## SPRING 2025

# recreation program







#### **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 continues 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 spring/summer and fall/winter.





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**COVER:** A child shares a smile during a swim lesson at Larkspur Community Center. Photo credit: Greg Kleinert.





While winter still has its hold on us, it's never too early to start dreaming about longer days, warmer weather, and all the ways to make the most of spring. At Bend Park and Recreation District, we believe that every season brings new opportunities to connect, explore, and grow—and our spring lineup of activities is here to help you do just that.

This season, we're offering an array of classes and programs designed to enrich your life and keep you moving. Whether

you're looking to get creative, try something new, or just have fun with friends and family, there's something for everyone.

Get inspired in our mixed media art animal portraits class, or check out one of our unique With a Child offerings—fun filled opportunities for parents, grandparents or close friends to enjoy an activity with that special kid in your life. If food is your passion, we have cooking classes to fit every schedule and taste, from easy casserole dinners for busy families to pizza with a partner for the perfect date night, or even plant-based meals from around the world for a fresh culinary adventure.

And after all that delicious cooking, be sure to stay active! Try something new like learn-to-roller skate classes for all ages, outdoor Nordic walking or join our cornhole spring league for a little friendly competition.

Spring is a season of renewal, and there's no better time to add a little creativity, movement, and joy to your routine. We can't wait to see you out and about, making the most of the season with us.

See you soon!

Michelle Healy
Executive Director
michelleh@bendparksandrec.org

Calendar:

Spring 2025

registration

opens

February 10 - 11.



#### **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 p. 541-706-6121.



#### **CONTACT US**



n 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

Learn more online at:

bendparksandrec.org/juniper

Facility details on page 89.

### LARKSPUR COMMUNITY CENTER - HOME OF THE BEND SENIOR CENTER

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

Learn more online at:

bendparksandrec.org/larkspur

Facility details on page 90.

#### **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

Learn more online at:

bendparksandrec.org/pavilion

Facility details on page 91.

#### 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



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 through parks, trails and recreation.

#### **COMMUNITY PLEDGE:**

To reflect our community, welcome and serve equitably, and operate with transparency and accountability.

#### **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, bendparkandrec\_enespanol, bendwhitewaterpark.bendparks, juniperswimandfitness, larkspurcommunitycenter and thepavilioninbend.

#### DISTRICT LEADERSHIP

#### **BOARD OF DIRECTORS:**

Jodie Barram, Board Chair • Donna Owens, Vice-Chair • Nathan Hovekamp • Cary Schneider • Deb Schoen

#### **BUDGET COMMITTEE:**

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

#### **EXECUTIVE DIRECTOR:**

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

#### ADMINISTRATION SERVICES DIRECTOR:

Kristin Toney • p. 541-706-6109 kristint@bendparksandrec.org

#### COMMUNITY ENGAGEMENT DIRECTOR:

Julie Brown • p. 541-706-6119 julieb@bendparksandrec.org

#### HUMAN RESOURCES DIRECTOR:

Kathleen Hinman • p. 541-706-6111 kathleenh@bendparksandrec.org

#### PARK SERVICES DIRECTOR:

Sasha Sulia • p. 541-706-6203 sasha@bendparksandrec.org

#### DIRECTOR OF PLANNING & DEVELOPMENT:

Brian Hudspeth • p. 541-706-6137 brian@bendparksandrec.org

#### **DIRECTOR OF RECREATION:**

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



#### Spring 2025 Registration

Spring 2025 registration opens for April - mid-June programs and spring/ summer sports leagues:

- Monday, February 10, 6:00 a.m.: Recreation, enrichment, sports programs and leagues including adult and youth roller hockey, adult cornhole, adult softball, adult volleyball and youth indoor soccer leagues.
- Tuesday, February 11,
   6:00 a.m.: Swim lessons and aquatics programs.

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 - 9.

#### **Registration Options**

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



#### **New Accounts**

You can go online or come in person to create a new account. New accounts created online must be verified for district residency and accuracy. NOTE: This process is normally completed in 24 hours.

## 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

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

#### REGISTER

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.



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 Search (Fastest) Enter the activity number (first six digits) in the search box and click on the Search button. The activity numbers are printed in this guide.



- Activity Index Activities can also be organized by season and title. Find the Activity Index in the Search menu.
- > 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.

## Registration Info Night English & Spanish

## Tuesday, February 4, 5:00 - 7:00 pm | Free Larkspur Community Center, 1600 SE Reed Market Rd.

Are you prepared for the upcoming program registration? First-time registering? Or do you need inclusion services or to apply for scholarships (financial assistance) for programs?

Attend BPRD's Registration Info Night on February 4, 5:00 - 7:00 p.m., at Larkspur Community Center and we can help you get ready for program registration.

With English and Spanish language services available, staff can set up/update your household account, provide activity details, help build your wish list, and assist with the scholarship process as needed. You can also learn about district therapeutic recreation programs for those with disabilities and inclusion services so that everyone can play.

Questions? Call the Customer Service Team at 541-389-7275.



"A light exists
in spring,
not present
on the year,
at any other period."
- Emily Dickinson, poet



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.



#### **REVIEW YOUR ACCOUNT**

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

- Click on the "Register" link on the BPRD website or go directly to: https://register.bendparksandrec.org
- 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.
- Go to "My Account" followed by "Update: Household & Member" and make sure all family members are in your account with correct birth dates and genders. If needed, add a new household member or new person for child pickup by clicking on the buttons at the bottom of the page. Also review and if needed update your account address, phone, email and person information.

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

#### SET UP FOR SUCCESS

A few important recommendations:

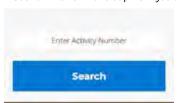
- Create a list of your priority activities and programs. More on that below.
- Registration works best on a desktop computer or laptop. While you can use a mobile device, it's not the most efficient and some mobile devices with older apps or operating systems can have conflicts.
- Use one web browser 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 Playlist or linked to the registration website homepage and make a note of the Activity numbers for the programs you want. One exception in the Playlist is Youth Swim Lessons - click the link in the online Playlist 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 Playlist 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.

#### ON OPENING DAYS: FEBRUARY 10 - 11

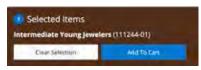
- Log into your BPRD account. If you log on before 6:00 a.m., you and any others will be randomized at 5:59 a.m. After 6:00 a.m., the line will form one after another just like in person at the movie theater. The wait time may vary, but knowing how many are ahead of you will allow you to plan your morning.
- 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.
- 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 at the bottom of the registration menu, or from the search menu in the top navigation.



Select the check box next to your program.



 Note the notification bar at the bottom of the screen and select 'Add to cart'.



Confirm details/waivers/etc. for each of the participants.

- 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.
- 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.
- 9. Look for your confirmation email.
- 10. 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.
- When you complete your transaction(s), log out of your account. This step helps the virtual waiting room allow others in for their turn.

A virtual waiting room, Queue-it will be implemented at registration opening to help control traffic to the registration website.

# VIRTUAL WAITING ROOM

Queue-it is a virtual waiting room that serves as a line for our online registration process. It's automatic if you're on the registration website at opening, so there's nothing needed for you to do! Queue-it will display how many shoppers are in line in front of you and you will see the number get smaller until it is your turn.

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

High demand is still expected, but with two days of staggered registration programs, the activity will be spread across two mornings

Thank you for your cooperation.





#### **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 3,300 individuals have received financial support to participate in programs that provide safe, enriching activities and contribute to a physically active community.

#### **ABOUT SCHOLARSHIPS:**

- Visit <u>bendparksandrec.org/scholarship</u> 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.



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





#### **Clay & Pottery**

## Adult Wheel Experience

Ages: All Adults

#### 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: Harmon Clay Studio Staff.

\$188.00 ID \$225.60 OD

Activity: 111105 - Opens Feb. 10

Tu: 9:00 am - 12:00 pm

Session: 4/1 - 29 5/13 - 6/10

## Intro to Adult & Teen 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: Hunter Teig.

\$180.00 ID \$216.00 OD

Activity: 111203 - Opens Feb. 10

Tu: 6:00 - 9:00 pm

Session: 4/1 - 29 5/13 - 6/10

#### **Day Clay**

Ages: 16 & up

#### Harmon Park Clay Studio

This 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.

\$180.00 ID \$216.00 OD

Activity: 111100 - Opens Feb. 10

W: 11:00 am - 2:00 pm

Session: 4/2 - 30 5/14 - 6/11

Th: 11:00 am - 2:00 pm

Session: 4/3 - 5/1 5/15 - 6/12

F: 11:00 am - 2:00 pm

Session: 4/4 - 5/2 5/16 - 6/13



## 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.



#### **All Skills Pottery**

Ages: 16 & up Harmon Park Clay Studio

Learn basic techniques, including handbuilding 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.

\$188.00 ID \$216.00 OD

Activity: 111101 - Opens Feb. 10

W: 6:00 - 9:00 pm

Session: 4/2 - 30 5/14 - 6/11

## Clay Date: Workshop for Two

Ages: 16 & up

Harmon Park Clay Studio

Enjoy a clay date with your sweetie or your bestie! We'll teach you some hand building basics and then help you make a project during this two-hour workshop. This workshop is open to all types of partners-romantic partners, friends and family members, ages 16 and up. The fee includes two adults. Please only register one adult. Instructor: Harmon Clay Studio Staff.

\$75.00 ID \$90.00 OD

Activity: 111106 - Opens Feb. 10
Sa: 6:00 - 8:00 pm
Session: 4/12 - Chimes
5/10 - Bowls

#### **DIY & Multimedia**

## Threads of Joy: A Collaborative Art Installation

Ages: 16 & up

**Larkspur Community Center** 

Journey into your cherished memories through the creation of a large-scale collaborative art installation. Guided by the prompt, "My Happiest Memory," each participant will reflect on a moment that brings them joy, and then express it through drawings, colors, and words on individual canvases or fabric squares. Once completed, these personal pieces will be integrated into a collective "memory quilt" of many panels that will be displayed at Larkspur Community Center. Students will get to take home their personal contribution after the display comes down. Join us for this unique opportunity to honor your memories and contribute to a shared legacy that will inspire for years to come! No experience necessary. Instructor: Genesis Ilada.

\$69.00 ID \$82.80 OD

Activity: <u>102322</u> - Opens Feb. 10

Sa: 1:00 - 3:00 pm

Session: 5/31

#### **Glass Art**

## **Fused Glass Plant Stake**

Ages: All Adults

#### **Larkspur Community Center**

Glass fusing is the process of joining compatible sheet glasses together in a kiln until the glass fuses together. In this class, you'll create adorable abstract flowers to adorn your indoor or outdoor plants. You'll start with a long, pointed stake piece, then build and decorate the top with a design using colorful fusible glass. The instructor will take them home to fire them, then return them to Larkspur for pickup. Instructor: Jesica Carleton.

\$89.00 ID \$106.80 OD

Activity: 102430 - Opens Feb. 10 Su: 1:00 - 2:30 pm

Session: 5/18

#### **Mosaic Votive**

Ages: All Adults

#### **Larkspur Community Center**

Create your very own stunning votive holder. Starting with a clear glass square vase, you'll adorn it with colorful stained glass in a design of your choosing. After grouting, you will leave with a completed candle holder. Add your own tea light or candle and you have an eye-catching statement for your table or mantle. Instructor: Jesica Carleton.

\$114.00 ID \$136.80 OD

Activity: 102439 - Opens Feb. 10 Su: 12:00 - 4:00 pm

Session: 6/8





#### **Painting** & Drawing

#### **Beginning Watercolor**

**All Adults** Ages: **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 necessary, just a willing attitude to explore and have fun. \$10 supply fee due to instructor at class. In partnership with Sagebrushers Art Society. Instructor: Jennifer Ware-Kempke.

\$60.00 ID \$72.00 OD

Activity: 102400 - Opens Feb. 10 1:00 - 4:00 pm Th:

Session: 4/3

Pet Portrait NEW



Ages: 12 & up

#### **Larkspur Community Center**

Design and develop a paint portrait of your favorite animal friend or even just a favorite animal in acrylic paint, utilizing unexpected luminous color, abstract shapes and creative layered brushstrokes. Explore form through light and shadow, color balance and temperature. Instructor will demonstrate how to obtain a likeness and fine-tune and finesse painting, allowing plenty of time for individual assistance and painting. Guidance on preparing a reference photo to paint from will be provided prior to the series. A great class for beginners and experienced painters. Instructor: Stephen Teater.

\$180.00 ID \$216.00 OD

Activity: 111120 - Opens Feb. 10 Sa: 9:00 am - 12:00 pm

Session: 4/5 - 26

#### **Painting** Landscapes



Ages: 14 & up

#### **Larkspur Community Center**

Explore the beauty of landscapes in this dynamic acrylic painting class. Designed for all skill levels, the course covers quick acrylic techniques to capture stunning scenes with bold strokes, smooth blends and vibrant colors. A fabulous match for those who want to create expressive, finished pieces in a relaxed and supportive environment. Instructor: Christi Zorrila Soto.

