavilion

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.

Sessions: Times and days will vary. Check schedule online at thepavilioninbend.com.

STICK TIME

Bring your sticks, skates and gear and work on your skating, stick-handling and shooting in these no-pressure, hockey-only sessions. Separate adult and youth sessions provided. Nets and pucks are provided. Helmet, stick and gloves required. Pick-up games and scrimmages are not allowed during Stick Time.

Adult: \$12.00 ID \$14.40 OD

Activity: [210402](#)

Opens 72 hours prior

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 is required including helmet. Bring a light and dark jersey with you.

Adult: \$12.00

Activity: [210403](#)

Opens 72 hours prior

Learn to Skate: Roller & Inline Skating Lessons NEW

Ages: All Adults

The Pavilion

Welcome to BPRD's Learn to Skate Roller and Inline Skating Program, designed for adults, teens and children at levels 1 through 4. This comprehensive program is crafted to provide a fun and supportive environment for skaters of all ages, ensuring a smooth and enjoyable journey from the basics to more advanced skills. Includes skate rental. Protective headgear encouraged - bring a helmet or use ours for free.

Learn to Skate NEW Roller: Adult 1 - 2

Beginner Basics - Begin your skating adventure by learning the fundamentals of balance, posture, and basic strides. Discover the joy of roller and inline skating with specially designed exercises to enhance coordination and build confidence. No prerequisite skills required.

\$50.00 ID \$60.00 OD

Activity: [110631](#) - Opens Feb. 5

W: 5:45 - 6:15 pm

Session: 5/1 - 6/12



Learn to Skate NEW Roller: Adult 3 - 4

As you progress, our program delves deeper into technique, control, and more advanced maneuvers. Develop smoother transitions, learn to maneuver through obstacles, and build speed with confidence. Learn to stop and change directions. Prerequisite: must be able to skate comfortably and in control.

\$50.00 ID \$60.00 OD

Activity: [110632](#) - Opens Feb. 5

W: 5:45 - 6:15 pm

Session: 5/1 - 6/12

Save the date for Summer 2024 Sports

Make plans for:

- Cornhole League
- Golf
- Kickball League
- Roller Hockey League

Summer program registration is scheduled for March 18 - 20. Watch for updates.

Roller & Inline Skating Practice FREE

Registered Learn to Skate participants skate for free at public skate sessions Mondays and Wednesdays within enrolled dates (rental skates not included).

Schedules at thepavilioninbend.com.

Clases de Patinaje sobre Ruedas en Fami / Family Roller Skate Lessons in Spanish NEW

Ages: 5 & up

The Pavilion

¡Diseñada para familias hispanohablantes, esta clase es para niños, jóvenes y adultos quienes aprenderán a patinar de manera progresiva en familia! Debido a que esta es la única clase de patinaje sobre ruedas que BPRD ofrece en español, las familias de habla hispana tienen la prioridad al momento de la inscripción. Por cada niño(a) que inscriba, un adulto también podrá aprender a patinar. No es necesario ningún prerrequisito. También incluye la entrada al horario de público en general los lunes y miércoles por la tarde. Incluye el alquiler de patines.

Designed for Latino families, this combined youth and adult class features a progressive skate lesson for the whole family! Since this is BPRD's only roller skating class in Spanish, registration is prioritized for Spanish-speaking families. Includes admission to Open Skate Monday and Wednesday afternoons. Skate rentals included. Register under the child's name; one adult is included. No prerequisite. Skate rentals included.

\$50.00 ID \$60.00 OD

Activity: [110633](#) - Opens Feb. 5

W: 6:15 - 6:45 pm

Session: 5/1 - 6/12

Softball

ON NEXT PAGE

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.



Volleyball

Adult Volleyball Leagues

Ages: All Adults

Pilot Butte Middle School

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

Registration deadline: March 18, 12:00 a.m. or until full.

\$329.00 / team

Activity: [103900](#) - Opens Feb. 7

COED:

M: 7:00 - 10:00 pm

Session: 4/1 - 5/20

WOMEN'S:

Tu: 7:00 - 10:00 pm

Session: 4/2 - 5/21

Wilderness Safety & First Aid

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 National Outdoor Leadership School (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

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

Session: 4/2 - 11

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 National Outdoor Leadership School (NOLS). Wilderness Medicine. CPR not included.

\$250.00 ID/OD

Activity: [408360](#) - Open now

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

Session: 4/17 - 18

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

Session: 5/2 - 3



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

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

Session: 4/22 - 24

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

Session: 5/15 - 17

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

Adult Summer Softball Leagues

All Adults

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

Space in each league is limited! Register early.

ADULT METRO SOFTBALL LEAGUES

Skyline Sports Complex

Get your team of 12 players together! BPRD's Adult Metro Softball Leagues are for the more competitive and experienced players. Games are umpired, league standings kept and playoffs held at the end of the season.

Men's B League: Teams play a 10-game schedule including a double elimination tournament at season's end. Teams play one game per night, mainly on Tuesday nights.

Men's C League: Teams play a 10-game schedule including a double elimination tournament at season's end. Teams play one game per night, mainly on Tuesday or Thursday nights.

Men's D League: Teams play a 10-game schedule including a double elimination tournament at season's end. Teams play one game per night, mainly on Thursday nights.

Women's League: Teams play a 10-game schedule including a double elimination tournament at season's end. Teams play one or two games per week, mainly on Wednesdays.

Coed League: Teams play an 8-game schedule including a single elimination tournament at season's end. Teams play one or two games per week. Games are played mainly on Wednesday nights. Coed and Women's games will be scheduled back to back.

Senior League: Open to anyone over the age of 50. Teams play a 16-game schedule including a double elimination tournament at season's end.

Team registration deadline: 4/10 at 5:00 pm or until full

Activity: [103905](#) - Opens Feb. 7

League	Days	Dates	Times	Team Fee
Senior League (50+)	Mondays	5/6 - 7/29	6:00 - 10:00 pm	\$959.00 / team
Men's B League	Tuesdays	5/7 - 8/13	6:00 - 9:00 pm	\$819.00 / team
Men's C League	Tuesdays/Thursdays	5/7 - 7/30	6:00 - 9:00 pm	\$819.00 / team
Coed League	Mondays/Wednesdays	5/6 - 7/17	6:00 - 9:00 pm	\$639.00 / team
Women's League	Wednesdays	5/8 - 7/24	6:00 - 10:00 pm	\$819.00 / team
Men's D League	Thursdays	5/9 - 8/1	6:00 - 9:00 pm	\$819.00 / team

ADULT RECREATIONAL SOFTBALL LEAGUES

Pine Nursery Sports Complex, Hal Puddy Field at Ponderosa Park & Skyline Sports Complex

Perfect for anyone interested in having fun, our Adult Recreational Softball Leagues offer variable game nights and self-umpired games. Teams need a minimum of 10 players, maximum of 20. Coed teams have a minimum of 5 women and 5 men. Standings are not kept in this league and no playoffs are held. Each team will play 11 games.

Team registration deadline: 4/10 at 5:00 pm or until full

League	Days	Dates	Times	Team Fee
Coed Rec League	Varies on M - F	5/6 - 7/26	6:00 - 7:30 pm	\$400.00 / team
Men's Rec League	Varies on M - F	5/6 - 7/26	6:00 - 7:30 pm	\$400.00 / team



All Adult Softball Leagues
open on Feb. 7

CLICK HERE
TO REGISTER
FOR
ADULT SOFTBALL
LEAGUES



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

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on pages 66 - 67. • Park lists on pages 68 - 69.

ADVANCE
YOUR
SWIMMING
.....
SEE
BELOW

make waves

Liquid benefits.

It's never too late to become a swimmer! Our swim program allows you to progress from no experience to becoming a master swimmer. Come swim - gain confidence in the water and feel great.

DID YOU KNOW? Why you should learn to swim for your safety:

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

Adult Swimming

Swim Lessons Adult Level 1

Ages: 16 & up

Juniper Swim & Fitness Center

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

\$120.00 ID \$144.00 OD

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

Sa: 9:00 - 9:45 am

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

Swim Lessons Adult Level 2

Ages: 16 & up

Juniper Swim & Fitness Center

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

\$135.00 ID \$162.00 OD

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

Tu: 5:30 - 6:15 pm

Session: 4/2 - 5/28

Th: 6:20 - 7:05 pm

Session: 4/4 - 5/30

Swim Lessons Adult Level 3

Ages: 16 & up

Juniper Swim & Fitness Center

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

\$135.00 ID \$162.00 OD

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

Tu: 6:20 - 7:05 pm

Session: 4/2 - 5/28

Th: 5:30 - 6:15 pm

Session: 4/4 - 5/30

Water Wisdom Swim Lessons for 55 & Better

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.

\$135.00 ID \$162.00 OD

Activity: [115570](#) - Opens Feb. 6

Tu: 3:05 - 3:50 pm

Session: 4/2 - 5/28

Th: 3:05 - 3:50 pm

Session: 4/4 - 5/30

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.

CLICK TO LEARN
MORE ABOUT
MASTERS SWIMMING
& LAP SWIMMING

Dates: 1/2 - 6/14

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

[Check schedule](#)

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

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



YOUTH THERAPEUTIC RECREATION

Rascal Rodeo **NEW**

Ages: 8 - 18

District Office

The Rascal Rodeo provides kids of all abilities a chance to experience rodeo activities in a modified environment. Join us as we adventure out to a local ranch for a morning of mechanical bull riding, learning to milk cows and getting to lasso ponies!

\$50.00 ID \$60.00 OD

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

Sa: 9:00 am - 1:00 pm

Session: 4/6

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.

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.

\$20.00 ID \$24.00 OD

Activity: [104801](#) - Opens Feb. 5

F: 5:30 - 7:00 pm

Session: 4/12 5/10
6/7

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: [104811](#) - Opens Feb. 5

Sa: 1:30 - 5:00 pm

Session: 4/20 5/11 6/1

With inclusion, everybody benefits!

If you or your child has a disability and are interested in participating in a general program, we will help make it happen. When people with disabilities participate in general programs EVERYBODY benefits! To ensure successful inclusion, we encourage you to check the box on the registration form that says "check here if you want an assessment team to contact you about disability accommodations." Someone from the Therapeutic Recreation Department will contact you to discuss what we can do to make your experience a success!

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

Youth Movie & Craft Night

Ages: 7 - 17

District Office

Come enjoy a movie and snacks with friends. We will also have multiple craft options for those who like to stay busy while watching a movie. This program is designed for youth with disabilities and their siblings or friends.

\$30.00 ID \$36.00 OD

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

F: 5:45 - 7:45 pm

Session: 4/26

Youth Day Trip: Enchanted Forest

Ages: 10 - 17

District Office

Join us for a full day of excitement as we all travel to Salem, Oregon's Enchanted Forest. We will spend a magical day trying out rides and exploring!

\$75.00 ID \$90.00 OD

Activity: [104812](#) - Opens Feb. 5

Sa: 8:00 am - 5:00 pm

Session: 5/4

Youth Disc Golf & Hike NEW

Ages: 12 - 18

Norton Avenue Apts

Combining two great activities! Disc Golf and Hike is a new outdoor program specially-tailored to provide a fun, inclusive environment where participants can develop new skills, foster teamwork and embrace a healthy and active lifestyle. Come join the fun!

\$25.00 ID \$30.00 OD

Activity: [104108](#) - Opens Feb. 5

M: 5:30 - 7:30 pm

Session: 5/13



Youth Game & Activity Night

Ages: 7 - 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: [104802](#) - Opens Feb. 5

F: 5:45 - 7:45 pm

Session: 5/31

TEEN THERAPEUTIC RECREATION

Teen Fitness

Ages: 13 - 18

Larkspur Community Center

Join a program focused on healthy lifestyles and habits. We will utilize the fitness center at Larkspur Community Center to exercise with friends. This program is designed for teens with disabilities and their siblings or friends.

\$20.00 ID \$24.00 OD

Activity: [104850](#) - Opens Feb. 5

M: 5:30 - 7:00 pm

Session: 4/8 4/22
5/6 6/3

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: [104820](#) - Opens Feb. 5

Sa: 9:30 am - 1:00 pm

Session: 4/20 5/11
6/1



ADULT THERAPEUTIC RECREATION

Arts & Crafts

Exploring Hobbies NEW

Ages: All Adults

Norton Avenue Apts

Embark on a journey of self-discovery in our Exploring Hobbies class! Explore and cultivate your passions from knitting to jewelry-making. Join us for a fulfilling adventure of skill-building and connecting with like-minded enthusiasts.

\$45.00 ID \$54.00 OD

Activity: [104107](#) - Opens Feb. 5

Tu: 5:30 - 7:30 pm

Session: 4/2 - 30

Spring Canvas Creations NEW

Ages: All Adults

Twin Knolls Trans

Dive into spring's vibrant palette with this canvas painting class! Unleash your creativity and bring the beauty of spring to life in your unique painting. Join us for an inspiring artistic journey this season!

\$105.00 ID \$126.00 OD

Activity: [104412](#) - Opens Feb. 5

W: 6:30 - 8:00 pm

Session: 4/3 - 5/1

Artful Blooms NEW

Ages: All Adults

Twin Knolls Trans

Flower power! Step into the world of floral creations in this art class. From vibrant watercolors to expressive acrylics, join us in painting stunning botanical masterpieces. Let your art bloom with the beauty of flowers!

\$105.00 ID \$126.00 OD

Activity: [104414](#) - Opens Feb. 5

W: 6:30 - 8:00 pm

Session: 5/8 - 6/5

Cooking & Baking

Chuckwagon Chow

NEW

Ages: All Adults

Twin Knolls Trans

Saddle up for our Chuckwagon Chow cooking class! Explore Western-inspired dishes and master the art of crafting hearty meals with a dash of frontier flair. Join us for a hands-on culinary adventure and bring the spirit of the Wild West to your kitchen!

\$137.00 ID \$164.40 OD

Activity: [104311](#) - Opens Feb. 5

W: 4:30 - 6:30 pm

Session: 4/3 - 5/1

Spring Vittles Cooking

NEW

Ages: All Adults

Twin Knolls Trans

Savor the taste of spring in our cooking class, Spring Vittles! Discover fresh seasonal ingredients and create delicious dishes with your friends. This cooking experience is sure to bring the vibrant flavors of spring to your table!

\$137.00 ID \$164.40 OD

Activity: [104312](#) - Opens Feb. 5

W: 4:30 - 6:30 pm

Session: 5/8 - 6/5

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.

Fun & Games

Movie, Games & Crafts Night

NEW

Ages: All Adults

Norton Avenue Apts

Join us for a dynamic evening of movies, games and crafts. Grab your snacks and get ready for a night filled with laughter, excitement, and shared experiences.

\$25.00 ID \$30.00 OD

Activity: [104509](#) - Opens Feb. 5

F: 5:30 - 7:30 pm

Session: 4/5

Day Program: Community Outing

Ages: All Adults

Norton Avenue Apts

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

\$120.00 ID \$144.00 OD

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

F: 9:30 am - 12:30 pm

Session: 4/5 - 26 5/3 - 24
5/31 - 6/14



Night at the Pool

Ages: All Adults

Norton Avenue Apts

Splash around with your friends! Come join us for an evening of open recreation swim and games at Larkspur Community Center.

\$20.00 ID \$24.00 OD

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

F: 5:00 - 7:00 pm

Session: 4/19

Afternoon at the Pool

Ages: 16 & up

Juniper Swim & Fitness Center

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

\$20.00 ID \$24.00 OD

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

Sa: 1:00 - 3:00 pm

Session: 4/27

Spring Willamette Valley Overnight Trip

NEW

Ages: All Adults

Norton Avenue Apts

Join us for our Spring Overnight to the beautiful Willamette Valley with lots of exciting activities planned. We will visit The Enchanted Forest in Salem and Wings and Waves Water Park in McMinnville. Transportation, lodging and meals included. Look for more details to be available in early May.

\$250.00 ID \$300.00 OD

Activity: [104600](#) - Opens Feb. 5

Su/Sa: 8:00 am - 4:30 pm

Session: 5/18 - 19



An Evening Out Downtown

Ages: All Adults

Norton Avenue Apts

Let's spend the evening out with friends in beautiful and lively downtown Bend. We'll check out the Drake Park boardwalk, have dinner and spend some time shopping!

\$45.00 ID \$54.00 OD

Activity: [104512](#) - Opens Feb. 5

F: 5:00 - 8:30 pm

Session: 5/24

Sisters Rodeo

Ages: All Adults

Norton Avenue Apts

Grab your boots and cowboy hats, as we head to the Sisters Rodeo for the Saturday afternoon events. Giddy-up for the fun!

\$65.00 ID \$78.00 OD

Activity: [104705](#) - Opens Feb. 5

Sa: 11:00 am - 6:00 pm

Session: 6/8

Outdoors

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!

\$45.00 ID \$54.00 OD

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

Sa: 10:00 am - 4:00 pm

Session: 4/13

Scenic Walks NEW

Ages: All Adults

Norton Avenue Apts

Now that spring has a foothold, it's time to enjoy some scenic walks in and around Bend. We will explore local, accessible trails with exceptional views. Participants should expect to walk 1-3 miles each evening at varying paces.

\$56.00 ID \$67.20 OD

Activity: [104105](#) - Opens Feb. 5

Tu: 5:30 - 7:30 pm

Session: 5/7 - 6/4



Biking With Oregon Adaptive Sports

Ages: All Adults

Norton Avenue Apts

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

\$55.00 ID \$66.00 OD

Activity: [104110](#) - Opens Feb. 5

Th: 4:45 - 6:45 pm

Session: 6/6 - 27

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.

\$55.00 ID \$66.00 OD

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

Th: 5:30 - 7:30 pm

Session: 4/4 - 5/2

Moving to Music

Ages: All Adults

Juniper Swim & Fitness Center

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.

\$60.00 ID \$72.00 OD

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

Th: 6:15 - 7:45 pm

Session: 5/9 - 30





ACTIVITIES
FOR
AGES 5
& UNDER

it's playtime

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: Harmon Clay Studio Staff.

\$29.00 ID \$34.80 OD

Activity: [111304](#) - Opens Feb. 5

F: 9:45 - 10:45 am

Session: 4/5 4/19
5/3 5/17
5/31

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.

\$25.00 ID \$30.00 OD

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

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

Session: 4/5 4/19
5/3 5/17
5/31

With A Child: Fun With Clay

Ages: 5 - 14 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: [111510](#) - Opens Feb. 5

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

Session: 4/6 - Mugs
4/13 - Bowls
4/20 - Gnomes
4/27 - Spring Bowls
5/4 - Giant Garden Flowers
5/11 - Bird House
5/18 - Dragons
6/1 - Picnic Plates
6/8 - Flower Pots

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.

Preschool

Busy Buddies Preschool Registration

Ages: 3 - 5

Juniper Swim & Fitness
Center

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

Registration for each school year opens in May.

Limited availability: Sign up on wait list if the program is full. The registration holds your spot for the upcoming or current September-May school year program.

Fees: A \$20.00 ID/OD non-refundable registration fee is due at time of enrollment and monthly fee of \$240.00 ID / \$280.00 OD is due the 5th of every month September through June.

You can register for multiple sessions per week if you choose.

Activity: [405601](#) - Open now

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

Session: Now - 6/12

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

Session: Now - 6/13

No school on 5/27, Memorial Day.



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.

\$85.00 ID \$102.00 OD

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

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

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

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

Session: 4/10 - 5/1 5/15 - 6/5

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

Session: 4/11 - 5/2 5/16 - 6/6

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

Dance

Happy Hip Hop

Ages: 5 - 7

Academie De Ballet

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

\$207.00 ID \$248.40 OD

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

W: 2:45 - 3:30 pm

Session: 4/3 - 6/12

Look for With A Child classes:

Art, page 17,
Cooking, pages 10 - 11,
Flower Arrangement,
pages 11.

Born to Dance

Age: 3

Academie De Ballet

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

\$157.50 ID \$189.00 OD

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

Sa: 9:30 - 10:00 am

Session: 4/6 - 6/15 (no class 5/25)

Come Dance With Me

Age: 4

Academie De Ballet

Little budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Learn jumps, leaps and feet movement in an imaginary setting. Dress code is required; contact studio for more information. Learn more at abcend.com/petites-etoiles/petitesetoiles-uniform-guide/

\$195.00 ID \$234.00 OD

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

Sa: 9:40 - 10:15 am

Session: 4/6 - 6/15 (no class 5/25)





Fantasy Ballet

Ages: 5 - 6

Academie De Ballet

Children are delighted to dance through all of the magical places while using their newly learned ballet steps. This fantasy-themed ballet class is designed to cultivate your child's creativity, individuality, and artistry while discovering ballet terminology and culture of discipline. Dress code is required. Contact the studio for more information at abcbend.com/petites-etoiles/petitesetoiles-uniform-guide/

\$195.00 ID \$234.00 OD

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

Sa: 10:10 - 10:55 am

Session: 4/6 - 6/15 (no class 5/25)



Martial Arts

Intro to 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 \$99.70 OD

Activity: [106750](#) - Opens Feb. 5

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

Session: 4/1 - 4/24 4/29 - 5/22

Looking for no-school day camp for a 5 year old?

Look at Operation Recreation and other camps page 34.

Register in advance to sync with your workout

Kids' Corner Childcare

Ages: 6 months - 5 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 and includes a standard of 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. If you would like your child to stay longer than 75 minutes, it will count as two visits and only available as space allows or if registered.



Registration Childcare

TODDLER

Ages: 6 - 29 months.

Limited availability

\$30.00 ID \$36.00 OD / session

Activity: [105600](#) - Opens Feb. 5

PRESCHOOLER

Ages: 30 months - 5 years old

\$25.00 ID \$30.00 OD / session

Activity: [105601](#) - Opens Feb. 5

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

Sessions:

M:	4/1 - 29	
	5/6 - 20 (No class on 5/27)	
	6/3 - 24	
T:	4/2 - 30	5/7 - 28
	6/4 - 25	
W:	4/3 - 24	5/1 - 29
	6/5 - 26	
Th:	4/4 - 25	5/2 - 30
	6/6 - 27	
F:	4/5 - 26	5/3 - 31
	6/7 - 28	

Drop-in Childcare

Available if space allows.

Call 541-706-6191 for availability.

TODDLER

Ages: 6 - 29 months.

Limited availability

\$9.00 ID \$10.80 OD

per visit up to 75 minutes.