\$50.00 ID \$60.00 OD

Activity: 111242 - Opens Feb. 10 Sa: 11:00 am - 1:00 pm

Session: 4/12

#### Mixed Media Animal **Portraits**

Ages: All Adults

#### **Larkspur Community Center**

Learn how to draw and paint using a combination of charcoal, pastels and acrylics to create your own animal portrait. No experience is necessary. just the eagerness to explore and learn something new. \$10 supply fee due to instructor at class. In partnership with SageBrushers Art Society. Instructor: Michelle Oberg.

\$50.00 ID \$60.00 OD

Activity: 102445 - Opens Feb. 10 Th: 1:00 - 3:30 pm

Session: 5/1

#### **Cartooning for All**

Ages: **All Adults** 

#### **Larkspur Community Center**

Learn the art of cartooning which is focused on humorously interpreting ordinary events, while gaining an understanding of cartooning's impact on mental wellness through selfawareness, humor and mindfulness. You'll practice finding the funny side of things, indulging in silly puns and relieving tension through sketching. Materials provided, but personal sketchbooks welcomed. No previous drawing experience necessary. Instructor: Grace Ogawa.

\$59.00 ID \$70.80 OD

Activity: 102118 - Opens Feb. 10

W: 5:00 - 6:30 pm Session: 5/14

#### Watercolor **Techniques Exploration**



Ages: 14 & up

#### **Larkspur Community Center**

Let's journey into watercolor through the many techniques that are used to create watercolor paintings. Artists will be introduced to the basics of watercolor that can be applied to their own pieces including practice washes, value scale, and using wet-on-wet and dry brush techniques. Instructor: Milsia Makris.

\$129.00 ID \$154.80 OD

Activity: 111221 - Opens Feb. 10 Th: 6:00 - 8:00 pm Session: 5/15 - 6/5





# 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 <a href="mailto:bendparksandrec.org/">bendparksandrec.org/</a> artstation to learn more.

## Intermediate NEW Watercolor

Ages: All Adults

#### **Larkspur Community Center**

Continue to build your skills in watercolor in this class featuring an exploration of texture, value, brushstrokes and color mixing. Leave class with a few small paintings and a lot of new skills. Prerequisite: Basic watercolor skills or attendance at Beginning Watercolor. \$10 supply fee due to instructor at class. In partnership with SageBrushers Art Society. Instructor: Jennifer Ware-Kempcke.

\$60.00 ID \$72.00 OD

Activity: 102406 - Opens Feb. 10

Th: 1:00 - 4:00 pm

Session: 6/12

## With A Child: Arts & Crafts

## 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. 10 Sa: 10:00 am - 12:00 pm

- OR - 12:30 - 2:30 pm

Session: 4/5 - Spring Bunnies

4/12 - Fairy Doors 4/19 - Gnomes 4/26 - Luminaries

5/3 - Robots 5/10 - Sun Garden Plagues

5/17 - Dragons 5/31 - Picnic Plates

6/7 - Animal Succulent Planters

6/14 - Mystical Creatures



#### Clase de arte con su hijo(a): ¡Sumérgete en el mundo de la pintura!/With A Child Painting in Spanish

Ages: 5 - 15 with Adult Larkspur Community Center

iSumérgete en el mundo de la pintura! Estas clases son aptas para todos los niveles y edades y ofrecen la oportunidad de explorar el óleo pastel, la acuarela, la témpera, el acrílico sobre lienzo, la pintura sobre tela y otras técnicas. No requiere experiencia previa. Actualmente, ésta es la única clase de arte que BPRD ofrece en español, por tal motivo, las familias de habla hispana tienen la prioridad al momento de la inscripción. El costo de la clase cubre la participación de un participante y un adulto. Solo debe inscribir al niño(a). Instructora: Christi Zorrilla Soto.

Dive into the world of painting in Spanish! These classes are suitable for all levels and ages and offer the opportunity to explore pastel oil, watercolor, tempera, acrylic on canvas, painting on fabric and other techniques. No prior painting experience is required. Since this is BPRD's only art class in Spanish, registration is prioritized for Spanish-speaking families. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Christi Zorrilla Soto.

\$50.00 ID \$60.00 OD

Activity: 111503 - Opens Feb. 10

**Sa:** 9:00 - 11:00 am Session: 4/12 5/10

Session: 4/12 6/14

## With A Child: Paint Together

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.

\$79.00 ID \$94.80 OD

Activity: 102294 - Opens Feb. 10 Th: 5:00 - 7:00 pm

Th: 5:00 - 7:00 pm Session: 4/17 - Toucans

5/22 - Ladybugs, Bees & Flowers

6/5 - Rocky Raccoon

## With A Child: Fun With Fused Glass

Ages: 6 - 12 with Adult Larkspur Community Center

Come enjoy time with your young artist and make a fused glass piece of art together. Try your creativity in designing with different shapes and color pieces to make the most of your decor. All supplies included. The projects will be kiln-fired and available for pickup a week after class. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$89.00 ID \$106.80 OD

Activity: 102414 - Opens Feb. 10
Sa: 10:00 - 11:30 am
Session: 4/19 - Animal Fun
5/3 - Spring Flowers

6/7 - Birds

## More "With A Child" classes

Take a look at "With A Child" program finder on pages 38 - 39.



## With A Child: May Flowering Basket

Ages: 6 - 12 with Adult 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.

\$79.00 ID \$94.80 OD

Activity: 102190 - Opens Feb. 10 F: 5:00 - 6:30 pm

Session: 5/9

## 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: <u>111545</u> - Opens Feb. 10 **Sa: 9:00 - 11:00 am** Session: 5/10 5/17

5/24 5/31

## With A Child: NEW Sidewalk Chalk Art

Ages: 8 - 13 with Adult Larkspur Community Center

Turn plain concrete into a wondrous canvas! Explore the possibilities of bringing art to the sidewalk with colored chalk and pastel. Together we will choose a theme and create a sidewalk mural outside of Larkspur Community Center that will last as long as the weather and pedestrian traffic permit. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Grace Ogawa.

\$49.00 ID \$58.80 OD

Activity: 102326 - Opens Feb. 10 Sa: 1:00 - 3:00 pm

Session: 6/7

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



#### Learn + play.

This section of classes is designed for those of us adulting. Now that we're in that phase of our lives, it's important to implement both discovery and play in our lives. Lifelong learning helps keep our brains fresh and play helps us feel young. And who doesn't want that?

#### Cooking & Baking

#### Pizza With A Partner



16 & up Ages:

#### **Larkspur Community Center**

Bring a friend and let's make some fresh 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 a rolling pin, pizza pan or cookie sheet, to-go containers and your appetite! Note: This is not a gluten- or dairy-free class. The fee includes two people. Please only register one person. Instructor: Elizabeth Guerin.

\$99.00 ID \$118.80 OD

Activity: 102311 - Opens Feb. 10

2:30 - 4:30 pm Sa:

Session: 4/12

#### **Looking for** drop-in fitness classes?

Visit

bendparksandrec.org/ fitness-swim/



#### **Easy Casserole Dinners**

Ages: 16 & up

#### **Larkspur Community Center**

One big dish of incredibly satisfying ingredients and voila - dinner is done! Adults and kids alike enjoy chipping in to make dinner when it's simple and one-dish casseroles can often be made from food you already have in your pantry. Come try your hand at dishes such as beef and spaghetti pizza casserole, chicken and spinach enchiladas, turkey tetrazzini or hot tamale pie. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

Activity: 102317 - Opens Feb. 10 Th:

5:00 - 7:30 pm

Session: 5/1



#### **Fabulous French Bread & Other Loaves** We Love

16 & up Ages:

#### **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.

\$89.00 ID \$106.80 OD

Activity: 102245 - Opens Feb. 10 Sa: 2:30 - 4:30 pm

Session: 5/10

#### **Learn to Make Goat** Cheese

Ages: 16 & up

#### **Larkspur Community Center**

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

\$89.00 ID \$106.80 OD

Activity: 102308 - Opens Feb. 10

2:30 - 4:30 pm Sa:

Session: 5/17

#### **Cooking With Fresh Herbs & Spices**

Ages: All Adults

#### **Larkspur Community Center**

Using fresh herbs and dried spices can make a dish memorable. Learn how to purchase, store and use them in entrees, soups, salads and veggie dishes. We will cover the difference between herbs vs. spices; subbing fresh for dried; flavor families of international cuisines; and essentials to have in your spice rack. Enjoy many recipes from soups and entrees to sides and desserts. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

Activity: 102315 - Opens Feb. 10 Th: 5:00 - 7:30 pm

Session: 5/22

#### Mediterranean **Nights**



Ages: 16 & up

#### **Larkspur Community Center**

Light and deliciously fresh Mediterranean dishes are sure to please many, including special guests. And bonus - they are easy to prepare ahead too! We'll explore Greek and Italianinspired cuisines, while also learning knife skills and helpful shortcuts. We will prepare Greek sheet pan chicken, Turkish red lentil soup, Greek salad and a dessert as time allows. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

Activity: 102325 - Opens Feb. 10

3:00 - 5:30 pm Sa:

Session: 5/31

#### Plant-Based **Meals From Around** the World

Ages: 16 & up

#### **Larkspur Community Center**

Minus the meat and more on the flavor! Enjoy a variety of cuisine from around the globe in this tasty sampling of classic vegetarian dishes such as shakshuka skillet eggs, spicy Thai noodles, tomato thyme spinach pies, walnut tacos and Asian mabo tofu with eggplant. Bring a cutting board and knife. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

Activity: 102318 - Opens Feb. 10 3:00 - 5:30 pm Sa:

Session: 6/14

#### With A Child: **Cooking & Baking**

#### With A Child: Sushi **Rolling Made Easy**

8 - 12 with Adult Ages: **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, and small container for your sushi. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

Activity: 102293 - Opens Feb. 10

5:00 - 7:00 pm F:

Session: 4/25

Sa: 2:30 - 4:30 pm

Session: 4/26

More "With A Child" classes: Art on pages 11 - 15.

#### With A Child: Taste of Mexico -Tres Leches Cake

Ages: 8 - 12 with Adult Larkspur Community Center

Learn to bake the traditional Mexican tres leches cake, a sponge cake soaked in three different types of milk. This moist and tender cake will be a hit at a party or Cinco de Mayo celebration. Students will learn the basic techniques for baking a sponge cake, including the folding method of mixing. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Andy Hatz

\$89.00 ID \$106.80 OD

Activity: 102244 - Opens Feb. 10 Sa: 2:30 - 4:30 pm

Session: 5/3

# With A Child: NEW Make Your Own Salad & Dressing

Ages: 8 - 12 with Adult Larkspur Community Center

Kids will build their own salads and learn to create easy dressings from scratch. Pile on the variety of veggies and other ingredients and watch them create their own mouth-watering salads. We will use a variety of lettuces, lots of veggies, proteins, whole grains, pasta, legumes, nuts, seeds and fruit to enrich these delicious salads. Kids love selecting their ingredients and often choose to eat the salad in class when it's something they've made themselves. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD

Activity: 102316 - Opens Feb. 10 Th: 5:00 - 7:00 pm

Session: 6/5

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



#### **Games**

#### **Learn to Play Pinochle**

Ages: All Adults

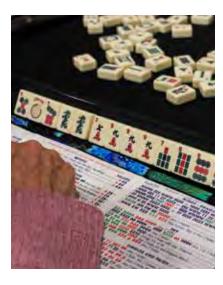
#### Larkspur Community Center

Pinochle is making a comeback in Bend and you're invited to join the fun! In each class of this beginning course, you will spend the first hour learning game fundamentals and the second hour practicing in small groups with a mentor. Focus will be on game terminology, how to bid, how to count meld and how to strategize your hand for winning. Instructor: Patricia DeLozier.

\$30.00 ID \$36.00 OD

Activity: 102602 - Opens Feb. 10 Th: 9:30 - 11:30 am

Session: 4/10 - 17



#### Learn to Play Mah Jongg

Ages: All Adults

#### **Larkspur Community Center**

Mah Jongg has become one of the most popular games in the world - come discover what the craze is all about! This fun class is especially designed for beginners and includes an official large-print American Mah Jongg reference card from the National Mah Jongg League, a \$15 value. Instructor: Sharon Walden.

\$80.00 ID \$96.00 OD

Activity: 102603 - Opens Feb. 10

Th: 9:00 - 11:00 am

Session: 3/6 - 4/3

#### Learn to Play Mah Jongg - Advanced Beginner

Ages: All Adults

#### **Larkspur Community Center**

This class is intended for those who have already completed Learn to Play Mah Jongg or for occasional players looking for a refresher class to enhance their game. Includes an official large-print American Mah Jongg reference card from the National Mah Jongg League, a \$15 value. Instructor: Sharon Walden.

\$60.00 ID \$72.00 OD

Activity: 102605 - Opens Feb. 10

Th: 9:00 - 11:00 am

Session: 5/8 - 22



#### General Enrichment

## Age With Vitality Through Slow, Mindful Yoga

Ages: All Adults
Larkspur Community Center

Just like your muscles and your heart, your nervous system needs to train, and slow, mindful yoga practice can be an excellent way to accomplish this training. Learn the science about these practices' connection to overall health and well-being and why time spent practicing this way can be important like other exercise or self-care. Yoga Alliance CEUs available. Instructor: Brandy Berlin.