PRESCHOOLER

Ages: 30 months - 5 years old

\$7.50 ID \$9.00 OD

per visit up to 75 minutes.

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

Your child can stay for longer than 75 minutes with payment for two visits.

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/



Music, Theater & Voice

Drama Club

Ages: 5 - 7

Larkspur Community Center

An exciting drama class guiding students through an immersive exploration of the fundamentals of acting, storytelling and theatrical expression. Each session is designed to be stand-alone or can be taken consecutively. Instructor: Jana Mohr.

\$60.00 ID \$72.00 OD

Activity: [106222](#) - Opens Feb. 5

Tu: 3:00 - 4:00 pm

Session: 4/2 - 23 4/30 - 5/21

More programs for little guys & gals at:

Afterschool & No-School Day Camps, pages 31 - 38

Art, pages 39 - 42

Martial Arts, page 43

Sports, pages 43 - 48

Swimming, pages 49 - 53

Parenting

First Steps Together NEW

Ages: 0 - 1 with Adult

Larkspur Community Center

Join in this new 10-week learning series designed especially for parents, guardians and caregivers of infants. Led by a dedicated adult/child educator, each session delves into child development decoding baby cues, and enhancing communication with your little one. Beyond education, adults strengthen bonds with their child, connect with a supportive community and gain a valuable resource in their adult/child educator.

\$100.00 ID \$120.00 OD

Activity: [106255](#) - Opens Feb. 5

F: 12:00 - 1:00 pm

Session: 4/5 - 6/7

Playful Parenting NEW

Ages: 1 - 3 with Adult

Larkspur Community Center

Embrace the joy of parenting in this new dynamic 10-week learning series led by a skilled adult-child educator. Featuring childcare while you are in class, this unique program combines insightful learning with hands-on play labs, fostering strong bonds between adult and child. Sessions will explore various topics including child development, communication and the magic of play and will include laughter-filled learning and meaningful connections. Each class features one hour of adult education with childcare and one hour of play lab with adult involvement.

\$200.00 ID \$240.00 OD

Activity: [106257](#) - Opens Feb. 5

F: 9:00 - 11:00 am

Session: 4/5 - 6/7



STEM - Science, Technology, Engineering & Mathematics

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

Ages: 5 - 6

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

\$120.00 ID \$144.00 OD

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

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

Session: 4/10 - 12



AFTERSCHOOL
& NO-SCHOOL
ACTIVITIES
PAGES 31 - 38

made to 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!

W: 12:45 - 2:15 pm

\$120.00 ID \$144.00 OD

Session: 4/3 - 5/15 (no class 4/10)

\$60.00 ID \$72.00 OD

Session: 5/22 - 6/5

BEAR CREEK ELEMENTARY

Grades: K - 5

All Programs: [406601](#) - Opens Feb. 5

Nature Club

Join a naturalist from Sunriver Nature Center & Observatory and explore nature in your schoolyard. Perform science experiments, learn about and meet live animals and create nature-themed art projects!

Session: 4/3 - 5/15 (no class 4/10)

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: 5/22 - 6/5

ELK MEADOW ELEMENTARY

Grades: K - 5

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

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: 4/3 - 5/15 (no class 4/10)

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: 5/22 - 6/5



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

YOUTH ACTIVITIES

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!

W: 12:45 - 2:15 pm

\$120.00 ID \$144.00 OD

Session: 4/3 - 5/15 (no class 4/10)

\$60.00 ID \$72.00 OD

Session: 5/22 - 6/5

HIGH LAKES ELEMENTARY

Grades: K - 5

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

Happy Habits Fun & Fitness Class

Happy Habits Fun & Fitness Class will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. With a healthy snack provided in class, kids are getting exercise, having fun and building strength of character.

Session: 4/3 - 5/15 (no class 4/10)

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: 5/22 - 6/5



HIGHLAND ELEMENTARY

Grades: K - 5

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

Happy Habits Fun & Fitness Class

Happy Habits Fun & Fitness Class will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. With a healthy snack provided in class, kids are getting exercise, having fun and building strength of character.

Session: 4/3 - 5/15 (no class 4/10)

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: 5/22 - 6/5

JEWELL ELEMENTARY

Grades: K - 5

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

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: 4/3 - 5/15 (no class 4/10)

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: 5/22 - 6/5

JUNIPER ELEMENTARY

Grades: K - 5

All Programs: [406608](#) - Opens Feb. 5

Creative Writing

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

Session: 4/3 - 5/15 (no class 4/10)

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: 5/22 - 6/5

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

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

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!

W: 12:45 - 2:15 pm

\$120.00 ID \$144.00 OD

Session: 4/3 - 5/15 (no class 4/10)

\$60.00 ID \$72.00 OD

Session: 5/22 - 6/5



MILLER ELEMENTARY

Grades: K - 5

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

Fun, Funky, Fresh Dance

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

Session: 4/3 - 5/15 (no class 4/10)

Nature Club

Join a naturalist from Sunriver Nature Center & Observatory and explore nature in your schoolyard. Perform science experiments, learn about and meet live animals and create nature-themed art projects!

Session: 5/22 - 6/5

PINE RIDGE ELEMENTARY

Grades: K - 5

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

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: 4/3 - 5/15 (no class 4/10)

Happy Habits Fun & Fitness Class

Happy Habits Fun & Fitness Class will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. With a healthy snack provided in class, kids are getting exercise, having fun and building strength of character.

Session: 5/22 - 6/5

PONDEROSA ELEMENTARY

Grades: K - 5

All Programs: [406612](#) - Opens Feb. 5

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: 4/3 - 5/15 (no class 4/10)

Happy Habits Fun & Fitness Class

Happy Habits Fun & Fitness Class will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. With a healthy snack provided in class, kids are getting exercise, having fun and building strength of character.

Session: 5/22 - 6/5

NORTH STAR ELEMENTARY

Grades: K - 5

All Programs: [406614](#) - Opens Feb. 5

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: 4/3 - 5/15 (no class 4/10)

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: 5/22 - 6/5



No School Days

NO SCHOOL

Grades: K - 5

Buckingham & Silver Rail 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 adult 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 Bend-La Pine school district.

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

\$52.00 ID \$62.40 OD

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

W: 7:30 am - 5:30 pm

Session: 4/10

Th: 7:30 am - 5:30 pm

Session: 4/11

F: 7:30 am - 5:30 pm

Session: 4/12

Afterschool Care

Afternoon Enrichment With Samara

Ages: 9 - 14

Samara Learning Center

Afternoons are packed with great afterschool activities with Samara! With recreation and academic elements throughout, this program expands students' afternoon experiences as they play board games, craft, socialize with friends, enjoy outdoor games, build LEGO® and receive homework/school support.

\$187.00 ID \$224.40 OD

Activity: [106565](#) - Opens Feb. 5

Tu: 2:30 - 5:30 pm

Session: 4/16 - 5/7 5/14 - 6/4

Th: 2:30 - 5:30 pm

Session: 4/18 - 5/9 5/16 - 6/6

No School Days

Westside Village Camp

NO SCHOOL

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 two miles of Westside Village Magnet School. Tap into your creative side with drama, music, dancing, drumming, ukulele, art projects, and cooking/baking. Campers should bring lunch each day.

\$69.00 ID \$82.80 OD / day

\$175.00 ID \$210.00 OD / All three days

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

W: 7:45 am - 5:15 pm

Session: 4/10

Th: 7:45 am - 5:15 pm

Session: 4/11

F: 7:45 am - 5:15 pm

Session: 4/12



Samara No School Day Camp

NO SCHOOL

Ages: 6 - 14

Samara Learning Center

A positive and supportive environment for campers to have fun social experiences. The day is filled with arts, crafts, games and other fun activities.

\$46.00 ID \$55.20 OD

Activity: [106561](#) - Opens Feb. 5

M: 8:30 am - 12:30 pm

- OR - 12:30 - 5:00 pm

Session: 5/27

W: 8:30 am - 12:30 pm

- OR - 12:30 - 5:00 pm

Session: 4/10

Th: 8:30 am - 12:30 pm

- OR - 12:30 - 5:00 pm

Session: 4/11

F: 8:30 am - 12:30 pm

- OR - 12:30 - 5:00 pm

Session: 4/12

For more
No School Day
programs:
Look for

NO SCHOOL



Cooking & Baking

Beginners Baking 101

NEW

Ages: 7 - 12

Samara Learning Center

Samara's all-new four-week baking series will help your child become more creative, independent and helpful in the kitchen. Participating in a focused, small group setting, your young baker will receive encouraging instruction and enjoy a fun and messy hands-on baking experience - from mixing batter and rolling pie dough to decorating cupcakes and much more. Plus, your child will bring home tasty treats! All materials included.

\$146.00 ID \$175.20 OD

Activity: [106560](#) - Opens Feb. 5

W: 3:30 - 5:00 pm

Session: 5/1 - 22

With A Child Classes

Art on pages 39 - 42,
Cooking on pages 10 - 11.

Dance

Happy Hip Hop

Ages: 5 - 7

Academie De Ballet

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

\$207.00 ID \$248.40 OD

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

W: 2:45 - 3:30 pm

Session: 4/3 - 6/12



Fantasy Ballet

Ages: 5 - 6

Academie De Ballet

Children are delighted to dance through all of the magical places while using their newly learned ballet steps. This fantasy-themed ballet class is designed to cultivate your child's creativity, individuality, and artistry while discovering ballet terminology and culture of discipline. Dress code is required. Contact the studio for more information at abc Bend.com/les-etoiles-uniform-guide/

\$195.00 ID \$234.00 OD

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

Sa: 10:10 - 10:55 am

Session: 4/6 - 6/15 (no class 5/25)

DIY & Crafts

Intro to 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 including repeat participants are welcome and will progress in skill level. All materials and tools included.

\$109.00 ID \$130.80 OD

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

W: 3:30 - 6:30 pm

Session: 4/3 4/17

5/1 5/15

5/29 6/12

Kids Beaded Earrings

Ages: 12 - 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.

\$87.00 ID \$104.40 OD

Activity: [106159](#) - Opens Feb. 5

W: 4:00 - 6:00 pm

Session: 4/3 5/15

6/12



Kids Welding

NO SCHOOL

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.

\$98.00 ID \$117.60 OD

Activity: [106151](#) - Opens Feb. 5

M: 1:00 - 3:00 pm

Session: 5/27

W: 4:00 - 6:00 pm

Session: 4/3 5/8

6/5

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.



LEGO® Robotics With SPIKE App

Ages: 10 - 17

DIYcave

In this intro workshop you will build and program robots using LEGO® educational SPIKE app kits. By workshop's end, students will have a solid foundation in LEGO® robotics and be able to create, modify and control their own robotic creations. These workshops are a great first dive before DIYcave's series of robotics and 3D printing classes. Computers and robots will be provided for workshop's duration. No prior robotics or programming experience required. Basic familiarity with computers and technology is beneficial. Be prepared to engage in hands-on activities and work closely with fellow participants to explore the exciting world of LEGO® robotics! Repeat participants are welcome and will progress in skill level. All materials included.

\$76.00 ID \$91.20 OD

Activity: [106157](#) - Opens Feb. 5

W: 4:00 - 5:30 pm
 Session: 4/10 4/24
 5/8 5/22
 6/5

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 including repeat participants are welcome and will progress in skill level. All materials included.

\$99.00 ID \$118.80 OD

Activity: [106155](#) - Opens Feb. 5

W: 4:00 - 6:00 pm
 Session: 4/10 5/15
 6/12



Intermediate 3D Printing

Ages: 10 - 17

DIYcave

Are you ready to advance yourself and become a more independent 3D printer? Join this class to learn how to measure and interact with real-world objects, design precisely and express creatively with your own piece of tiled art. You'll delve deeper into the slicer and 3D design and become more capable of hands-on 3D printer usage. After taking this class successfully, you will be certified to use the 3D printer at DIYcave on your own. Repeat participants are welcome and will progress in skill level. All materials and tools are included. Prerequisite: Attendance to two or more sessions of Intro to 3D Printing class.

\$109.00 ID \$130.80 OD

Activity: [106154](#) - Opens Feb. 5

Su: 1:00 - 4:00 pm
 Session: 4/14 5/12
 6/9

Martial Arts

in Youth Sports,
 on pages 44 - 44.



Kids Intro to Mosaic

Ages: 9 - 17

DIYcave

Learn the basics of mosaic and create a one-of-a-kind piece of art to adorn your own home or to give as a gift. After learning how to use nippers to shape pieces of glass to fit a design of their choosing, students will adhere the pieces to a pre-cut base then grout and fix with a hook. Art will dry overnight and can be picked up the next day, ready to hang and show off. The primary material will be stained glass which will all be provided, but students are encouraged to bring other trinkets and treasures to incorporate into their projects like jewelry, stones, beads, etc. Including special items is what makes mosaic art unique. Repeat participants are welcome and will progress in skill level.

\$87.00 ID \$104.40 OD

Activity: [106158](#) - Opens Feb. 5

W: 4:00 - 6:00 pm
 Session: 4/17 5/1
 5/29

Work for play!

View BPRD jobs available at
bendparksandrec.org/jobs



Kids Woodworking

Ages: 11 - 17

DIYcave

In this two-day workshop, kids will have an outlet for their creativity and tackle design challenges using technical problem-solving skills and mathematics to design 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.

\$208.00 ID \$249.60 OD

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

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

Session: 4/30 - 5/1 5/28 - 29

Look for Art classes in Youth Art

in Youth Art, on pages 39 - 42.

Games

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

Ages: 10 - 14

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 mystical beings, solve mysteries and learn how to work with others to defeat or make friends with challenging foes. Supplies will be provided for use at Samara for these sessions, but you may also bring your own dice, etc. This program is intended for beginner and intermediate students.

\$148.00 ID \$177.60 OD

Activity: [106566](#) - Opens Feb. 5

W: 4:15 - 5:45 pm

Session: 4/10 - 24 5/1 - 15
5/22 - 6/5

F: 2:10 - 3:40 pm

Session: 4/5 - 26 (no class 4/12)
5/3 - 17 5/24 - 6/7

Music, Theater & Voice

Drama Club

Ages: 5 - 17

Larkspur Community Center

An exciting drama class guiding students through an immersive exploration of the fundamentals of acting, storytelling and theatrical expression. Each session is designed to be stand-alone or can be taken consecutively. Instructor: Jana Mohr.

\$60.00 ID \$72.00 OD

Activity: [106222](#) - Opens Feb. 5

Ages: 5 - 7

Tu: 3:00 - 4:00 pm

Session: 4/2 - 23 4/30 - 5/21

Ages: 8 - 11

M: 3:00 - 4:00 pm

Session: 4/1 - 22 4/29 - 5/20

Ages: 11 - 14

M: 4:30 - 5:30 pm

Session: 4/1 - 22 4/29 - 5/20

Ages: 14 - 17

Tu: 4:30 - 5:30 pm

Session: 4/2 - 23 4/30 - 5/21

With A Child: NEW Shake-speare It Up

Ages: 8 - 15

Larkspur Community Center

Step into the enchanting world of Shakespeare with our thrilling drama workshop! We will dive into the fascinating history and language of Shakespeare and bring his timeless scenes and sonnets to life. The fee includes one child and one required accompanying adult. Please only register the child.

\$50.00 ID \$60.00 OD

Activity: [106227](#) - Opens Feb. 5

Sa: 10:00 am - 12:00 pm

Session: 4/6 5/18
6/8

With A Child classes:

Art on pages 17 - 18,
Cooking on pages 10 - 11,
Skating on page 48.





Science & Technology

Stop Motion Animation Filmmaking

Ages: 7 - 14

Samara Learning Center

Combining computer technology with a 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.

\$175.00 ID \$210.00 OD

Activity: [106567](#) - Opens Feb. 5

W: 1:30 - 3:00 pm

Sessions: 4/3 - 5/8 5/15 - 6/12

Fun Works Intro to Engineering/STEAM With LEGO®

Ages: 5 - 6

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

\$120.00 ID \$144.00 OD

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

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

Session: 4/10 - 12

Fun Works Engineering/STEAM With LEGO®

Ages: 7 - 11

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 added that are more advanced and challenging to build. All projects may be modified and decorated while playing. Students use imagination, experimentation and trial and error - all part of being an engineer. An advanced robot walker, an inchworm vehicle are just a few of the fun, exciting, educational projects built at camp.

\$120.00 ID \$144.00 OD

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

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

Session: 4/10 - 12

STEAM Workshop

Ages: 6 - 12

Sylvan Learning Center
Northwest Crossing

Sylvan's™'s newest camp, this no-school 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. First through fifth grade 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.

\$135.00 ID \$162.00 OD

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

W: 9:00 am - 2:30 pm

Session: 4/10

Th: 9:00 am - 2:30 pm

Session: 4/11



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

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

LET'S
GET ARTSY!
.....
CLAY
CLASSES
.....
SEE BELOW



play your way

Clay

Youth Wheel Throwing

Ages: 7 - 14

Harmon Park Clay Studio

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

\$139.00 ID \$166.80 OD

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

M: 3:30 - 5:30 pm

Session: 4/8 - 29
5/13 - 6/3 (no class 5/27)

Tu: 3:30 - 5:30 pm

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

Th: 3:30 - 5:30 pm

Session: 4/11 - 5/2 5/16 - 6/6

Th: 6:00 - 8:00 pm

Session: 4/11 - 5/2



Advanced Youth Wheel Throwing

Ages: 10 - 17

Harmon Park Clay Studio

Advanced potters are welcome to further develop their skills 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. Prerequisite: Youth Wheel Throwing. Instructor: Harmon Clay Studio Staff.

\$139.00 ID \$166.80 OD

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

M: 6:00 - 8:00 pm

Session: 4/8 - 29
5/13 - 6/3 (no class 5/27)

Fun With Clay

Ages: 6 - 12

Harmon Park Clay Studio

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

\$119.00 ID \$142.80 OD

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

W: 3:30 - 5:30 pm

Session: 4/10 - 5/1 5/8 - 29

Fairy Gardens NEW

Ages: 7 - 14

Harmon Park Clay Studio

Make your own fairy garden! Sculpt and glaze a ceramic house in the first class. Then in the second class, fill pots with dirt, construct fences, ladders, swings, benches etc. to place in the gardens. These are imaginative and magical sculptures to cherish. Instructor: Amanda Krammes.

\$85.00 ID \$102.00 OD

Activity: [111249](#) - Opens Feb. 5

Sa: 2:30 - 5:30 pm

Session: 4/27 - 5/4

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 moves into the future

After calling the historic train depot home for many years, the Art Station had to move and has been operating out of temporary spaces listed below for the past year.

Good news though! The BPRD Board of Directors has approved a new facility for the Art Station at Larkspur Park. Plans are underway for a 2026 opening. Keep your eyes open for updates.

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.



Drawing

Cartooning

Ages: 8 - 12

Larkspur Community Center

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

\$99.00 ID \$118.80 OD

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

W: 3:30 - 5:30 pm

Session: 4/10 - 5/1 5/8 - 29

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. We will learn about a new artist each week and use a different technique to convey our sense of self on the page. The class will culminate in exhibition of the students work at The Larkspur Community Center. Instructor: Anastasia Zielinski.

\$139.00 ID \$166.80 OD

Activity: [111222](#) - Opens Feb. 5

Tu: 3:30 - 5:30 pm

Session: 5/7 - 28

Multimedia

Discover Spring En Plein Air

NEW

Ages: 7 - 12

Larkspur Community Center

In four weekly sessions of guided discovery, students will learn the arts of watercolor, wax-resist and ink pen in an en plein air class format. Spring is a fluid time of the year when the snowy mountains are providing running creeks and rivers. Watercolor is the natural choice during this long-anticipated event. With new colors, new smells and new feelings, we spring into the changes that are taking place around us. Instructor: Mila Shelehoff.

\$119.00 ID \$142.80 OD

Activity: [111210](#) - Opens Feb. 5

Tu: 3:30 - 5:30 pm

Session: 4/9 - 30

Spring Mosaic

NEW

Ages: 7 - 11

Larkspur Community Center

Compose a few special tiles using clay, stones, gems, and interesting accents arranged as a kaleidoscope of color to give as gifts or to adorn a room or garden space with these unique art pieces. Instructor: Colleen Wadson.

\$49.00 ID \$58.80 OD

Activity: [111109](#) - Opens Feb. 5

Sa: 9:00 - 11:00 am

Session: 4/13

Monet's Garden for May

NEW

Ages: 9 - 13

Larkspur Community Center

Inspired by Claude Monet's renowned Impressionism paintings, this project will utilize mixed media to create a 3D visual delight. Perfect for a gift or to beautify your own space. Instructor: Colleen Wadson.

\$49.00 ID \$58.80 OD

Activity: [111108](#) - Opens Feb. 5

Sa: 9:00 - 11:00 am

Session: 4/27

Central Oregon Landscape

NEW

Ages: 7 - 12

Larkspur Community Center

Create a Central Oregon landscape scene using mixed media to highlight the elements of earth, air, water, and fire to magnify the beauty of our local natural environment. Perfect for a gift or to keep and celebrate Central Oregon's beauty in your own space. Instructor: Colleen Wadson.

\$49.00 ID \$58.80 OD

Activity: [111107](#) - Opens Feb. 5

Sa: 9:00 - 11:00 am

Session: 5/18



Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.



Painting

Painting Birds & Flowers

NEW

Ages: 14 & up

Larkspur Community Center

Celebrate the return of spring wildflowers and birds by painting them in oil and with no painting experience required! Use vibrant colors and expressive brushstrokes to create a dynamic springtime composition. Working in layers, we will explore the depiction of energetic movement and the fundamentals of avian form. The instructor will demonstrate and explain the painting process from roughing-in the overall composition to the adding final layers of color, texture and your personal finishing touches, allowing plenty of time for individual assistance, exploration of style, and, of course, painting. You are encouraged to bring photo references of your own or choose to work from provided references. Instructor: Steven Teater.

\$175.00 ID \$210.00 OD

Activity: [111226](#) - Opens Feb. 5

Sa: 9:00 am - 12:00 pm

Session: 5/4 - 25

Expressive Portraiture

NEW

Ages: 12 & up

Larkspur Community Center

Let's express ourselves! No painting experience is needed for this four-week painting series. Using oil, painters will explore composition, personal expression and personality by painting a human or animal portrait that incorporates abstract elements and showcases the beauty and presence of the paint itself as a medium. Portraits will be completed layer-by-layer as the instructor demonstrates the painting process from initial compositional block-ins and establishing a value pattern, through the final finishing touches of each piece. Time for individual assistance and simply enjoying the playful process of painting will be plenty. Guidance on gathering and preparing reference photos to paint from will be provided by the instructor before the series begins. Instructor Stephen Teater.