\$50.00 ID \$60.00 OD Activity: 102313

Su: 2:00 - 4:00 pm

Session: 4/6

## Looking for fitness and wellness classes?

Check out the Adult Fitness & Wellness section on pages 23 - 24.

#### Spring Awakening: A Journey Into Mindfulness & Nature

Ages: 16 & up

#### **Larkspur Community Center**

Welcome the season of renewal with this immersive experience designed to connect participants with the energy of spring. Begin with a metta meditation, fostering loving-kindness and a sense of interconnectedness. Afterward, transition into a guided nature walk intended to connect with the Earth's natural energy and focus on one's physical and mental wellbeing. Conclude by creating a nature collage or mandala to bring home, using elements found in the environment. Perfect for those seeking mindfulness. creativity and a deeper connection to the natural world. Instructor: Genesis llada.

\$69.00 ID \$82.80 OD Activity: 102320

F: 10:00 am - 12:00 pm

Session: 5/2

## Age With Vitality Through Ayurveda

Ages: All Adults

#### **Larkspur Community Center**

Practiced by 80 percent of India's population and more than 3,000 years old, Ayurveda is a whole-body system of medicine in India and other countries. This workshop will outline the foundational principles of this ancient system of health care that emphasizes cultivating balance through traditional, common-sense, lifestyle-based practices that aim for robust health and longevity. Try some easy-to-replicate Ayurvedic snacks and learn how to align routine, diet and self-care with nature's rhythms and your unique constitution. Instructor: Brandy Berlin.

\$60.00 ID \$72.00 OD

Activity: 102312

Su: 2:00 - 4:00 pm

Session: 5/4

## Music, Theater & Voice

## Beginner Guitar: Play Your Favorite Song

Ages: 16 & up

#### **Larkspur Community Center**

Interested in playing the guitar but don't know where to start? This fourweek class offers you the basics of guitar while you focus on a personal goal - playing your favorite song! This supportive and fun program is designed for beginners, whether you've never touched a guitar or struggled to make progress. We'll cover essential skills like tuning, strumming and simple chords, while keeping things relaxed and enjoyable. If needed, the instructor can help connect you with local resources to borrow or purchase a guitar at a discount. By course's end, you'll be strumming confidently, ready to enjoy the guitar in your own space. Come ready to learn, connect with others and discover the joy of making music! Instructor: Marc Proctor.

\$69.00 ID \$82.80 OD

Activity: <u>102108</u> - Opens Feb. 10

Tu: 5:00 - 6:00 pm

Session: 4/8 - 29

## Ukulele Basics: Strum & Play

Ages: 16 & up

#### **Larkspur Community Center**

Curious about learning to play the ukulele? Perfect for beginners, this four-week class will get you playing one of the most fun and accessible instruments around - the ukulele! Learn the fundamentals, from tuning and simple chords to strumming techniques. You'll be playing your favorite songs in no time as we keep the pace relaxed and fun, with plenty of guidance and hands-on practice. No experience is required. If needed, the instructor can help connect you with local resources to borrow or purchase a ukulele at a discount. By course's end, you'll have the skills and confidence to continue your musical journey on your own. Instructor: Marc Proctor.

\$69.00 ID \$82.80 OD

Activity: <u>102102</u> - Opens Feb. 10

**Tu: 6:15 - 7:15 pm** Session: 4/8 - 29

## Improvisation Through Storytelling, Movement & Song

Ages: 16 & up

#### **Larkspur Community Center**

Step into the playful world of improvisation and wake up your imagination! Participants will pair up and be given a theme (e.g., kindness), a location (e.g., beach), and unique characters (e.g., an opera singer and a construction worker). Together, you will explore a dynamic scenario, expressing yourselves through storytelling, movement and even song. Perfect for those seeking to expand their creativity while connecting with others. This interactive experience encourages adaptability and fosters empathy, creating moments of surprise, connection and fun. No experience necessary. Instructor: Genesis Ilada.

\$69.00 ID \$82.80 OD

Activity: 102321 - Opens Feb. 10 M: 5:00 - 7:00 pm

Session: 4/14



#### Ukulele Adventures: Strumming Into New Songs

Ages: 16 & up

#### **Larkspur Community Center**

Ready to take your ukulele skills to the next level? In this interactive class, vou'll build on the basics and explore new chords, strumming patterns, and techniques that bring your favorite tunes to life. Gain confidence in transitioning between chords, develop a richer sound and learn to jam with others. By course end, you'll have a few crowd-pleasing songs ready to play and the skills to progress on your own. Whether you're looking to entertain friends, play at gatherings or simply enjoy your ukulele more, this class is your next step. Prior ukulele experience, such as completing Ukulele Basics: Strum & Play, is recommended. Instructor: Marc Proctor.

\$69.00 ID \$82.80 OD

Activity: <u>102104</u> - Opens Feb. 10

**Tu**: **6:15 - 7:15 pm**Session: 5/6 - 27

Work for play with Bend Park & Recreation District.

Visit

bendparksandrec.org/jobs/



#### 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.

## **Utah's Mighty National Parks**

Ages: All Adults

Spend five nights in Moab, Utah with day trips to Canyonlands National Park featuring deeply eroded canyons interspersed with mesas, spires, arches and unusual rock formations; Monument Valley, where you will see a collection of Indian artifacts and a movie set from a John Wayne film; Capitol Reef National Park, which early inhabitants referred to as the "land of the sleeping rainbow" because of its beautiful contrasts of multi-colored sandstone, verdant riverbanks and arid desert vegetation; and Arches National Park with over 2,000 famous arches and other red rock formations and canyons. On the final evening, you'll experience a cowboy-style Dutch oven meal and night cruise down the Colorado River with a narrated sound show on the illuminated canyon walls above the river.

\$3625.00 each (dbl. occupancy, land/air/tax from Portland)

Dates: 5/4 - 10/2025

## Cape Cod & the Islands

Ages: All Adults

After a day of sightseeing in Boston, Massachusetts including Faneuil Hall Marketplace, Plimoth Plantation, the Mayflower II and Plymouth Rock, you'll head to Cape Cod for a five-night stay. You'll visit a traditional cranberry bog, explore Provincetown's artist community, travel along the Cape Cod National Seashore and tour the delightful coastal city of Newport, Rhode Island. Scenic ferry rides will bring you to Martha's Vineyard and Nantucket Island to discover colorful Victorian cottages, cobblestoned streets and unspoiled beaches. Your trip will end with a traditional New England lobster boil on the final night.

\$3425.00 each (dbl. occupancy, land/air/tax from Portland)

Dates: 6/7 - 13/2025

## Highlights of Scandinavia

Ages: All Adults

Summer in Scandinavia! Enjoy the beauty and colorful history of Scandinavia as you explore capital cities, experience breath-taking views on train journeys and marvel at dramatic landscapes and waterways. First, you will visit Stockholm, Sweden, often called the "Venice of the North" for its exquisite architecture and abundant open water. Then it's off to Oslo, Norway to tour the impressive Norwegian Folk Museum and the Gol Stave Church and then learn about farming traditions and taste the local beer at a Norwegian sheep farm. Afterward, you'll take a short flight to Copenhagen, Denmark for a day of sightseeing before departing for home.

\$7199.00 each (dbl. occupancy, land/air/tax from Portland)

Dates: 7/17 - 27/2025

#### Mackinac Island, the Grand Hotel & Niagara Falls

Ages: All Adults

Step back in time to the Victorian era in the Great Lakes for a two-night stay at The Grand Hotel, Mackinac Island, Michigan's most famous resort property. Visit the Henry Ford Museum and the Ford River Rouge Plant, where F-150 trucks are built and ride in a Model-T car. Motorcoach into Ontario. Canada to visit Niagara Falls, one of the world's natural wonders. Cruise close to the falls aboard the famous Maid of the Mist tour boat, dine at a revolving restaurant overlooking the falls and enjoy the unique "Journey Behind the Falls" experience where you descend 125 feet and explore 130-year-old tunnels carved through bedrock.

\$3975.00 each (dbl. occupancy, land/air/tax from Portland)

Dates: 9/26 - 10/3/2025

#### **Music Cities Holiday**

Ages: All Adults

Venture down to the South for a musical excursion to Branson, Missouri; Little Rock, Arkansas; and Memphis and Nashville, Tennessee. Enjoy live bluegrass, classical and blues music galore, plus a holiday show at the famous Grand Ole Opry. Between shows, tour the Branson waterfront, take a dinner cruise on the Showboat Branson Belle, visit Elvis Presley's famous Graceland 14-acre estate, tour the sights of Nashville, and ride a horsedrawn carriage to marvel at the two-million twinkling holiday lights at the Gaylord Opryland Resort.

\$3399.00 each (dbl. occupancy, land/air/tax from Portland)

Dates: 12/2 - 7/2025



## Wilderness Safety & First Aid

#### Wilderness First Aid

Ages: 16 & up Hollinshead Barn

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

\$290.00 ID \$290.00 OD
Activity: 408360 - Open now
Su/Sa: 8:00 am - 5:00 pm

Session: 5/3 - 4

#### **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 recertify 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.

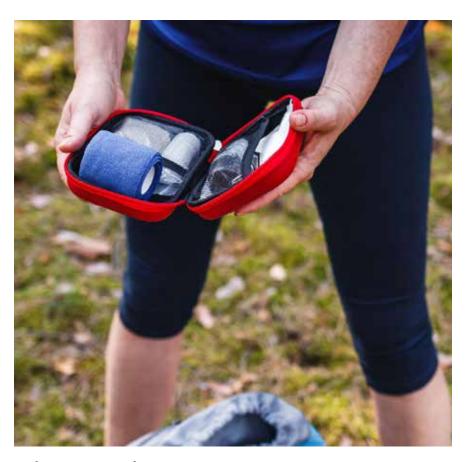
\$385.00 ID \$385.00 OD

Activity: 408362 - Open now

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

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

4/8 - 10



#### 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 practicing 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. 50% deposit required at registration with remaining balance due 30 days prior to start of training.

\$920.00 ID \$920.00 OD

Activity: 408364 - Open now

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

Session: 3/11 - 20



#### Specialized/ Registration Fitness Classes

#### Age With Vitality Through Slow, Mindful Yoga

Ages: All Adults

**Larkspur Community Center** 

Just like your muscles and your heart, your nervous system needs to train, and slow, mindful yoga practice can be an excellent way to accomplish this training. Learn the science about these practices' connection to overall health and well-being and why time spent practicing this way can be important like other exercise or self-care. Yoga Alliance CEUs available. Instructor: Brandy Berlin.

\$50.00 ID \$60.00 OD

Activity: <u>102313</u> - Opens Feb. 10

Su: 2:00 - 4:00 pm

Session: 4/6

## 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 and trails. 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. Instructor: Monica McClain-Smith.

\$15.00 ID \$18.00 OD

Activity: 115610 - Opens Feb. 10 W: 11:10 am - 12:30 pm Session: 4/9 5/14

Parks & Trails on pages 94 - 97.

## Play up your fitness.

Every season is a great season to move! Not only does BPRD offer regularly occurring, weekly drop-in fitness classes, but there are also special opportunities to enhance your fitness curriculum. Our specialized classes let you connect with others while helping to expand your body and mind, gain more confidence and feel great.

# 200+ weekly drop-in fitness classes

Ages:

16 & up; 11 - 15 with adult

Looking for regularly occurring fitness classes that fit your schedule and needs?

BPRD offers numerous drop-in fitness classes every week at Larkspur Community Center and Juniper Swim & Fitness Center. All abilities are welcome and you can focus your energy on targeting cardio, indoor cycling, mind/body, strength training and conditioning and more.

Learn more on pages 84 - 85 and visit bendparksandrec.org/fitness-swim for schedules and details.

CLICK TO LEARN MORE ABOUT DROP-IN FITNESS & WELLNESS CLASSES





#### Wellness

## Spring Awakening: A Journey Into Mindfulness & Nature

Ages: 16 & up

#### **Larkspur Community Center**

Welcome the season of renewal with this immersive experience designed to connect participants with the energy of spring. Begin with a metta meditation, fostering loving-kindness and a sense of interconnectedness. Afterward, transition into a guided nature walk intended to connect with the Earth's natural energy and focus on one's physical and mental wellbeing. Conclude by creating a nature collage or mandala to bring home, using elements found in the environment. Perfect for those seeking mindfulness, creativity and a deeper connection to the natural world. Instructor: Genesis llada.

\$69.00 ID \$82.80 OD

Activity: 102320 - Opens Feb. 10 F: 10:00 am - 12:00 pm

Session: 5/2

## Age With Vitality Through Ayurveda

Ages: All Adults

#### **Larkspur Community Center**

Practiced by 80 percent of India's population and more than 3,000 years old, Ayurveda is a whole-body system of medicine in India and other countries. This workshop will outline the foundational principles of this ancient system of health care that emphasizes cultivating balance through traditional, common-sense, lifestyle-based practices that aim for robust health and longevity. Try some easy-to-replicate Ayurvedic snacks and learn how to align routine, diet and self-care with nature's rhythms and your unique constitution. Instructor: Brandy Berlin.