\$159.00 ID \$190.80 OD

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

Sa: 9:00 am - 12:00 pm

Session: 6/8 - 29

Printmaking

Reduction Block Printing

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.

\$159.00 ID \$190.80 OD

Activity: [111131](#) - Opens Feb. 5

Th: 5:30 - 7:30 pm

Session: 5/2 - 23

Introduction to Basic Printmaking

Ages: 8 - 12

Larkspur Community Center

Learn several different print making techniques that you can easily do at home! This class will introduce you to some of the numerous types of printmaking methods that are out there. We will discover how to create our own monotype prints, collagraph prints, linocut prints and reduction prints. You will learn about color mixing and using pattern and texture to create unique designs that will wow your friends and family! Instructor: Anastasia Zielinski.

\$139.00 ID \$166.80 OD

Activity: [111132](#) - Opens Feb. 5

Tu/Th: 3:30 - 5:30 pm

Session: 4/2 - 23



Art & The Young Child

PreClay

Ages: 3 - 5

Harmon Park Clay Studio

This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create a ceramic piece and decorate it with bright-colored glazes. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Harmon Clay Studio Staff.

\$29.00 ID \$34.80 OD

Activity: [111304](#) - Opens Feb. 5

F: 9:45 - 10:45 am

Session: 4/5 4/19

5/3 5/17

5/31

**LOOK FOR MORE
DIY & CRAFTS
IN YOUTH
ACTIVITIES**

on pages 31 - 38.

Art Play Group

Ages: 2 - 5

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.

\$25.00 ID \$30.00 OD

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

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

Session: 4/5 4/19
5/3 5/17
5/31

Art StART

Ages: 2 - 5

Larkspur Community Center

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

\$85.00 ID \$102.00 OD

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

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

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

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

Session: 4/10 - 5/1 5/15 - 6/5

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

Session: 4/11 - 5/2 5/16 - 6/6



With A Child: Art

With A Child: NEW Back to the Future Self-Portraits

Ages: 8 - 12 with Adult

Larkspur Community Center

What if you could create an alternate reality where adults and children travel in time and tell their story in a painting? With a focus on experimentation and exploration of fine arts techniques, adult and child duos will team up to create a modern art two-panel diptych, with a fun switch in roles as adults imagine themselves as children and the children as adults. Enjoy the creative process as you both learn about portrait painting using acrylic paints and a slew of mixed media on canvas. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Mila Shelehoff.

\$69.00 ID \$82.80 OD

Activity: [102417](#) - Opens Feb. 5

Sa: 12:00 - 2:00 pm

Session: 4/6

Look for more With A Child classes:

Cooking, pages 10 - 11,
Flower Arrangement,
page 11.

With A Child: Fun With Clay

Ages: 5 - 14 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: [111510](#) - Opens Feb. 5

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

Session: 4/6 - Mugs
4/13 - Bowls
4/20 - Gnomes
4/27 - Spring Bowls
5/4 - Giant Garden Flowers
5/11 - Bird House
5/18 - Dragons
6/1 - Picnic Plates
6/8 - Flower Pots

With A Child: Acrylic Pouring on Canvas

Ages: 6 - 15 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: [111545](#) - Opens Feb. 5

Sa: 9:00 - 11:00 am

Session: 4/13 4/20
4/27

With A Child: Paint Night

Ages: 6 - 12 with Adult

Larkspur Community Center

Enjoy quality 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: [102294](#) - Opens Feb. 5

Th: 5:30 - 7:30 pm

Session: 4/18 - Turtles
5/2 - Horses & Unicorns
6/6 - Butterflies

With A Child: Fun With Fused Glass

Ages: 6 - 12 with Adult

Larkspur Community Center

Come enjoy an evening with your young artist and make a fused glass piece of art. Try your creativity in designing with different shapes and color pieces to make the most of your decor. 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: [102414](#) - Opens Feb. 5

F: 5:30 - 7:00 pm

Session: 4/26 - Night Light
5/17 - Gnome

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

VOLLEYBALL
CLINIC
PAGE 47



for the sport of it

Basketball

COBO Advanced Basketball Training

Grades: 5 - 9

Highland Elementary

These sessions will focus on shooting form, passing and ball handling techniques, individual defensive concepts and the strategy of applying yourself for improvement.

\$155.00 ID \$186.00 OD

Activity: [103060](#) - Opens Feb. 5

Grades: 5 - 6

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

Session: 4/1 - 17

Grades: 7 - 9

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

Session: 4/1 - 17



Golf

Youth Golf Lessons at Awbrey Glen

Ages: 9 - 13

Awbrey Glen Golf

If you've never played golf or are relatively new to the sport, come to Awbrey Glen Golf Club for lessons in a small group setting and get your golf game off to a great start. Clubs are provided or bring your own. Dress code applicable. Please visit [awbreyglen.com/Golf/Golf Attire](http://awbreyglen.com/Golf/Golf%20Attire) for more information.

\$109.00 ID \$130.80 OD

Activity: [103085](#) - Opens Feb. 5

F: 5:00 - 6:00 pm

Session: 4/12 - 26 5/3 - 17

Martial Arts

Intro to Lil' Dragons

Ages: 4 - 6

Odyssey Martial Arts

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

\$89.00 ID \$106.80 OD

Activity: [106750](#) - Opens Feb. 5

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

Session: 4/1 - 24 4/29 - 5/22

Work for play at BPRD.

Learn more at bendparksandrec.org/jobs.

Everybody wins.

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

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: [106751](#) - Opens Feb. 5

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

Session: 4/1 - 24 4/29 - 5/22



Children's Ki Aikido

Ages: 6 - 14

Oregon Ki Society

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

\$90.00 ID \$108.00 OD

Activity: [106758](#) - Opens Feb. 5

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

Session: 4/2 - 25 5/7 - 30

Youth & Teen Shorinji Kempo

Ages: 6.5 & up

Larkspur Community Center

Experience training in Shorinji Kempo, a world class Japanese martial art, whose main purpose is to promote strength, balance, cooperation, and compassion. Founded by Doshin So in 1947, Shorinji Kempo is a discipline for the training the body and mind and is recognized as a life skill educational system. The techniques are dynamic yet pragmatic designed for strengthening our bodies, protecting yourself, helping others, and improving people's lives. Together, we will learn foundational skills, which can be divided into three main pillars: Goho (technical elements focusing on basic blocking, striking, and kicking). Juho (technical elements focusing on body movement, dodging, footwork, releasing, escaping, and capturing). Seiho (basic healing techniques to help the body relax and recover). We will also pursue some purposeful philosophical elements so that we can be respectful, responsible, and positive members of the communities we live in. Instructor: Bruce Weinberg

\$99.00 ID \$118.80 OD

Ages: 6.5 - 12

Activity: [106755](#) - Opens Feb. 5

M/W: 6:00 - 6:50 pm

Session: 4/15 - 5/8
5/13 - 6/10 (no class 5/27)

Ages: 13 & up

Activity: [106756](#) - Opens Feb. 5

M/W: 7:00 - 7:50 pm

Session: 4/15 - 5/8
5/13 - 6/10 (no class 5/27)



Roller Hockey

Youth Learn to Play Roller Hockey I & II

Ages: 5 - 14

The Pavilion

Whether you're an ice or roller hockey player or a newbie to hockey altogether, develop your hockey skill and game strategy with BPRD's Learn to Play Roller Hockey. All you need to know prior is how to inline skate unassisted. You'll learn fundamental hockey skills as well as start to transfer your practice skills into fun, game-like scrimmages. .

\$50.00 ID \$60.00 OD

Activity: [110203](#) - Opens Feb. 5

Tu/Th: 4:30 - 5:30 pm - LTP I
5:30 - 6:30 pm - LTP II

Session: 4/23 - 5/2

Youth Roller Hockey League

Ages: 6 - 15

The Pavilion

Looking for more hockey once the ice is gone? Sign up for BPRD's Youth Roller Hockey League - your next step in developing your hockey skills. Confident roller skating experience recommended. Practices on Tuesdays and games are Thursdays 4:30 - 5:30 pm.

Registration deadline: 4/19, 11:59 pm or until full.

\$50.00 ID \$60.00 OD

Activity: [110204](#) - Opens Feb. 7

Ages: 6 - 10

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

Ages: 11 - 15

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

Season: 5/7 - 6/20

Adaptive Equipment

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



Learn to Skate: Roller Skating Lessons NEW

Ages: 4 - 17

The Pavilion

Welcome to BPRD's Learn to Skate Roller and Inline Skating Program, designed for adults, teens and children at levels 1 through 4. This comprehensive program is crafted to provide a fun and supportive environment for skaters of all ages, ensuring a smooth and enjoyable journey from the basics to more advanced skills. Includes skate rental. Protective headgear encouraged - bring a helmet or use ours for free.

Kinderskate NEW

Ages: 4 - 5

The Pavilion

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

\$50.00 ID \$60.00 OD

Activity: [110601](#) - Opens Feb. 5

M: 4:00 - 4:30 pm

Session: 4/29 - 6/10

W: 5:00 - 5:30 pm

Session: 5/1 - 6/12

Learn to Skate Roller: Level 1 NEW

Ages: 6 - 11

The Pavilion

Levels 1 - 2: Beginner Basics: Start your skating adventure by learning the fundamentals of balance, posture, and basic strides.

\$50.00 ID \$60.00 OD

Activity: [110611](#) - Opens Feb. 5

M: 4:00 - 4:30 pm

Session: 4/29 - 6/10

W: 5:00 - 5:30 pm

Session: 5/1 - 6/12

Learn to Skate Roller: Level 2 NEW

Ages: 6 - 11

The Pavilion

Levels 1 - 2: Beginner Basics: Start your skating adventure by learning the fundamentals of balance, posture, and basic strides.

\$50.00 ID \$60.00 OD

Activity: [110612](#) - Opens Feb. 5

M: 4:00 - 4:30 pm

Session: 4/29 - 6/10

W: 5:00 - 5:30 pm

Session: 5/1 - 6/12

Learn to Skate Roller: Level 3 - 4 NEW

Ages: 6 - 11

The Pavilion

Levels 3 - 4: As you progress, our program delves deeper into technique, control, and more advanced maneuvers. Develop smoother transitions and build speed with confidence and work on stopping and changing directions.

\$50.00 ID \$60.00 OD

Activity: [110613](#) - Opens Feb. 5

M: 4:45 - 5:15 pm

Session: 4/29 - 6/10

W: 5:45 - 6:15 pm

Session: 5/1 - 6/12

Learn to Skate Roller: Teen 1 - 2 NEW

Ages: 12 - 17

The Pavilion

Depending on your experience and ability, you may learn about falling and recovery, marching forward, two-foot glides, forward c-cuts, stops, switching directions and more. No prerequisite skills required. Skate rentals included.

\$50.00 ID \$60.00 OD

Activity: [110621](#) - Opens Feb. 5

M: 4:45 - 5:15 pm

Session: 4/29 - 6/10

Learn to Skate Roller: Teen 3 - 4 NEW

Ages: 12 - 17

The Pavilion

Level 3 - 4: Develop smoother transitions, learn to maneuver comfortably, and build speed with confidence. Advanced braking techniques and turns are introduced to refine your skills. Prerequisite: must be able to skate comfortably and in control.

\$50.00 ID \$60.00 OD

Activity: [110622](#) - Opens Feb. 5

M: 4:45 - 5:15 pm

Session: 4/29 - 6/10

Clases de Patinaje sobre Ruedas en Fami / Family Roller Skate Lessons in Spanish NEW

Ages: 5 & up with Adult

The Pavilion

¡Diseñada para familias hispanohablantes, esta clase es para niños, jóvenes y adultos quienes aprenderán a patinar de manera progresiva en familia! Debido a que esta es la única clase de patinaje sobre ruedas que BPRD ofrece en español, las familias de habla hispana tienen la prioridad al momento de la inscripción. Por cada niño(a) que inscriba, un adulto también podrá aprender a patinar. No es necesario ningún prerrequisito. También incluye la entrada al horario de público en general los lunes y miércoles por la tarde. Incluye el alquiler de patines.

Designed for Latino families, this combined youth and adult class features a progressive skate lesson for the whole family! Since this is BPRD's only roller skating class in Spanish, registration is prioritized for Spanish-speaking families. Includes admission to Open Skate Monday and Wednesday afternoons. Skate rentals included. Register under the child's name; one adult is included. No prerequisite. Skate rentals included.

\$50.00 ID \$60.00 OD

Activity: [110633](#) - Opens Feb. 5

W: 6:15 - 6:45 pm

Session: 5/1 - 6/12

Skating Practice FREE

Registered Learn to Skate participants skate for free at public skate sessions Mondays and Wednesdays within enrolled dates (rental skates not included).

Schedules at thepavilioninbend.com.

SoccerJrs

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

SoccerJrs - Teddies

Ages: 1.5 - 2 with Adult
Adults participate with the child as they learn soccer basics and fun activities. An introductory program teaching kicking, balance, dribbling, foot-eye coordination, listening and following directions. We do not play competitive games in this class.

\$115.00 ID \$138.00 OD
Activity: [103316](#) - Opens Feb. 5
Tu: 10:00 - 10:55 am
Session: 4/30 - 6/11
W: 11:00 - 11:55 am
Session: 5/1 - 6/12
Th: 5:00 - 5:55 pm
Session: 5/2 - 6/13
Sa: 9:00 - 9:55 am
- OR - 10:00 - 10:55 am
Session: 5/4 - 6/15

SoccerJrs - Cubs

Ages: 3 - 4
An introductory program teaching kicking, balance, dribbling, foot-eye coordination, listening and following directions.

\$115.00 ID \$138.00 OD
Activity: [103318](#) - Opens Feb. 5
M: 5:00 - 5:55 pm
Session: 4/29 - 6/10
Tu: 11:00 - 11:55 am
- OR - 4:00 - 4:55 pm
Session: 4/30 - 6/11
W: 10:00 - 10:55 am
- OR - 4:00 - 4:55 pm
Session: 5/1 - 6/12
Th: 4:00 - 4:55 pm
- OR - 5:00 - 5:55 pm
Session: 5/2 - 6/13
Sa: 9:00 - 9:55 am
- OR - 10:00 - 10:55 am
Session: 5/4 - 6/15



SoccerJrs - Bears

Ages: 5 - 6
Cascade Indoor Sports Center
An introductory program teaching kicking, balance, dribbling, foot-eye coordination, listening and following directions.

\$115.00 ID \$138.00 OD
Activity: [103320](#) - Opens Feb. 5
M: 4:00 - 4:55 pm
Session: 4/29 - 6/10
Tu: 5:00 - 5:55 pm
Session: 4/30 - 6/11
W: 3:00 - 3:55 pm
Session: 5/1 - 6/12
Th: 4:00 - 4:55 pm
Session: 5/2 - 6/13



Soccer

Youth Spring Indoor Soccer League III

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

\$120.00 ID \$144.00 OD
Activity: [103342](#) - Opens Feb. 7
Grade: K
Sa: 11:00 am - 12:00 pm
Grades: 1 - 2
Sa: 12:00 pm - 2:00 pm
Grades: 3 - 5
Sa: 2:00 am - 5:00 pm
Grades: 6 - 8
Sa: 5:00 pm - 8:00 pm
Session: 5/4 - 6/15

**Work for play
at BPRD.**

Learn more at
bendparksandrec.org/jobs.

**Volunteer with
youth sports and
adaptive programs.**

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



Track

Youth Track Clinics

Grades: 2 - 5

Mountain View High School

Geared to athletes of all ability levels, this new youth track program features committed coaches and focused instruction on high-caliber and proven techniques to develop skills, speed and endurance in a fun environment. Bring running shoes, appropriate clothing and water bottle each day.

\$99.00 ID \$118.80 OD

Activity: [103175](#) - Opens Feb. 5

M: 5:45 - 7:15 pm

Session: 4/8 - 5/20

Volleyball

NPJ Spring Volleyball Clinics

Grades: 3 - 8

Cascade Middle School

Our NPJ spring clinics are designed for players wanting to improve their skills as they prepare for the next level of volleyball. Led by local club volleyball coaches, clinics are split into grades 3 - 5 and grades 6 - 8.

\$79.00 ID \$94.80 OD

Activity: [103192](#) - Opens Feb. 5

Grades: 3 - 5

W: 5:30 - 6:45 pm

Grades: 6 - 8

W: 7:00 - 8:15 pm

Session: 4/10 - 5/8



PRINT IT OUT!
.....
(RE) PLACE IT ON YOUR FRIDGE!
.....
DON'T MISS OUT ON THE ACTION!

Yo! Sports Fans!

Plan ahead for play!

2024 Youth Sports

League Registration Deadlines

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

Spring 2024 Registration: February 7

Program/League	Dates	Deadline or until full
Youth Indoor Soccer League 3	May - June	Until full
Youth Roller Hockey League	May - June	4/19

Summer 2024 Registration: March 20

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

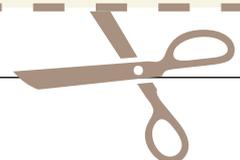
Fall 2024 Registration: Early August

Program/League	Dates	Deadline or until full
Youth Volleyball League	Nov. - Dec.	TBD
Bitty Basketball	Nov. - Dec.	TBD
Youth Basketball League	Jan. - Mar.	TBD
Middle School Basketball - Girls	Jan. - Mar.	TBD
Middle School Basketball - Boys	Nov. - Dec.	TBD
High School Basketball League	Dec. - Feb.	TBD

Winter 2025 Registration: Early December

Program/League	Dates	Deadline or until full
Youth Indoor Soccer League 1 & 2	Jan. - April	Open until full
Youth Hockey League	Jan. - Mar.	TBD
Youth Lacrosse League	April - June	TBD
Youth Softball League	April - June	TBD

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



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

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on pages 66 - 67. • Park lists on pages 68 - 69.



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 winter sport programs. You made it a great season for the young players and their families and we can't thank you enough!

- Youth basketball
- Girls middle school basketball
- Youth ice hockey league & programs

Thanks, Sponsors!

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

BIGFOOT BEVERAGES

- Middle school basketball programs

MILLER LUMBER

- Adult ice hockey
- Adult curling

RIDGELINE ORAL SURGERY

- Youth ice hockey

THE CENTER

- Youth basketball



Ready to Coach Youth Team Sports?

We need you!

Youth sport programs rely on fabulous volunteers to coach teams and support players. If you enjoy sports and spending time with great kids, consider being a coach. Registration in sport programs is at an all-time high and 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 lacrosse
- Youth softball

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

KIDS' SWIM LESSONS
PAGES 50 - 51

dive into play

Dive into fitness and swimming.

Get your kids started with fitness and swimming! These important programs teach life-long skills to help your child be comfortable and safe around water. Lessons enable kids to understand how good 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. Youth ages 16 - 17 may use the fitness center without restriction although we recommend completing a Fitness Center Orientation. Youth ages 11 - 15 may only workout in the fitness center under direct parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. After orientation, 11 - 15 year-olds need to check in at front desk for a wristband for each fitness center visit. Children 10 years and younger are not allowed in the fitness center.

More at: bendparksandrec.org/fitness-centers

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?
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 59 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 - 35 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. Swim diaper required for all children.

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: \$87.00 - \$173.00 ID
\$104.40 - \$207.60 OD

Frequency: 1 and 2 days a week

Opens Feb. 6

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

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

Sea Stars Swim Lessons

Age: 30 - 35 months

Has your child attended Parent Tot lessons multiple times? Is your child two and a half years old and ready for more? Specially designed for the independent, not quite three 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. Swim diaper required for all children.

Fees: \$87.00 - \$173.00 ID
\$104.40 - \$207.60 OD

Frequency: 1 and 2 days a week

Opens Feb. 6

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

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

Journey Swim Lessons

Ages: 3 - 5

A progressive journey for preschoolers/kindergartners that develops swimming skills in a creative environment for your child's comfort, confidence and enjoyment. Children work on kicking, gliding and basic strokes. Journey 1 through 5 levels are available.

Journey 1: Water adjustment, underwater exploration, floating on front and flutter kicking. Prerequisite: Ability to participate in a class environment.

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

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

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



Journey 5: More advanced stroke work including technique and endurance with both crawl stroke and backstroke. Prerequisite: Completion of Journey 4 or front crawl with side breathing 20 feet and backstroke for 20 feet.

Fees: \$87.00 - \$173.00 ID
\$104.40 - \$207.60 OD

Frequency: 1 and 2 days a week

Opens Feb. 6

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

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

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

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

Level Swim Lessons

Ages: 6 - 12

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

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

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

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

Level 4: Crawl stroke with rhythmic side breathing and back crawl stroke for 25 meters with increased emphasis on proper technique. Elementary backstroke, breast stroke and dolphin kick introduced. Prerequisite: Comfortably swim crawl stroke with side breathing and backstroke for 45 feet.

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

Level 6: Increased endurance and technique in all previously learned strokes including butterfly and breast stroke; flips turns and diving from starting blocks. Prerequisite: Completion of Level 5.

Fees: \$87.00 - \$173.00 ID
\$104.40 - \$207.60 OD

Frequency: 1 and 2 days a week

Opens Feb. 6

Juniper Swim & Fitness Center

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

Larkspur Community Center

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

Teen Level Swim Lessons

Ages: 13 - 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.

Descriptions available above.

Fees: \$87.00 ID \$104.40 OD

Frequency: 1 day a week

Opens Feb. 6

Juniper Swim & Fitness Center

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

Frequently Asked Questions

When does registration begin?

Registration opens Tuesday, February 6 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**

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.:

Dates: 1/2 - 6/6
M-Th: 3:45 & 6:15 pm
Sa: 3:00 pm

Dates: 1/2 - 3/21
M-Th: 4:00 & 6:30 pm

Juniper Swim & Fitness Ctr.:

Dates: 1/2 - 6/6
M-Th: 10:45 am
4:00 & 6:30 pm
M/W: 4:00 & 6:30 pm
Sa: 12:30 pm

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 - 5 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 and includes a standard of 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. If you would like your child to stay longer than 75 minutes, it will count as two visits and only available as space allows or if registered.