\$60.00 ID \$72.00 OD

Activity: <u>102312</u> - Opens Feb. 10

Su: 2:00 - 4:00 pm

Session: 5/4

Looking for more ways to move?

Adult Roller on pages 25 - 26.

Adult Sports on pages 27 - 29.



#### **Roller Hockey**

#### **Adult Skills & Drills -Roller Hockey**

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.

\$15.00 ID \$18.00 OD

Activity: 110421 - Opens Feb. 10 M: 6:00 - 7:00 pm Session: 4/28 - 5/19 6/2 - 23

#### **Adult Roller Hockey** League

Ages: **All Adults** 

The Pavilion

Get into spring hockey action with BPRD's Adult Roller Hockey League! Sign up as an individual and be drafted onto a team. Teams play 8, 45-minute games. Games are on Monday nights. Dark and light jersey provided. For more information, contact Clare at Clare@bendparksandrec.org.

#### Registration deadline: 4/6 at 11:59 pm or until full

\$125.00 ID \$150.00 OD

Activity: 110520 - Opens Feb. 10 M: 7:30 - 10:30 pm - A

Session: 4/28 - 6/23

7:00 - 10:30 pm - B/C W:

Session: 4/30 - 6/25

Skate on.

Slide on.

The Pavilion's rink

is the place to slide,

Roll on.

glide, twirl and roll with a wide variety of roller skating and sports in spring through fall and a complementary selection of ice skating and ice sports in the fall through spring. These activities offer movement, a breeze in your hair and the reward of personal development and/ or the excitement of competition.

#### **Required Hockey Gear**

**PLAYERS:** Helmet, mouth guard, elbow pads, hockey pants, shin pads, hockey socks and hockey stick. Shoulder pads recommended but optional. **GOALIES:** Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove and goalie stick.



## Specialized Times:

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

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

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

#### **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.

Fee: \$13.50 ID \$16.20 OD Activity: 210403 - Adult

Drop-in roller skating on page 83.



#### Roller Skate Lessons

#### Learn to Roller Skate: Adult 1 - 2

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 iourney from the basics to more advanced skills. Includes skate rental. Protective headgear encouraged - bring a helmet or use ours for free. Level 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: <u>110631</u> - Opens Feb. 10

W: 5:45 - 6:15 pm Session: 4/30 - 6/11 Sa: 7:00 - 7:30 pm

Session: 5/3 - 6/14

#### Learn to Roller Skate: Adult 3 - 4

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. Level 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. 10

W: 5:45 - 6:15 pm Session: 4/30 - 6/11





## **Adult Sports Conditioning**

Specialized conditioning programs available on page 23 - 24.

Drop-in fitness activities and information on pages 84 - 85.

Be a coach! Volunteer coaches needed for youth sports.

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

#### Cornhole

#### Pints n' Play: Adult Cornhole 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.

Team registration deadline: 4/6 at 11:59 pm or until full

\$140.00 ID \$168.00 OD

Activity: 110200 - Opens Feb. 10 W: 6:30 - 9:00 pm Session: 4/30 - 6/25

#### 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.

#### Golf

#### Women's Adult Golf Lessons

Ages: All Adults
Awbrey Glen Golf Club

Four! This small-group four-lesson series is designed for women interested in improving their golf game with instruction focused on putting and chipping, green reading and full swing. Golfers will play a five-hole loop course on the final day. Clubs are provided and include a bag, 5-hybrid, 8-iron, approach wedge and a putter. Four classes, four golfers, four clubs, it's Four for Four Golf.

\$309.00 ID \$370.80 OD

Activity: 103955 - Opens Feb. 10

Tu: 5:15 - 6:15 pm

Session: 4/22 - 5/20 (no class 5/6)

Sa: 9:15 - 10:15 am

Session: 5/24 - 6/14



#### 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.



#### Roller Hockey & Learn to Roller Skate

Find adult roller hockey and roller skating programs on pages 25 - 26.

#### **Softball**

#### **ON NEXT PAGE**



#### Volleyball

#### Adult Volleyball Leagues

Ages: All Adults

#### **High Desert 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.

#### Team registration deadline: 3/16 at 11:59 pm or until full

\$329.00 / team

Activity: 103900 - Opens Feb. 10

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

#### **Adult Summer Softball Leagues**

#### All Adults

#### **ADULT COMPETITIVE SOFTBALL LEAGUES**

#### **Skyline Sports Complex**

Get your team together now! BPRD's Adult Competitive 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. Space is limited; register early.



**Men's B League:** Teams play a 10-game schedule with a playoff tournament at season's end. Tentative start date is the week of May 5th and continues until August. Teams play one game per week on either Tuesday or Thursday nights.

**Men's C League:** Teams play a 10-game schedule with a playoff tournament at season's end. Tentative start date is May 5th and continues until August. Teams play one game per week on either Tuesday or Thursday nights.

**Women's League:** Teams play a 10-game schedule including a playoff tournament at season's end. Tentative start date is the week of May 5th and continues until early August. Teams play one or two games per week, mainly on Wednesdays.

**Coed League:** Teams play a 10-game schedule including a playoff tournament at season's end. Tentative start date is the week of May 5th and continues until August. Teams play one or two games per week. Games are played mainly on Wednesday nights.

**Senior League:** Open to anyone over the age of 50. Teams play a 16-game schedule including a playoff tournament at season's end. Tentative start date is May 5th and continues until late July.

#### Team registration deadline: 4/6 at 11:59 pm or until full

Activity: 103905 - Opens Feb. 10

<u>League</u>	Days	Dates	Times	Team Fee
Men's B League	Tuesdays/Thursdays	5/5 - 8/1	6:00 - 9:00 pm	\$850.00 / team
Men's C League	Tuesdays/Thursdays	5/5 - 8/1	6:00 - 9:00 pm	\$850.00 / team
Women's League	Wednesdays	5/5 - 8/1	6:00 - 10:00 pm	\$850.00 / team
Coed League	Mondays/Wednesdays	5/5 - 8/1	6:00 - 9:00 pm	\$650.00 / team
Senior League (50+)	Mondays	5/5 - 7/29	6:00 - 10:00 pm	\$959.00 / team

#### **ADULT RECREATIONAL 5X5X5 SOFTBALL LEAGUE**

#### **Skyline Sports Complex**

Introducing the Adult Recreational 5x5x5 Softball League - a new BPRD league format where fun comes first! Players register individually and are placed onto teams. 5x5x5 softball features three teams of five players competing against each other. An "Infield Team" and an "Outfield Team" play defense, while a "Batting Team" takes their turn at bat. Games consist of four innings or 36 outs. 5x5x5 softball league is a great opportunity for individuals interested in having fun, meeting new people or trying a new sport.

#### Registration deadline: 4/6 at 11:59 pm or until full

Activity: 103906 - Opens Feb. 10 M: 6:00 - 8:30 pm Session: 3/31 - 5/19



#### **ADULT RECREATIONAL SOFTBALL LEAGUES**

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

Softball season is fast approaching! Now is the time to get your team 15 - 20 players, and if you like, team sponsor, in order. BPRD recreational softball leagues are known for great camaraderie and fun - just the break you need from the hustle of your regular day. Perfect for anyone interested in having fun, our leagues offer variable game nights and self-umpired games. Standings are not kept in this league and no playoffs are held.

Games are played once a week at 6:00 pm. Each team plays 10 games. No games the weeks of 5/26 and 6/30. Space is limited; register early.

#### Team registration deadline: 4/6 at 11:59 pm or until full

League	Days	Dates	Times	Team Fee
Coed Rec League	Varies on M - F	5/5 - 7/25	6:00 - 7:30 pm	\$400.00 / team
Men's Rec League	Varies on M - F	5/5 - 7/25	6:00 - 7:30 pm	\$400.00 / team



## 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.

#### **Swim Lessons**

#### 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. 11 Sa: 9:00 - 9:45 am Session: 4/5 - 5/31 (no class 5/24)

#### 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.

\$150.00 ID \$180.00 OD

Activity: <u>105555</u> - Opens Feb. 11

Tu: 5:30 - 6:15 pm

Session: 4/1 - 6/3

Th: 6:20 - 7:05 pm

Session: 4/3 - 6/5

## 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.

\$150.00 ID \$180.00 OD

Activity: 105556 - Opens Feb. 11

Tu: 6:20 - 7:05 pm

Session: 4/1 - 6/3

Th: 5:30 - 6:15 pm Session: 4/3 - 6/5

## 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 & Skate Pass/drop-in fee

Dates: Now - 6/13 Check schedule

M/W/F: 5:35 - 6:30 am T/Th: 9:15 - 10:30 am M-F: 11:45 am - 1:00 pm Sa/Su: 9:00 - 10:30 am



# YOUTH THERAPEUTIC RECREATION

## 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

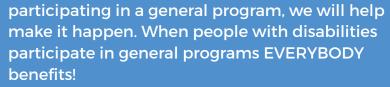
Activity: 104805 - Opens Feb. 10 F: 6:00 - 8:00 pm

Session: 4/11

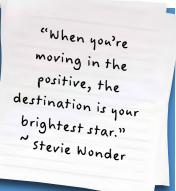


# With inclusion, everybody benefits!

If you or your child has a disability and are interested in



To ensure successful inclusion, we encourage you to check the box on the registration form that says "check here if you want an assessment team to contact you about disability accommodations." Someone from the Therapeutic Recreation Department will contact you to discuss what we can do to make your experience a success!





## Youth Day at the Museum

Ages: 7 - 17 District Office

Come spend the day exploring the High Desert Museum. From river otters to rotating exhibits, there's always something new and exciting to see. This program is designed for kids with disabilities and their siblings or friends.

\$40.00 ID \$48.00 OD

Activity: 104803 - Opens Feb. 10 Sa: 9:30 am - 12:30 pm

Session: 4/12

#### **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. 10 Sa: 1:30 - 5:00 pm

Session: 4/26 5/31

## 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: <u>104802</u> - Opens Feb. 10

F: 6:00 - 8:00 pm

Session: 5/9

#### Youth Day Trip: Enchanted Forest

Ages: 10 - 17 District Office

Join us for a full day of excitement as we travel to Salem, Oregon's much-loved Enchanted Forest. We will spend a magical day trying out rides and exploring! This program is designed for kids with disabilities and their siblings or friends.

\$95.00 ID \$114.00 OD

Activity: 104812 - Opens Feb. 10 Sa: 7:30 am - 4:00 pm

Session: 5/17

## Youth Swimming Night

Ages: 7 - 17

#### Larkspur Community Center

It's time to swim! We will make a splash at Recreation Swim at the Larkspur Community Center pool. This program is designed for youth with disabilities and their siblings or friends.

\$25.00 ID \$30.00 OD

Activity: 104801 - Opens Feb. 10

**F**: 5:30 - 7:00 pm Session: 5/23 6/6



# 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.

\$25.00 ID \$30.00 OD

Activity: 104850 - Opens Feb. 10

M: 5:30 - 7:00 pm

Session: 4/14 5/12

#### **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. 10
Sa: 9:30 am - 1:00 pm
Session: 4/26 5/31

#### **ADULT THERAPEUTIC** RECREATION

#### **Arts & Crafts**

#### Doodles & Blooms



All Adults Ages:

#### **Larkspur Community Center**

Express yourself in a relaxing art class that combines whimsical doodling with floral illustration. Learn to create enchanting botanical artwork using simple line techniques, patterns and watercolor. Perfect for beginners and experienced artists looking to develop their own style while drawing inspiration from nature's beauty.

\$120.00 ID \$144.00 OD

Activity: 104412 - Opens Feb. 10 M: 5:00 - 7:00 pm

Session: 4/7 - 28

#### Nature's Palette NEW



Ages: All Adults

#### **Larkspur Community Center**

Try this immersive art class exploring color mixing and techniques inspired by the natural world. Learn to capture the rich hues of landscapes, flora and seasonal changes while developing skills in watercolor, acrylics or mixed media. Perfect for all levels of artists wanting to expand their color confidence and connection to nature.

\$120.00 ID \$144.00 OD Activity: 104414 - Opens Feb. 10 M: 5:00 - 7:00 pm

Session: 5/5 - 6/2

#### **Adaptive Equipment**

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



#### **Cooking & Baking**

#### Crisp, Crunchy & NEW **Green Creations**



Ages: All Adults

#### Twin Knolls Transition Co-op

Join this cooking class focused on transforming fresh vegetables and herbs into vibrant, flavorful dishes. We'll create crisp salads and innovative vegetable-forward meals that celebrate the natural crunch and brightness of the season!

\$137.00 ID \$164.40 OD

Activity: 104311 - Opens Feb. 10 5:00 - 7:00 pm

Session: 4/9 - 30

#### **Spring Into Meal Prep**



All Adults

#### **Twin Knolls Transition Co-op**

Master the art of efficient meal planning using fresh spring ingredients. Learn to batch cook seasonal vegetables, proteins and grains while creating versatile make-ahead meals that stay fresh throughout the week. Perfect for busy people who want to eat healthy, seasonal food without cooking each day.