Registration Childcare

TODDLER

Ages: 6 - 29 months.
Limited availability

\$30.00 ID \$36.00 OD / session

Activity: [105600](#) - Opens Feb. 5

PRESCHOOLER

Ages: 30 months
- 5 years old

\$25.00 ID \$30.00 OD / session

Activity: [105601](#) - Opens Feb. 5

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

Sessions:

M:	4/1 - 29	
	5/6 - 20 (No class on 5/27)	
	6/3 - 24	
T:	4/2 - 30	5/7 - 28
	6/4 - 25	
W:	4/3 - 24	5/1 - 29
	6/5 - 26	
Th:	4/4 - 25	5/2 - 30
	6/6 - 27	
F:	4/5 - 26	5/3 - 31
	6/7 - 28	

Drop-in Childcare

*Available if space allows.
Call 541-706-6191 for availability.*

TODDLER

Ages: 6 - 29 months.
Limited availability

\$9.00 ID \$10.80 OD
per visit up to 75 minutes.

PRESCHOOLER

Ages: 30 months
- 5 years old

\$7.50 ID \$9.00 OD
per visit up to 75 minutes.

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

Your child can stay for longer than 75 minutes with payment for two visits.

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 & Fitness Center

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

Registration for each school year opens in May.

Limited availability: Sign up on wait list if the program is full. The registration holds your spot for the upcoming or current September-May school year program.

Fees: A \$20.00 ID/OD non-refundable registration fee is due at time of enrollment and monthly fee of \$240.00 ID / \$280.00 OD is due the 5th of every month September through June.

You can register for multiple sessions per week if you choose.

Activity: [405601](#) - Open now

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

Session: Now - 6/12

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

Session: Now - 6/13

No school on 5/27, Memorial Day.

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

Learn more at
bendparksandrec.org/jobs.

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

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

Aquatics Programs

Youth Novice Swim Team

Ages: 6.6 - 12

Juniper Swim and Fitness Center

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

Activity: [105540](#) - Opens Feb. 6

\$265.00 ID \$318.00 OD

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

Session: 4/1 - 5/31 (No class 5/27)

\$183.00 ID \$219.60 OD

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

- OR - 4:15 - 5:10 pm

Session: 4/2 - 5/30



Springboard Diving

Ages: 9 - 12

Juniper Swim and Fitness Center

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.

Activity: [105570](#) - Opens Feb. 6

\$49.00 ID \$58.80 OD

W: 1:35 - 2:20 pm

Session: 4/3 - 5/1 5/8 - 6/5

\$49.00 ID \$58.80 OD

W: 2:25 - 3:10 pm

Session: 4/3 - 5/1

\$68.00 ID \$81.60 OD

F: 4:10 - 4:55 pm

- OR - 5:00 - 5:45 pm

5:45 - 6:30 pm

Session: 4/5 - 5/17



Middle School Novice Swim Team

Ages: 10.5 - 14

Juniper Swim and Fitness Center

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

\$183.00 ID \$219.60 OD

Activity: [105541](#) - Opens Feb. 6

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

Session: 4/2 - 5/30



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

Ages: 3 & up with Adult

Juniper Swim and Fitness Center

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

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

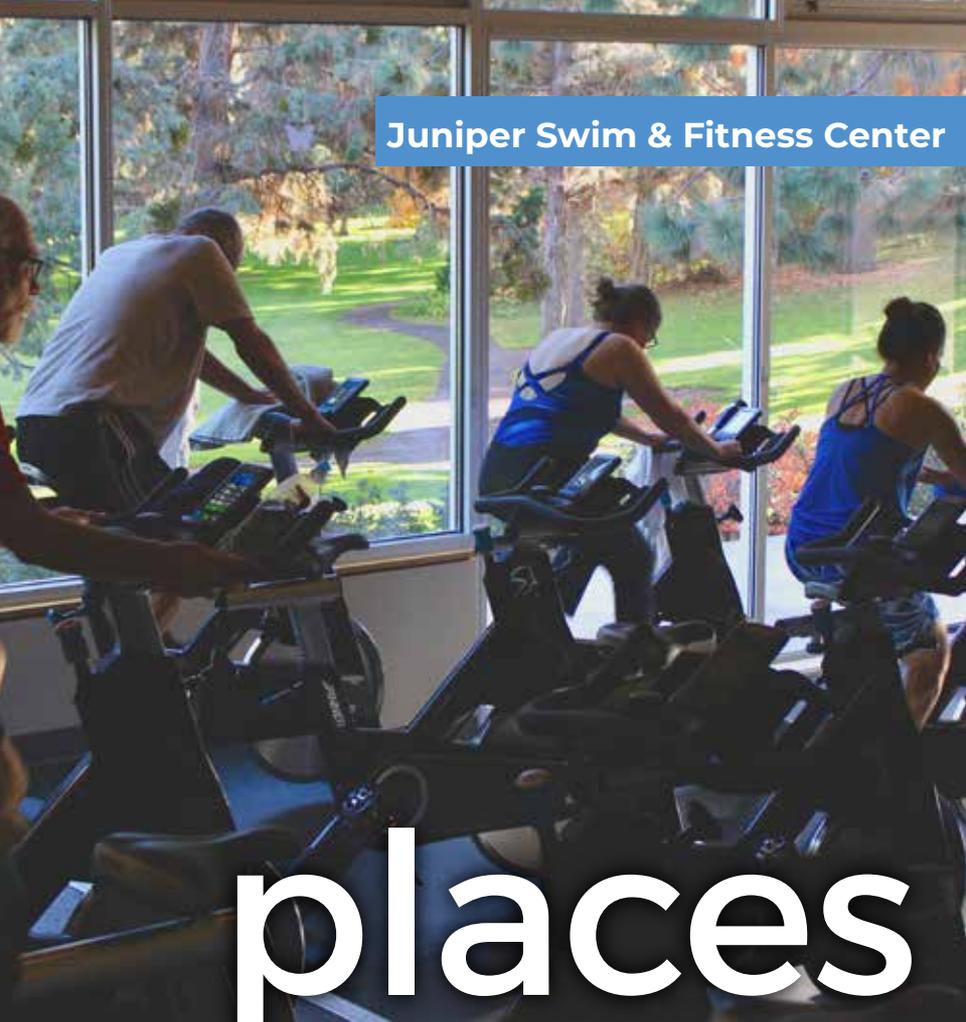
\$131.00 ID \$157.20 OD

Activity: [105260](#) - Opens Feb. 6

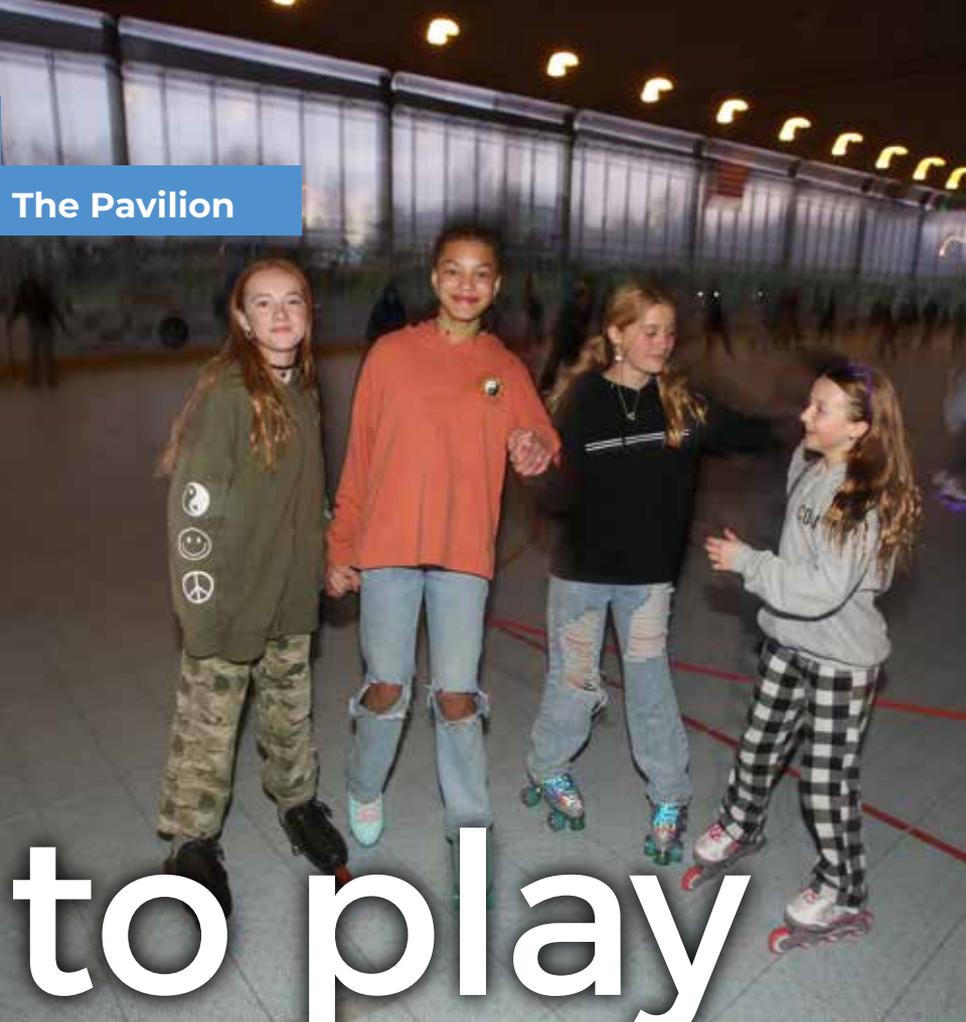
Sa: 12:30 - 1:00 pm

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

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A group of people are exercising on stationary bikes in a bright room with large windows overlooking a green landscape. The caption "Juniper Swim & Fitness Center" is overlaid in a blue box at the top.

Juniper Swim & Fitness Center

Four young girls are roller skating in a large indoor facility with a high ceiling and industrial-style lighting. The caption "The Pavilion" is overlaid in a blue box at the top.

The Pavilion

places to play

recreation centers

A group of senior citizens are gathered around a table, engaged in a social activity. There are water bottles, a bag, and some items on the table. The caption "Bend Senior Center" is overlaid in a blue box at the bottom.

Bend Senior Center

An indoor swimming pool with several people swimming. There are lifeguard stands and a tiled pool deck. The caption "Larkspur Community Center" is overlaid in a blue box at the bottom.

Larkspur Community Center

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.

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.

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.

Recreation Center Holiday & Special Hours

February 19, Presidents' Day:

All recreation centers: Regular hours

May 27, Memorial Day:

Juniper Swim & Fitness Center: 12:00 - 4:30 pm
Larkspur Community Center: Closed
The Pavilion: Closed

June 2, Employee Training Day:

Juniper Swim & Fitness Center: 8:00 am - 2:00 pm
Larkspur Community Center: Regular hours
The Pavilion: Regular hours

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 63 - 64.

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 (19-62)	\$8.00	BEND SENIOR CENTER	\$3.50	THE PAVILION: ICE SEASON	\$9.00	THE PAVILION: ROLLER SEASON	\$7.00
	Older Adult* (63-79)	\$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 (19-62)	\$68.00	BEND SENIOR CENTER	\$29.00	THE PAVILION: ICE SEASON	\$72.00	THE PAVILION: ROLLER SEASON	n/a
	Older Adult* (63-79)	\$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 (19-62)	\$59.00	BEND SENIOR CENTER	\$24.00	THE PAVILION: ICE SEASON		THE PAVILION: ROLLER SEASON	
	Older Adult* (63-79)	\$46.00		\$16.00				
	Youth (3-18)/Honored Citizens (80+)	\$32.00		\$13.00				
Monthly Family Pass	Any mix of three or more household members	\$110.00	BEND SENIOR CENTER	N/A	THE PAVILION: ICE SEASON		THE PAVILION: ROLLER SEASON	

*Effective Jan. 1, 2025, the Older Adult age for recreation facility access passes begins at 64. 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





Ice skating & ice sports offered fall through spring

Season to begin in late October.

Sessions to include:

- Open Skate
- Family Skate
- With A Child Skate
- Cheap Skates and more

ROLLER & ICE 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 Skate Sessions

The Pavilion

- Ice season: late October - April
- Roller season: April - September
- Facility information on page 65.

Fees: Pass or drop-in fee.

- Rental skates available.
- Helmets available to borrow.
- See page 56 - 57.

Open Skate

All ages

Regular drop-in fees

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

During normally lower attendance times, activities may include basic skating and/or laps on the outside perimeter and basic figure skating/roller 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

All ages with adult

\$5 per person including skate rental

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

More at: bendparksandrec.org/pavilion

Cheap Skates

All ages

\$5 per person including skate rental

Open Skate at a special discounted fee.

More at: bendparksandrec.org/pavilion

Friday Night Roller Dance

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

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!

More at: bendparksandrec.org/pavilion

CLICK FOR
SKATING
SCHEDULES



With A Child Skate

Ages: 18 & under with adult

\$5 per person including skate rental when adult accompanies child

Special discounted Open Skate session for adults to skate with their child, up to age 18. All children must be accompanied by an adult. Adult and children groups such as homeschool groups or young children play groups are welcome. For ages 5 and under, there is skate instructor support available for a positive experience.

During roller skating season, you can expect an open play space (with mats and balls) along with roller skating.

More at: bendparksandrec.org/pavilion



Drop-in Swim Sessions

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 64 - 65.
- Fee: Pass or drop-in fee. See pages 56 - 57.

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. Hot tub use only available to ages 16 and up.

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. Hot tub use available to ages 6 and up only with an adult.

More at: bendparksandrec.org/recswim

Parent-Child Swim

Ages: 6 & under with adult

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

More at: bendparksandrec.org/recswim

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.

RECREATION SWIM SPECIAL

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

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

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



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, AARP Renew Active, Optum One Pass and Silver & Fit. 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

Drop-in Fitness Classes

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 63 - 64.
- Fee: Pass or drop-in fee. See pages 56 - 57.

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 62 - 63.

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.



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



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



Therapeutic Fitness

BPRD can help you make the most of your fitness with targeted therapeutic fitness programs which research has shown to offer health benefits. Here are some health challenges where therapeutic fitness could offer help: mobility issues; chronic conditions, especially related to joints and muscles; preventing injury; preparing for surgery; recovering from surgery or injury; next steps from physical therapy and weight loss. Whether you are seeking low-impact and light-intensity, cardio, strength or mobility, you can take a class or work individually with staff to get back on track.

More at: bendparksandrec.org/therapeuticfitness

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 63 - 64.
- Fee: Pass or drop-in fee. See pages 56 - 57.

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

Youth ages 16 - 17 may use the fitness center without restriction although we recommend completing a Fitness Center Orientation.

Youth ages 11 - 15 may only workout in the fitness center under direct parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. After orientation, 11 - 15 year-olds need to check in at front desk for a wristband for each fitness center visit.

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 63 - 64.

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 64. Adult Activity and Art programs on pages 9 - 17.
- Fee: Social pass, Fitness/Swim pass or drop-in fee. See pages 56 - 57.

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 - 13.

Adult Art Programs

on pages 14 - 17.

Adult Swim Programs

on page 22.

Wednesday 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. Four 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, Canasta, 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.



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

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.

Holiday hours and fees on pages 56 - 57.



Social Media

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

Activities

Childcare & Preschool (page 29)
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 59.

Drop-in Fitness

on pages 60 - 61.

Adult Swim Programs

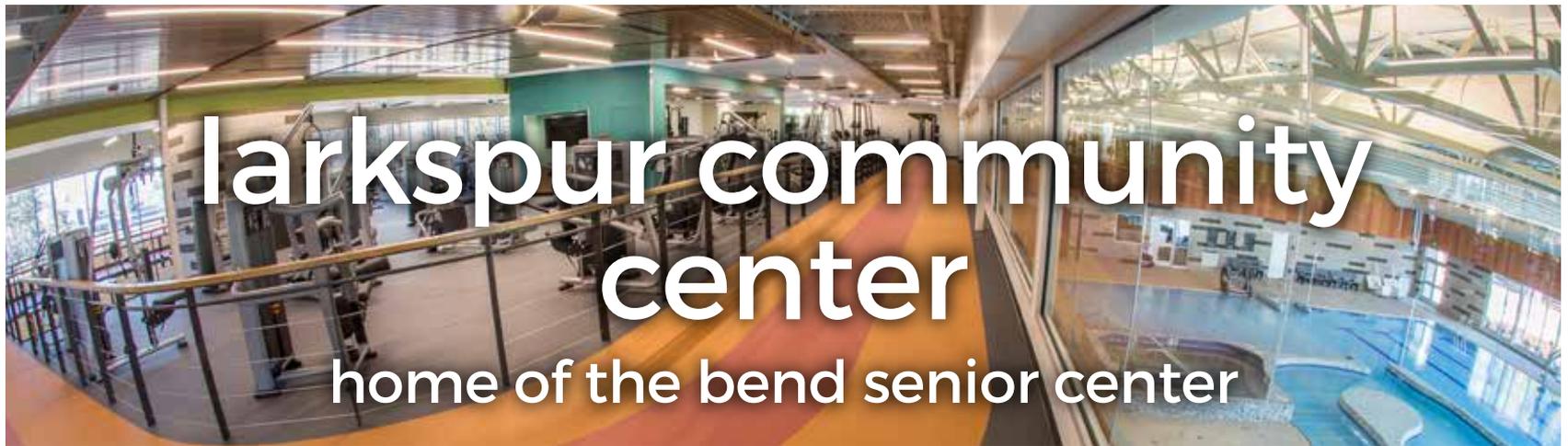
on page 22.

Youth Swim Programs

on pages 49 - 53.

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

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on pages 66 - 67. • Park lists on pages 68 - 69.



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.

Holiday hours and fees on pages 56 - 57.



Social Media

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

Drop-in Swim

on page 59.

Drop-in Fitness

on pages 60 - 61.

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 and other trails and bike routes. For public transit, use Cascade East Transit routes #5, 6 or 9.

Adult Activities Programs

on pages 9 - 13.

Adult Swim Programs

on page 22.

Youth Swim Programs

on pages 49 - 53.

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

Social Lounge, Billiards Room, Book and Puzzle Lending Library and 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

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.

Holiday hours and fees on pages 56 - 57.



Social Media

[facebook.com/
thepavilioninbend](#)

[instagram.com/
thepavilioninbend](#)



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

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.

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.

Skate Parties

Learn more online at
[bendparksandrec.org/skateparties](#)

Drop-in Skating Sessions

page 58.

Roller Hockey & Roller Skating

Adult Sports on pages 18 - 21.
Youth Sports on pages 43 - 48.



Spring 2024 Program Locations

Locations of all seasonal programs are in alphabetical order below.

Academie De Ballet Classique
162 NW Greenwood Ave, Bend, OR
97701

Academie De Ballet Classique
1900 NE 3rd St #104, Bend, OR 97701

Aspen Hall
18920 Shevlin Park Rd, Bend, OR
97703

Awbrey Glen Golf
2500 Awbrey Glen Dr, Bend, OR
97702

BPRD District Office
799 SW Columbia St, Bend, OR 97702

Buckingham Elementary School
62560 Hamby Rd, Bend, OR 97701

Cascade Indoor Sports Center
20775 NE High Desert Ln, Bend, OR
97701

Cascade Middle School
19619 Mountaineer Way, Bend, OR
97702

DIYCave
444 SE 9th St #150, Bend, OR 97702

Elk Meadow Elementary School
60880 Brookwood Blvd, Bend, OR
97702

Harmon Park Clay Studio
1100 NW Harmon Blvd, Bend, OR
97701

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 Elementary School
1300 NE Norton Ave, Bend, OR 97701

Juniper Swim & Fitness Center
800 NE 6th St, Bend, OR 97701

**Larkspur Community Center -
Home of the Bend Senior Center**
1600 SE Reed Market Rd, Bend, OR
97702

Miller Elementary School
300 NW Crosby Dr, Bend, OR 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

The Pavilion
1001 SW Bradbury Way, Bend, OR
97702

Pilot Butte Middle School
1501 NE Neff Rd, Bend, OR 97701

Pine Ridge Elementary School
19840 Hollygrape St, Bend, OR 97702

Ponderosa Elementary School
3790 NE Purcell Blvd, Bend, OR 97701

**Riverbend Community Room -
BPRD District Office**
799 SW Columbia St, Bend, OR 97702

Samara Learning Center
230 NE 9th St, Bend, OR 97701

**Sylvan Learning Center -
Northwest Crossing**
2754 NW Crossing Dr #101, Bend, OR
97701

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						•		•		•	•	•			•	
Fieldstone Park	3750 Eagle 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	•						•	•		•	•	•				

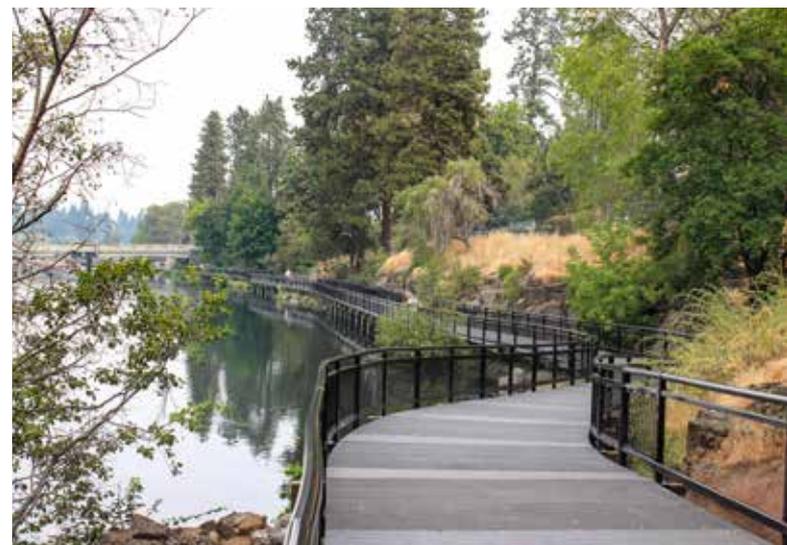
NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					
McKay Park	166 SW Shevlin Hixon Dr						•						•			•	
Miller's Landing Park	55 NW Riverside Blvd						•				•		•			•	
Mountain View Park	1975 NE Providence Dr		•									•		•			
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		•									•		•			



Big Sky Bike Park



Mountain View Park



Deschutes River Trail at Drake Park & Mirror Pond



let's play
in color

play for life