\$137.00 ID \$164.40 OD

Activity: 104312 - Opens Feb. 10 W: 5:00 - 7:00 pm

Session: 5/7 - 6/4

#### Fun & Games

#### **Bowling Night**

#### All Adults Ages: **Norton Avenue Apts**

Strike, spare and, of course, a gutterball! Join us for a friendly, and slightly competitive, game of bowling!

\$40.00 ID \$48.00 OD

Activity: 104703 - Opens Feb. 10 5:30 - 7:30 pm

Session: 4/18

#### Movie, Games & Crafts **Night**

**All Adults** Ages: **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. 10 6:00 - 8:00 pm

Session: 5/2

#### Sisters Rodeo

Ages: All Adults **Norton Avenue Apts** 

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

the fun!

\$65.00 ID \$78.00 OD

Activity: 104705 - Opens Feb. 10 Su: 11:00 am - 6:00 pm

Session: 6/15

#### **Outdoors**

#### Saturday Adventure

**All Adults** Ages: **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

\$45.00 ID \$54.00 OD

Activity: 104700 - Opens Feb. 10 Sa: 10:00 am - 4:00 pm 6/7 Session: 5/3



#### **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.

\$52.00 ID \$62.40 OD

Activity: 104110 - Opens Feb. 10 Th: 4:45 - 6:45 pm

Session: 6/5 - 7/3

#### **Social Programs**

#### **BPRD's Community** Celebration NEW

Ages: **All Adults** 

#### **Larkspur Community Center**

Join us for an evening of fun at the BPRD Community Celebration featuring local organizations, vendors and engaging activities including swimming and more.

\$25.00 ID \$30.00 OD

Activity: 104314 - Opens Feb. 10 F: 6:00 - 8:30 pm

Session: 4/4

#### Spring Overnight NEW **Trip to Eugene**

**All Adults** Ages: **Norton Avenue Apts** 

Join us for our Spring Overnight to Eugene, Oregon where we will spend time exploring the city, trying new food and seeing Hamilton at the Hult Center for Performing Arts! Wow - what a trip!

\$300.00 ID \$360.00 OD

Activity: <u>104600</u> - Opens Feb. 10 Su/Sa: 8:00 am - 4:30 pm

Session: 4/5 - 6

#### **Day Program: Community Outing**

**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.

\$156.00 ID \$187.20 OD

Activity: 104315 - Opens Feb. 10 F: 9:30 am - 12:30 pm Session: 4/11 - 5/9 5/16 - 6/13





#### **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 at Larkspur Community Center, try different workouts, learn yoga basics and more.

\$52.00 ID \$62.40 OD

Activity: 104113 - Opens Feb. 10 Tu: 5:30 - 7:30 pm

Session: 4/8 - 29

#### Stroll & Stretch NEW



Ages: All Adults **Norton Avenue Apts** 

This beginner-friendly fitness program combines simple stretching exercises with a leisurely paced walk, perfect for all fitness levels. Join our supportive group as we move together, chat and enjoy the outdoors.

\$65.00 ID \$78.00 OD

Activity: 104706 - Opens Feb. 10 Tu: 5:30 - 7:30 pm Session: 5/6 - 6/3

**Moving to Music** 

**All Adults** Ages:

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.

\$52.00 ID \$62.40 OD

Activity: 104100 - Opens Feb. 10

Th: 6:15 - 7:45 pm

Session: 5/8 - 29

# Young Child Activity Finder

Looking for activities for a young child, ages 5 and under?

The Young Child Activity Finder is here with all of this season's programs for children ages 0 to 5 years old.

Designed to make finding activities a breeze, the finder is organized by category and dates and lets you also view program, age, days, time and location to help you discover the activities that match your needs.

You can view the program description online by clicking the Activity # link or go to the Youth Section featuring the program category.



#### Use the online tool!

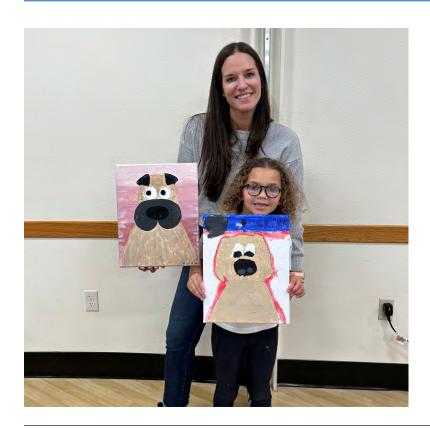
Visit our website for the same great Young Child Activity Finder!

Go to <u>register.bendparksandrec.org</u> and click on Young Child Activity Finder under Search.

TITLE	ACTIVITY	AGES	DAYS	TIME	SESSIONS	CATEGORY	LOCATION
SKYHAWKS - BASEBALL TOTS 2-3	103200	2 - 3	W, SA	9:00 AM - 9:40 AM 3:00 PM - 3:40 PM	4/2 - 4/30, 5/10 - 6/7	BASEBALL	ALPENGLOW PARK
SKYHAWKS - BASEBALL TOTS 4-5	103200	4 - 5	W, SA	9:50 AM - 10:30 AM 3:50 PM - 4:30 PM	4/2 - 4/30, 5/10 - 6/7	BASEBALL	ALPENGLOW PARK
SKYHAWKS - BASEBALL TOTS 6-12	103200	6 - 12	W, SA	9:50 AM - 10:30 AM 3:50 PM - 4:30 PM	4/2 - 4/30, 5/10 - 6/7	BASEBALL	ALPENGLOW PARK
OPERATION RECREATION	<u>107400</u>	5 - 11	W, TH, F	7:30 AM - 5:30 PM	4/16, 4/17, 4/18	DAY CAMP	SILVER RAIL, JEWELL AND BEAR CREEK ELEMENTARY SCHOOLS
PRECLAY	111304	3 - 6	F	9:30 AM - 10:30 AM	4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/30, 6/6	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - FAIRY DOORS	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	4/12	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - GNOMES	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	4/19	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - LUMINARIES	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	4/26	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - SPRING BUNNIES	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	4/5	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - ROBOTS	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	5/3	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - SUN GARDEN PLAQUE	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	5/10	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - DRAGONS	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	5/17	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - PICNIC PLATES	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	5/31	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - MYSTICAL CREATURES	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	6/14	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - ANIMAL SUCCULENT PLANTER	<u>111510</u>	5 - 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	6/7	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
TITLE	ACTIVITY	AGES	DAYS	TIME	DATES	CATEGORY	LOCATION

TITLE	ACTIVITY	AGES	DAYS	TIME	SESSIONS	CATEGORY	LOCATION
BEGINNER HULA DANCE (5-9)	106580	5 - 15	Th	3:30 PM - 4:15 PM	4/3 - 5/1, 5/15 - 6/5	DANCE AND MOVEMENT	LARKSPUR COMMUNITY CENTER
LITTLE STARS BALLET	<u>106571</u>	3 - 5	SA	9:25 AM - 10:10 AM	4/5 - 6/7	DANCE AND MOVEMENT	ACADEMIE DE BALLET
BEGINNER HULA	406610	5 - 13	w	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	MILLER ELEMENTARY
CREATING COMIC BOOKS	406608	5 - 13	w	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	JUNIPER ELEMENTARY
CREATIVE WRITING	406601	5 - 13	W	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	BEAR CREEK ELEMENTARY
EXPERIMENT WITH ART	406614	5 - 13	w	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	NORTH STAR ELEMENTARY
FUN WORKS INC. STEAM USING LEGO	406606	5 - 13	W	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	HIGHLAND ELEMENTARY
FUN, FUNKY, FRESH DANCE	406611	5 - 13	W	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	PINE RIDGE ELEMENTARY
GO C.A.M.P.	406603	5 - 13	w	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	ELK MEADOW ELEMENTARY
HAPPY HABITS FUN & FITNESS CLASS	406605	5 - 13	w	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	HIGH LAKES ELEMENTARY
READY TO THRIVE! SPANISH, STEM AND LIFE SKILLS	406607	5 - 13	W	12:45 PM - 2:15 PM	4/2 - 5/14	ENRICHMENT WEDNESDAYS	JEWELL ELEMENTARY
BEGINNER HULA	406605	5 - 13	w	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	HIGH LAKES ELEMENTARY
CREATING COMIC BOOKS	406601	5 - 13	W	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	BEAR CREEK ELEMENTARY
CREATIVE WRITING	406608	5 - 13	w	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	JUNIPER ELEMENTARY
EXPERIMENT WITH ART	406603	5 - 13	W	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	ELK MEADOW ELEMENTARY
FUN WORKS INC. STEAM USING LEGO	406610	5 - 13	w	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	MILLER ELEMENTARY
FUN, FUNKY, FRESH DANCE	406606	5 - 13	W	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	HIGHLAND ELEMENTARY
GO C.A.M.P.	406614	5 - 13	w	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	NORTH STAR ELEMENTARY
HAPPY HABITS FUN & FITNESS CLASS	406607	5 - 13	w	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	JEWELL ELEMENTARY
READY TO THRIVE! SPANISH, STEM AND LIFE SKILLS	406611	5 - 13	w	12:45 PM - 2:15 PM	5/21 - 6/4	ENRICHMENT WEDNESDAYS	PINE RIDGE ELEMENTARY
LIL' DRAGONS	<u>106750</u>	4 - 7	M/W	3:20 PM - 3:50 PM	4/7 - 4/30, 5/5 - 5/28, 6/2 - 6/25	MARTIAL ARTS	ODYSSEY MARTIAL ARTS
BRAZILIAN JIU-JITSU (4-7)	<u>106755</u>	4 - 7	M/W	1:45 PM - 2:30 PM 4:00 PM - 4:45 PM	4/7 - 4/30, 5/5 - 6/2	MARTIAL ARTS	CONNECTION RIO JUJITSU
ART START	111302	2-6	T, W, TH	9:00 AM - 10:00 AM 10:30 AM - 11:30 AM	4/1 - 4/22, 4/2 - 4/30 4/3 - 5/1, 5/13 - 6/3 5/14 - 6/4, 5/15 - 6/5	MULTIMEDIA	LARKSPUR COMMUNITY CENTER
ART PLAY GROUP	<u>111300</u>	2-6	F	9:00 AM - 10:00 AM 10:30 AM - 11:30 AM	4/4, 4/18, 5/2, 5/16, 5/30	MULTIMEDIA	LARKSPUR COMMUNITY CENTER
DRAMA CLUB (5-6)	106222	5 - 7	TH	3:00 PM - 4:00 PM	4/3 - 4/24, 5/1 - 5/22	MUSIC, THEATER AND VOICE	LARKSPUR COMMUNITY CENTER
TITLE	ACTIVITY	AGES	DAYS	TIME	DATES	CATEGORY	LOCATION

TITLE	ACTIVITY	AGES	DAYS	TIME	SESSIONS	CATEGORY	LOCATION
DRAMA CLUB (5-6) FULL SESSION	106222	5 - 7	TH	3:00 PM - 4:00 PM	4/3 - 5/22	MUSIC, THEATER AND VOICE	LARKSPUR COMMUNITY CENTER
CLASE DE ARTE CON SU HIJO(A): ISUMÉRGETE EN EL MUNDO DE LA PINTURA!/WITH A CHILD PAINTING IN SPANISH	<u>111503</u>	5 - 16	SA	9:00 AM - 11:00 AM	4/12, 5/10, 6/14	PAINTING AND DRAWING	LARKSPUR COMMUNITY CENTER
YOUTH LEARN TO PLAY ROLLER HOCKEY 1	110203	5 - 15	TU, TH	4:30 PM - 5:30 PM	4/22 - 5/1	ROLLER HOCKEY	THE PAVILION
YOUTH LEARN TO PLAY ROLLER HOCKEY 2	110203	5 - 15	TU, TH	5:30 PM - 6:30 PM	4/22 - 5/1	ROLLER HOCKEY	THE PAVILION
KINDERSKATE	110601	4-6	M, W	4:00 PM - 4:30 PM 5:00 PM - 5:30 PM	4/28 - 6/9, 4/30 - 6/11	ROLLER SKATE LESSONS	THE PAVILION
SOBRE RUEDAS/FAMILY ROLLER SKATE LESSONS IN SPANISH	110633	5 - 100	W	6:15 PM - 6:45 PM	4/30 - 6/11	ROLLER SKATE LESSONS	THE PAVILION
LEGO® ROBOTICS AMUSEMENT PARK	106164	5 - 9	TH	2:45 PM - 3:40 PM	4/10 - 5/8, 5/15 - 6/5	STEM	SAMARA LEARNING CENTER
FUN WORKS INC. INTRO TO STEAM USING LEGO NON SCHOOL DAYS	106651	5 - 6	W, TH, F	9:00 AM - 12:00 PM	4/16 - 4/18	STEM	ELK MEADOW ELEMENTARY
STOP ANIMATION LEGO® BUILDER'S BATTLE CLUB	106772	5 - 14	W, F	2:45 PM - 4:15 PM 5:30 PM - 7:30 PM	4/2 - 4/23, 5/9 - 5/30	STEM	STELLER JAY CREATIVE LEARNING
LEGO® ROBOTICS CARNIVAL GAMES	106162	5 - 9	Т	2:45 PM - 3:40 PM	4/8 - 4/29, 5/6 - 5/27	STEM	SAMARA LEARNING CENTER
CLASES DE NATACION PARA FAM ILIAS EN ESPANOL/FAMILY SWIM LESSONS IN SPANISH	105261	3 - 100	SA	12:30 PM - 1:00 PM	4/5 - 5/31	SWIM LESSONS	JUNIPER SWIM AND FITNESS CENTER
SKYHAWKS - VOLLEYKATS 4 - 5	103201	4 - 6	W, SA	9:00 AM - 9:40 AM 3:00 PM - 3:40 PM	4/5 - 5/3, 5/7 - 6/4	VOLLEYBALL	ALPENGLOW PARK
SKYHAWKS - VOLLEYKATS 5 - 6	<u>103201</u>	5 - 7	W, SA	9:50 AM - 10:30 AM 3:50 PM - 4:30 PM	4/5 - 5/3, 5/7 - 6/4	VOLLEYBALL	ALPENGLOW PARK
TITLE	ACTIVITY	AGES	DAYS	TIME	DATES	CATEGORY	LOCATION



For more opportunities for little ones:

With A Child Activity Finder on pages 38 - 39.

Parent-Tot Swim Lessons on pages 73 - 75.

Childcare Opportunities on pages 49 - 54.

# With A Child Activity Finder

Time to play together with the child in your life. To get ready check out the With A Child Finder and start making plans!

Designed to make finding With A Child activities a breeze the finder is organized by activity category and date and lets you search by age days time and location to meet your busy schedule.

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

You can view the program description online by clicking the Activity # link or go to the Youth Section featuring the program category.



## Search online too!

Go to our website for the same great With A Child Finder!

Visit <u>register.bendparksandrec.org</u> and click on With a Child Activity Finder under Search.

WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION
WITH A CHILD: CLAY - FAIRY DOORS	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	4/12	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - GNOMES	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	4/19	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - LUMINARIES	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	4/26	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - SPRING BUNNIES	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	4/5	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - SUN GARDEN PLAQUE	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	5/10	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - DRAGONS	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	5/17	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - ROBOTS	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	5/3	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - PICNIC PLATES	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	5/31	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - MYSTICAL CREATURES	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	6/14	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY - ANIMAL SUCCULENT PLANTER	<u>111510</u>	5- 15	SA	10:00 AM - 12:00 PM 12:30 PM - 2:30 PM	6/7	CLAY AND POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: SUSHI ROLLING MADE EASY	102293	8- 13	F, SA	2:30 PM - 4:30 PM 5:00 PM - 7:00 PM	4/25 4/26	COOKING AND BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: TASTE OF MEXICO - TRES LECHES CAKE	102244	8- 13	SA	2:30 PM - 4:30 PM	5/3	COOKING AND BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: MAKE YOUR OWN SALAD & DRESSING	<u>102316</u>	8- 13	Th	5:00 PM - 7:00 PM	6/5	COOKING AND BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: MAY FLOWERING BASKET	102190	6- 13	F	5:00 PM - 6:30 PM	5/9	CRAFTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: FUN WITH FUSED GLASS - ANIMAL FUN	<u>102414</u>	6- 13	SA	10:00 AM - 11:30 AM	4/19	GLASS ARTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: FUN WITH FUSED GLASS - SPRING FLOWERS	<u>102414</u>	6- 13	SA	10:00 AM - 11:30 AM	5/3	GLASS ARTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION

WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION
WITH A CHILD: FUN WITH FUSED GLASS - SUMMER FUN	<u>102414</u>	6- 13	SA	10:00 AM - 11:30 AM	6/7	GLASS ARTS	LARKSPUR COMMUNITY CENTER
CLASE DE ARTE CON SU HIJO(A): ISUMÉRGETE EN EL MUNDO DE LA PINTURA!/WITH A CHILD PAINTING IN SPANISH	<u>111503</u>	5- 16	SA	9:00 AM - 11:00 AM	4/12 5/10 6/14	PAINTING AND DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: PAINT TOGETHER - TOUCANS	102294	6- 13	Th	5:00 PM - 7:00 PM	4/17	PAINTING AND DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: ACRYLIC POURING ON CANVAS	<u>111545</u>	6-16	SA	9:00 AM - 11:00 AM	5/10 5/17 5/24 5/31	PAINTING AND DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: PAINT TOGETHER - FLOWERS LADYBUGS & BEES	102294	6- 13	Th	5:00 PM - 7:00 PM	5/22	PAINTING AND DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: PAINT TOGETHER - ROCKY RACCOON	102294	6- 13	Th	5:00 PM - 7:00 PM	6/5	PAINTING AND DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: SIDEWALK CHALK ART	102326	8- 14	SA	1:00 PM - 3:00 PM	6/7	PAINTING AND DRAWING	LARKSPUR COMMUNITY CENTER
JUNTOS SOBRE RUEDAS EN ESPANOL/FAMILY ROLLER SKATE LESSONS IN SPANISH	110633	5 & UP	W	6:15 - 6:45 PM	4/30 - 6/11	ROLLER SKATING	THE PAVILION
CLASES DE NATACION PARA FAMILIAS EN ESPANOL / FAMILY SWIM LESSON IN SPANISH	105261	3 & UP	SA	12:30 - 1:00 PM	4/5 - 5/31	SWIM LESSONS	JUNIPER SWIM & FITNESS CENTER
WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION

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

# Looking for Parent-Tot Swim Lessons?

See page 74.

# **No-School Day Activity Finder**

Looking for activities to keep the young ones busy on no school days?

The No-School Day Activity Finder is here with all the programs scheduled on no school days during the Bend-La Pine school year.

Designed to make finding activities a breeze, the finder is organized by date and category and lets you also view program age, days, time and location to help you discover the activities that match your needs.

You can view the program description online by clicking the Activity # link or go to the Youth Section featuring the program category.



## **Use the Finder online!**

Go to our website for the same great No-School Day Activity Finder!

Visit register.bendparksandrec.org and click on No-School Day Activity Finder under Search.

TITLE	ACTIVITY	AGES	DAYS	TIME	SESSIONS	CATEGORY	LOCATION
CODE & MYSTERIES CAMP	106912	7 - 12	w	9:00 AM - 12:00 PM	4/16	CRAFTS	SAMARA LEARNING CENTER
CODE & MYSTERIES CAMP - BEFORE CARE	106912	7 - 12	W	7:30 AM - 9:00 AM	4/16	CRAFTS	SAMARA LEARNING CENTER
CODE & MYSTERIES CAMP - AFTER CARE	106912	7 - 12	W	12:00 PM - 1:00 PM	4/16	CRAFTS	SAMARA LEARNING CENTER
PET CRAFT CAMP - AFTER CARE	106906	7 - 12	M, W	4:00 PM - 5:30 PM	4/16, 5/26	CRAFTS	SAMARA LEARNING CENTER
PET CRAFT CAMP	106906	7 - 12	M, W	1:00 PM - 4:00 PM	4/16, 5/26	CRAFTS	SAMARA LEARNING CENTER
PET CRAFT CAMP - BEFORE CARE	106906	7 - 12	M, W	12:00 PM - 1:00 PM	4/16, 5/26	CRAFTS	SAMARA LEARNING CENTER
WESTSIDE VILLAGE DAY CAMP	106510	6 - 15	W-F	7:45 AM - 5:00 PM	4/16-18	GENERAL ENRICHMENT	WESTSIDE VILLAGE
OPERATION RECREATION	<u>107400</u>	5 - 12	W, TH, F	7:30 AM - 5:30 PM	4/16, 4/17, 4/18	DAY CAMP	BEAR CREEK ELEMENTARY, JEWELL ELEMENTARY, SILVER RAIL ELEMENTARY
FUN WORKS INC. INTRO TO STEAM USING LEGO	106651	5 - 6	W-F	9:00 AM - 12:00 PM	4/16-18	STEM	ELK MEADOW ELEMENTARY
FUN WORKS INC. STEAM USING LEGO	106652	7 - 12	W-F	1:00 PM - 4:00 PM	4/16-18	STEM	ELK MEADOW ELEMENTARY
STOP MOTION ANIMATION FILMMAKING	106567	7 - 15	W-F	9:00 AM - 12:00 PM	4/16-18	STEM	STELLER JAY CREATIVE LEARNING
STEAM WORKSHOP - SYLVAN LEARNING CENTER	106655	6 - 13	W, TH	9:00 AM - 2:30 PM	4/16, 4/17	STEM	SYLVAN LEARNING CENTER NORTHWEST CROSSING
KNIFE SKILLS & KITCHEN BASICS FOR TEENS	102298	12 - 18	TH	5:00 PM - 7:00 PM	4/17	COOKING AND BAKING	LARKSPUR COMMUNITY CENTER
EARTH DAY CAMP	106908	7 - 12	TH	1:00 PM - 4:00 PM	4/17	CRAFTS	SAMARA LEARNING CENTER
EARTH DAY CAMP - BEFORE CARE	106908	7 - 12	TH	12:00 PM - 1:00 PM	4/17	CRAFTS	SAMARA LEARNING CENTER
TITLE	ACTIVITY	AGES	DAYS	TIME	DATES	CATEGORY	LOCATION

TITLE	ACTIVITY	AGES	DAYS	TIME	SESSIONS	CATEGORY	LOCATION
EARTH DAY CAMP - AFTER CARE	106908	7 - 12	TH	4:00 PM - 5:30 PM	4/17	CRAFTS	SAMARA LEARNING CENTER
FIDGET CAMP	106907	7 - 12	TH	9:00 AM - 12:00 PM	4/17	CRAFTS	SAMARA LEARNING CENTER
FIDGET CAMP - BEFORE CARE	106907	7 - 12	TH	7:30 AM - 9:00 AM	4/17	CRAFTS	SAMARA LEARNING CENTER
FIDGET CAMP - AFTER CARE	106907	7 - 12	TH	12:00 PM - 1:00 PM	4/17	CRAFTS	SAMARA LEARNING CENTER
MONSTER CAMP	106909	7 - 12	M, F	9:00 AM - 12:00 PM	4/18, 5/26	CRAFTS	SAMARA LEARNING CENTER
MONSTER CAMP BEFORE CARE	106909	7 - 12	M, F	7:30 AM - 9:00 AM	4/18, 5/26	CRAFTS	SAMARA LEARNING CENTER
MONSTER CAMP AFTER CARE	106909	7 - 12	M, F	12:00 PM - 1:00 PM	4/18, 5/26	CRAFTS	SAMARA LEARNING CENTER
TITLE	ACTIVITY	AGES	DAYS	TIME	DATES	CATEGORY	LOCATION









# creativity equals expression

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

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

## **Clay & Pottery**

# Youth Wheel Throwing

Ages: 8 - 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.

\$149.00 ID \$178.80 OD

Activity: <u>111202</u> - Opens Feb. 10

M: 3:30 - 5:30 pm

Session: 3/31 - 4/21

5/5 - 6/2 (no class 5/26)

Tu: 3:30 - 5:30 pm

Session: 4/1 - 22 5/13 - 6/3

Th: 3:30 - 5:30 pm - OR - 6:00 - 8:00 pm

Session: 4/3 - 5/1 (no class 4/17)

5/15 - 6/5

## Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.

# Intro to Adult & Teen 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: Hunter Teig.

\$180.00 ID \$216.00 OD

Activity: 111203 - Opens Feb. 10

Tu: 6:00 - 9:00 pm

Session: 4/1 - 29 5/13 - 6/10

# 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.

\$149.00 ID \$178.80 OD

Activity: 111201 - Opens Feb. 10 M: 6:00 - 8:00 pm

Session: 3/31 - 4/21

5/5 - 6/2 (no class 5/26)



# Home School Academy: Clay Arts

Ages: 8 - 13

Harmon Park Clay Studio

\$149.00 ID \$178.80 OD

Activity: 111261 - Opens Feb. 10

#### **HANDBUILDING**

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.

M: 10:00 am - 12:00 pm

Session: 3/31 - 4/21

5/5 - 6/2 (no class 5/26)

#### WHEEL THROWING

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.

M: 1:00 pm - 3:00 pm

Session: 3/31 - 4/21

5/5 - 6/2 (no class 5/26)

#### **CLAY EXPERIENCE**

All levels are welcome in this complete clay experience class. Learn basic techniques of hand building and the process of basic wheel throwing practice. Small class sizes will allow more one-on-one time with students to improve their skills. Instructor: Gracie Sherrill.

**Tu:** 12:30 - 2:30 pm Session: 4/1 - 22 5/13 - 6/3

## **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.

\$129.00 ID \$154.80 OD

Activity: 111216 - Opens Feb. 10

W: 3:00 - 5:00 pm

Session: 4/2 - 30 (no class 4/16)

5/14 - 6/4

F: 3:00 - 5:00 pm

Session: 4/4 - 5/2 (no class 4/18)

5/16 - 6/6

#### **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.

\$35.00 ID \$42.00 OD

Activity: 111304 - Opens Feb. 10

F: 9:30 - 10:30 am

Session: 4/4 4/11

4/18 4/25 5/2 5/9 5/16 5/30

5/16 6/6



# 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 <a href="mailto:bendparksandrec.org/artstation">bendparksandrec.org/artstation</a> to learn more.



## **Fairy Gardens**

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.

\$89.00 ID \$106.80 OD

Activity: 111249 - Opens Feb. 10 Sa: 3:00 - 6:00 pm

Session: 4/26 - 5/3

## Intro to Sculpture



Ages: 6 - 10

#### **Larkspur Community Center**

In this fun, hands-on class, kids will explore clay modeling to create 3-dimensional scenes from daily life! They'll learn basic sculpting techniques to shape people, animals and objects, bringing everyday moments to life through their imaginations and creativity. Great for all skill levels to express and explore. Instructor: Christi Zorrilla Soto.

\$75.00 ID \$90.00 OD

Activity: 111219 - Opens Feb. 10 Sa: 11:00 am - 1:00 pm

Session: 5/10

# Crafts & Do-It-Yourself

### **Young Jewelers**

Ages: 8 - 13

#### **Larkspur Community Center**

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

\$129.00 ID \$154.80 OD

Activity: 111243 - Opens Feb. 10

M: 3:30 - 5:30 pm Session: 3/31 - 4/21

**Embroidery Beginnings** 



Ages: 8 - 15

#### Samara Learning Center

Embroidery - it's a stitch! Learn basic hand-sewing skills and express your creativity as you learn five different embroidery stitches to create unique keepsake and gift projects including an embroidered card, sachet, decorative patch and a small drawstring bag.

\$180.00 ID \$216.00 OD

Activity: <u>106903</u> - Opens Feb. 10

M: 4:00 - 5:00 pm

Session: 3/31 - 4/28

M: 2:45 - 3:45 pm

Session: 4/7 - 5/5

## Pet Craft Camp



Ages: 7 - 11

## Samara Learning Center

Bring your old t-shirts and join us in a creative journey to craft cozy hideaways for our furry friends, along with fun t-shirt pull toys and other imaginative pet-inspired creations at camp! (Extra shirts and other supplies will be provided.) Before- and after-care available.

\$54.00 ID \$64.80 OD

Activity:  $\underline{106906}$  - Opens Feb. 10

W: 1:00 - 4:00 pm

Session: 4/16

M: 1:00 - 4:00 pm

Session: 5/26 Add before-care \$6.00 ID \$7.20 OD

12:00 - 1:00 pm

**Add after-care** \$14.00 ID \$16.80 OD

4:00 - 5:30 pm

# Crafty Sticker Creations



Ages: 8 - 14

#### Samara Learning Center

Join us for a fun-filled class where kids can express their creative artistic flair through sticker-making! We'll explore various techniques for creating unique stickers using everyday art supplies likely found around the house, as well as utilizing Cricut machines take a design to the next level. This is a wonderful opportunity for kids to unleash their imagination and make personalized stickers they can proudly display. Let's get crafting!

\$102.00 ID \$122.40 OD

Activity: <u>106904</u> - Opens Feb. 10

Th: 2:45 - 3:40 pm Session: 4/24 - 5/8



## **Fidget Camp**



Ages: 7 - 11

#### Samara Learning Center

You will enjoy wiggles, giggles and a lot of fun at Fidget Camp. Together with other crafters, create t-shirt chair fidgets, thinking putty and fidget bracelets that inspire creativity and joy. Before- and after-care available.

\$54.00 ID \$64.80 OD

Activity: 106907 - Opens Feb. 10 Th: 9:00 am - 12:00 pm

Session: 4/17

Add before-care
\$14.00 ID \$16.80 OD

7:30 - 9:00 am

Add after-care

\$6.00 ID \$7.20 OD

12:00 - 1:00 pm

## **Cat Toy Crafts**



Ages: 8 - 14

#### Samara Learning Center

With an embedded instinct to hunt, most domestic cats "hunt" through play in their home. Support your feline friends with creative toys that enrich and engage them into action. Participants will reuse items typically thrown away to make DIY toys that cats will go wild for! Projects include interactive, puzzling and comfort toys.

\$102.00 ID \$122.40 OD

Activity: 106901 - Opens Feb. 10

Tu: 2:45 - 3:40 pm

Session: 4/22 - 5/6

## Dog Toy Crafts



## Ages: 8 - 14

Samara Learning Center

When it comes to keeping dogs happy, active and out of trouble, dog toys can help. . Kids will show their care and love for their canine friends by industriously creating a No-Sew Denim Toy, Sweet Potato Rope Toy and a No-Stuffing

\$102.00 ID \$122.40 OD

Activity: 106900 - Opens Feb. 10

Bunny Toy. Let the play begin!

Tu: 2:45 - 3:40 pm

Session: 4/1 - 15

M: 4:00 - 5:00 pm

Session: 5/5 - 19



## Intermediate Young Jewelers

Ages: 8 - 13

#### **Larkspur Community Center**

Take your jewelry making skills to the next level! You will be learning to create jewelry out of polymer clay, leather and more! This class is geared toward students who have taken Young Jewelers or have a good foundation of making jewelry before the class. Instructor: Milsia Makris.

\$129.00 ID \$154.80 OD

Activity: 111244 - Opens Feb. 10 M: 3:30 - 5:30 pm Session: 5/5 - 6/2 (No class 5/26

# Garden Crafts for the Birds



Ages: 8 - 14

#### Samara Learning Center

Wildlife-loving kids will stay entertained, creating and then wildlife-watching, with clever DIY bird-crafts such as window feeders, nesting boxes, simple bird baths or popcorn treats.

\$102.00 ID \$122.40 OD

Activity: <u>106905</u> - Opens Feb. 10

Tu: 2:45 - 3:40 pm

Session: 5/13 - 27

## **Multimedia**

#### **Art StART**

## Ages: 2 - 5 with Adult Larkspur Community Center

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

\$89.00 ID \$106.80 OD

Activity: 111302 - Opens Feb. 10

Tu: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 4/1 - 22 5/13 - 6/3

W: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am Session: 4/2 - 30 (no class 4/16) 5/14 - 6/4

Th: 9:00 - 10:00 am -OR - 10:30 - 11:30 am Session: 4/3 - 5/1 (no class 4/17)

5/15 - 6/5



## **Art Play Group**

Ages: 2 - 5 with Adult Larkspur Community Center

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

\$30.00 ID \$36.00 OD

Activity: 111300 - Opens Feb. 10 F: 9:00 - 10:00 am - OR - 10:30 - 11:30 am

Session: 4/4 4/18 5/2 5/16 5/30

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## **Drawing & Painting**

# Creating Comic Books



Ages: 9 - 14

#### **Larkspur Community Center**

Unleash your creativity in this exciting comic bookmaking class! Learn the fundamentals of sequential art through drawing exercises, character creation and visual storytelling. By course end, you'll have the skills to create your own comics and be ready to doodle a story on any paper you come across. Instructor: Matilda Joy Puccio.

\$99.00 ID \$118.80 OD

Activity: 111215 - Opens Feb. 10 M: 6:00 - 8:00 pm

Session: 3/31 - 4/21

5/5 - 6/2 (no class 5/26)

## Cartooning

Ages: 11 - 14

#### **Larkspur Community Center**

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

\$99.00 ID \$118.80 OD

Activity: 111209 - Opens Feb. 10 Tu: 4:30 - 6:30 pm

Session: 4/1 - 22

#### **Ease Into Watercolor**

Ages: 8 - 13

#### **Larkspur Community Center**

Take a step forward with your watercolor painting in this class for beginners and anyone wanting to paint more independently. We will begin with the basics, creating fun images and representational paintings while practicing wash techniques, texture methods and design principles. Instructor: Milsia Makris.

\$129.00 ID \$154.80 OD

Activity: 111124 - Opens Feb. 10

Th: 6:00 - 8:00 pm

Session: 4/3 - 5/1 (no class 4/17)

## Pet Portrait



Ages: 12 & up

#### **Larkspur Community Center**

Design and develop a paint portrait of your favorite animal friend or even just a favorite animal in acrylic paint, utilizing unexpected luminous color, abstract shapes and creative layered brushstrokes. Explore form through light and shadow, color balance and temperature. Instructor will demonstrate how to obtain a likeness and fine-tune and finesse painting, allowing plenty of time for individual assistance and painting. Guidance on preparing a reference photo to paint from will be provided prior to the series. A great class for beginners and experienced painters. Instructor: Stephen Teater.

\$180.00 ID \$216.00 OD

Activity: 111120 - Opens Feb. 10
Sa: 9:00 am - 12:00 pm

Session: 4/5 - 26

## Painting Landscapes



Ages: 14 & up

#### **Larkspur Community Center**

Explore the beauty of landscapes in this dynamic acrylic painting class. Designed for all skill levels, the course covers quick acrylic techniques to capture stunning scenes with bold strokes, smooth blends and vibrant colors. A fabulous match for those who want to create expressive, finished pieces in a relaxed and supportive environment. Instructor: Christi Zorrila Soto.

\$50.00 ID \$60.00 OD

Activity: 111242 - Opens Feb. 10 Sa: 11:00 am - 1:00 pm

Session: 4/12



# Watercolor Techniques Exploration NEW

Ages: 14 & up

#### **Larkspur Community Center**

Let's journey into watercolor through the many techniques that are used to create watercolor paintings. Artists will be introduced to the basics of watercolor that can be applied to their own pieces including practice washes, value scale, and using wet-on-wet and dry brush techniques. Instructor: Milsia Makris.

\$129.00 ID \$154.80 OD

Activity: 111221 - Opens Feb. 10 Th: 6:00 - 8:00 pm

Session: 5/15 - 6/5

### **Learn to Draw Manga**

Ages: 11 - 14

#### **Larkspur Community Center**

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

\$99.00 ID \$118.80 OD

Activity: 111234 - Opens Feb. 10

Tu: 4:30 - 6:30 pm

Session: 5/6 - 27





# With A Child: Arts & Crafts

# 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: <u>111510</u> - Opens Feb. 10

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

Session: 4/5 - Spring Bunnies

4/12 - Fairy Doors 4/19 - Gnomes 4/26 - Luminaries 5/3 - Robots

5/10 - Sun Garden Plaques

5/17 - Dragons 5/31 - Picnic Plates

6/7 - Animal Succulent Planters 6/14 - Mystical Creatures

More
"With A Child"
classes

View the With A Child Finder on pages 38 - 39.

## Clase de arte con su hijo(a): ¡Sumérgete en el mundo de la pintura!/With A Child Painting in Spanish

Ages: 5 - 15 with Adult Larkspur Community Center

iSumérgete en el mundo de la pintura! Estas clases son aptas para todos los niveles y edades y ofrecen la oportunidad de explorar el óleo pastel, la acuarela, la témpera, el acrílico sobre lienzo, la pintura sobre tela y otras técnicas. No requiere experiencia previa. Actualmente, ésta es la única clase de arte que BPRD ofrece en español, por tal motivo, las familias de habla hispana tienen la prioridad al momento de la inscripción. El costo de la clase cubre la participación de un participante y un adulto. Solo debe inscribir al niño(a). Instructora: Christi Zorrilla Soto.

Dive into the world of painting in Spanish! These classes are suitable for all levels and ages and offer the opportunity to explore pastel oil, watercolor, tempera, acrylic on canvas, painting on fabric and other techniques. No prior painting experience is required. Since this is BPRD's only art class in Spanish, registration is prioritized for Spanish-speaking families. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Christi Zorrilla Soto.

\$50.00 ID \$60.00 OD

Activity: 111503 - Opens Feb. 10 Sa: 9:00 - 11:00 am Session: 4/12 5/10

6/14



# With A Child: Paint Together

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.

\$79.00 ID \$94.80 OD

Activity: <u>102294</u> - Opens Feb. 10

**Th: 5:00 - 7:00 pm** Session: 4/17 - Toucans

5/22 - Ladybugs, Bees & Flowers 6/5 - Rocky Raccoon

# With A Child: Fun With Fused Glass

Ages: 6 - 12 with Adult Larkspur Community Center

Come enjoy time with your young artist and make a fused glass piece of art together. Try your creativity in designing with different shapes and color pieces to make the most of your decor. All supplies included. The projects will be kiln-fired and available for pickup a week after class. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$89.00 ID \$106.80 OD

Activity: 102414 - Opens Feb. 10
Sa: 10:00 - 11:30 am
Session: 4/19 - Animal Fun
5/3 - Spring Flowers

6/7 - Birds

6/1 - Biras

# With A Child: May Flowering Basket

Ages: 6 - 12 with Adult 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.

\$79.00 ID \$94.80 OD

Activity: 102190 - Opens Feb. 10 F: 5:00 - 6:30 pm

Session: 5/9

# 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. 10 Sa: 9:00 - 11:00 am Session: 5/10 5/17 5/24 5/31

# With A Child: NEW Sidewalk Chalk Art

Ages: 8 - 13 with Adult Larkspur Community Center

Turn plain concrete into a wondrous canvas! Explore the possibilities of bringing art to the sidewalk with colored chalk and pastel. Together we will choose a theme and create a sidewalk mural outside of Larkspur Community Center that will last as long as the weather and pedestrian traffic permit. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Grace Ogawa.

\$49.00 ID \$58.80 OD

Activity: 102326 - Opens Feb. 10 Sa: 1:00 - 3:00 pm

Session: 6/7

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







## **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!

#### Session 1

\$120.00 ID \$144.00 OD

W: 12:45 - 2:15 pm Session: 4/2 - 5/14 (no class 4/16)

Session 2

\$60.00 ID \$72.00 OD

W: 12:45 - 2:15 pm

Session: 5/21 - 6/4

# BEAR CREEK ELEMENTARY

Grades: K - 5

All Programs: 406601 - Opens Feb. 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: 4/2 - 5/14 (no class 4/16)

# Creating NEW Comic Books

Unleash your creativity in this exciting comic book making class! Learn the fundamentals of sequential art through drawing exercises, character creation and visual storytelling. By course end, you'll have the skills to create your own comics and be ready to doodle a story on any paper you come across.

Session: 5/21 - 6/4

# Filling a need with play.

Balancing school, work and life can be challenging for busy families. To help, BPRD is your family's partner for afterschool and noschool day childcare and day camps. We offer positive and enriching play and environments where your child can connect and grow in a way that compliments your needs.



# WEDNESDAYS

## **ELK MEADOW ELEMENTARY**

Grades: K - 5

All Programs: 406603 - Opens Feb. 10

## Go C.A.M.P. NEW



Children join Cascade Adventure Mountain Programs (C.A.M.P.) to learn outdoor skills and participate in fun adventure and team-building activities in the classroom. Activities will include tent and fort building, knot tying, campfire building, topography lessons and more!

Session: 4/2 - 5/14 (no class 4/16)

## **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: 5/21 - 6/4

## **Looking for No School Day** programs?

Check out all the Youth program sections and look for this symbol.



## **HIGH LAKES ELEMENTARY**

Grades: K - 5

All Programs: 406605 - Opens Feb. 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: 4/2 - 5/14 (no class 4/16)

## **Beginner Hula**



Learn beginner hula dance moves while discovering the rich history and cultural significance of this traditional Hawaiian dance. We will learn how to hula to a song that we will build on each week. Great for young dancers to start their hula journey!

Session: 5/21 - 6/4

## **HIGHLAND ELEMENTARY**

Grades: K - 5

All Programs: 406606 - Opens Feb. 10

## **Fun Works Inc. STEAM Using LEGO**

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 built at camp.

Session: 4/2 - 5/14 (no class 4/16)

## 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: 5/21 - 6/4



WEDNESDAYS

#### **JEWELL ELEMENTARY**

Grades: K - 5

All Programs: 406607 - Opens Feb. 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: 4/2 - 5/14 (no class 4/16)

# 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: 5/21 - 6/4

## JUNIPER ELEMENTARY

Grades: K - 5

All Programs: 406608 - Opens Feb. 10

# Creating NEW Comic Books

Unleash your creativity in this exciting comic book making class! Learn the fundamentals of sequential art through drawing exercises, character creation and visual storytelling. By course end, you'll have the skills to create your own comics and be ready to doodle a story on any paper you come across.

Session: 4/2 - 5/14 (no class 4/16)

## **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: 5/21 - 6/4

#### **MILLER ELEMENTARY**

Grades: K - 5

All Programs: 406610 - Opens Feb. 10

## **Beginner Hula**



Learn beginner hula dance moves while discovering the rich history and cultural significance of this traditional Hawaiian dance. We will learn how to hula to a song that we will build on each week. Great for young dancers to start their hula journey!

Session: 4/2 - 5/14 (no class 4/16)

# Fun Works Inc. STEAM Using LEGO

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 built at camp.

Session: 5/21 - 6/4



## WEDNESDAYS

## **NORTH STAR ELEMENTARY**

Grades: K - 5

All Programs: 406614 - Opens Feb. 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: 4/2 - 5/14 (no class 4/16)

## Go C.A.M.P. NEW



Children join Cascade Adventure Mountain Programs (C.A.M.P.) to learn outdoor skills and participate in fun adventure and team-building activities in the classroom. Activities will include tent and fort building, knot tying, campfire building, topography lessons and more!

Session: 5/21 - 6/4

## **PINE RIDGE ELEMENTARY**

Grades: K - 5

**All Programs:** 406611 - Opens Feb. 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: 4/2 - 5/14 (no class 4/16)

## 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: 5/21 - 6/4





# No School Day Camps

# Westside Village Camp

Ages: 6 - 14

#### Westside Village Magnet School

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.

Activity: <u>106510</u> - Opens Feb. 10

\$75.00 ID \$90.00 OD

W: 7:45 am - 5:15 pm

Session: 4/16

Th: 7:45 am - 5:15 pm

Session: 4/17

F: 7:45 am - 5:15 pm

Session: 4/18

\$175.00 ID \$210.00 OD W-F: 7:45 am - 5:15 pm

Session: 4/16 - 18



# Operation Recreation No-School Day Camps



Grades: K - 5

#### Silver Rail, Jewell and Bear Creek Elementary Schools

When school isn't in session, it's time to get the Operation going! Operation Recreation, that is! Serious fun that meets the serious needs of the working parent and the fun-seeking child, this program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips. Open to all elementary school children throughout the school district.

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

Activity: 107400 - Opens Feb. 10

Daily: 7:30 am - 5:30 pm

\$55.00 ID \$66.00 OD

W: 7:30 am - 5:30 pm

Session: 4/16

Th: 7:30 am - 5:30 pm

Session: 4/17

F: 7:30 am - 5:30 pm

Session: 4/18

# KIDS Sebend park & recreation district

## **Afterschool Programs**

Grades: K - 5

#### Located at your school

KIDS Inc. is currently accepting applications for the waitlist. Look for 2025 - 26 school year information in the Summer 2025 Playlist.

Look for more information a bendparksandrec.org/childcare.

## Looking for more No School Day programs?

Check out all the Youth program sections and look for this symbol.





## Preschool

## **Busy Buddies Preschool**

**INCLUDES WEEKLY SWIM LESSONS** 

Ages: 3-5

#### **Juniper Swim & Fitness Center**

Busy Buddies Preschool is a schoolyear 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 waitlist if the program is full.

A \$20.00 ID/OD non-refundable registration fee is due at time of enrollment and monthly fee of \$260.00 ID / \$312.00 OD is due before the 1st of each month September through May. You can register for multiple sessions per week if you choose.

Activity: 405601 - Open now M/W: 1:30 - 4:30 pm Session: Now - 6/11 Tu/Th: 1:30 - 4:30 pm Session: Now - 6/12

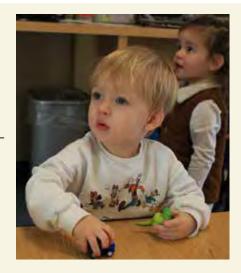
No school during Spring Break (3/24 - 27) and on Martin Luther King Jr. Day, President's Day, and Memorial Day.

Register in advance to sync with your workout

## **Kids' Corner** Childcare

6 months - 5 years Ages: **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, work out 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 - 24 months. Limited availability

\$36.00 ID \$43.20 OD / session

Activity: 105660 - Opens Feb. 10

#### **PRESCHOOLER**

Ages: 25 months - 5 years old

\$30.00 ID \$36.00 OD / session Activity: 105661 - Opens Feb. 10

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

4/7 - 2/8 M: 5/5 - 19 (no class 5/26) 6/2 - 30 4/1 - 29 5/6 - 27 T: 6/3 - 24 4/2 - 30 5/7 - 28 W: 6/4 - 25 4/3 - 24 Th: 5/1 - 296/5 - 26 (no class 6/19) F: 4/4 - 25 5/2 - 30 6/6 - 27

## **Drop-in Childcare**

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

**TODDLER** 

6 - 24 months. Ages: Limited availability

\$11.00 ID \$13.20 OD per visit up to 75 minutes.

#### **PRESCHOOLER**

25 months Ages: - 5 years old

\$9.25 ID \$11.10 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

bendparksandrec.org/fitness-swim/



## Cooking & Baking

## Cat Treat Baking



7 - 13 Ages:

#### Samara Learning Center

Put some wow in the meow! Learn to bake quick, simple treats for your finicky furry friends. The recipes and treats can easily be duplicated at home and may include Tuna Tots, Catnip Croutons, Hairball Houdini Treats, Purr-fect Chia Treats or Feline Fritters. Student allergies will be accommodated.

\$142.00 ID \$170.40 OD

Activity: 106552 - Opens Feb. 10

Tu: 2:45 - 3:45 pm

Session: 4/1 - 15

4:00 - 5:00 pm M: Session: 4/21 - 5/5

## **Dog Treat Baking NEW**



Ages: 7 - 13

#### Samara Learning Center

Woof-tacular! Learn to bake quick. simple treats for their furry siblings. The recipes and treats can be duplicated at home and may include such dog-gone delicious creations as Apple Cinnamon Cookies, Carrot Crunchies, Pumpkin Pupcakes, Coconut Oil Delights or Peanut Butter Bites. Student allergies will be accommodated.

\$135.00 ID \$162.00 OD

Activity: 106553 - Opens Feb. 10

Tu: 2:45 - 3:45 pm Session: 4/22 - 5/13

M: 4:00 - 5:00 pm Session: 5/12 - 6/2 (No class 5/26)

## 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!





## **Beginners Baking 101**

Ages: 7 - 12

#### Samara Learning Center

Samara's 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.

\$180.00 ID \$216.00 OD

Activity: 106560 - Opens Feb. 10 W: 3:30 - 5:00 pm

Session: 4/2 - 30

# **Knife Skills & Kitchen Basics for Teens**

Ages: 12 - 17

### Larkspur Community Center

Get set to cook and bake with success as we learn kitchen fundamentals and safety in a fun, engaging way. Slice and chop safely like the pros on cooking competition shows. Find out the most essential kitchen tools and how to use them. Together, we'll delve into kitchen basics while preparing a simple menu of teen favorites. Bring a to-go container, vegetable knife and cutting board if available. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD

Activity: 102298

Tu: 5:00 - 7:00 pm

Session: 4/29

## Sushi Rolling for Teens

Ages: 12 - 17

#### **Larkspur Community Center**

Nori-makis are Japanese seaweed sushi rolls that can include a wide variety of ingredients. We will create ours with prepared seafood, a variety of rice, vegetables, pickles and condiments. We'll also make miso soup from scratch. By class's end, you'll be such a pro at rolling your creations that you'll want to throw a sushi party! Bring your best vegetable knife, a sushi mat if you have one, cutting board and to-go containers. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD Activity: 102299

F: 5:00 - 7:00 pm

Session: 5/9

## Homemade Pizza Pockets NEW

Ages: 7 - 12

#### Samara Learning Center

Let's get cooking and grow our independence in the kitchen while making homemade pizza pockets. Fun to make and great as a snack or a meal, these tasty treats are easy to prepare and allow for endless customization.

\$54.00 ID \$64.80 OD

Activity: <u>106554</u> - Opens Feb. 10

W: 3:30 - 5:00 pm

Session: 6/4

# With A Child: Cooking & Baking

## With A Child: Sushi Rolling Made Easy

Ages: 8 - 12 with Adult Larkspur Community Center

Learn how to make a platter of norimaki sushi rolls - it is easy! We will roll a variety of rice, noodles, vegetables, vegetarian proteins and/or cooked and smoked seafood with condiments in nori, a Japanese seaweed wrap. You will also learn to make cones, California rolls, miso soup from scratch and wakame cucumber sesame salad. Once you get the knack of it, you can throw your own sushi rolling party! Bring a cutting board, large sharp knife, and small container for your sushi. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

Activity: 102293 - Opens Feb. 10 F: 5:00 - 7:00 pm

Session: 4/25

Sa: 2:30 - 4:30 pm

Session: 4/26



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: Taste of Mexico - Tres Leches Cake

Ages: 8 - 12 with Adult Larkspur Community Center

Learn to bake the traditional Mexican tres leches cake, a sponge cake soaked in three different types of milk. This moist and tender cake will be a hit at a party or Cinco de Mayo celebration. Students will learn the basic techniques for baking a sponge cake, including the folding method of mixing. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Andy Hatz

\$89.00 ID \$106.80 OD

Activity: 102244 - Opens Feb. 10 Sa: 2:30 - 4:30 pm

Session: 5/3

## With A Child: Make Your Own Salad & NEW Dressing

Ages: 8 - 12 with Adult Larkspur Community Center

Kids will build their own salads and learn to create easy dressings from scratch. Pile on the variety of veggies and other ingredients and watch them create their own mouth-watering salads. We will use a variety of lettuces, lots of veggies, proteins, whole grains, pasta, legumes, nuts, seeds and fruit to enrich these delicious salads. Kids love selecting their ingredients and often choose to eat the salad in class when it's something they've made themselves. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD

Activity: <u>102316</u> - Opens Feb. 10

Th: 5:00 - 7:00 pm

Session: 6/5

## With A Child Activity Finder

A comprehensive list of all adult with child programs.
Pages 38 - 39.

# Dance & Movement

# Intro to Tinikling Dance

NEW

Ages: 10 - 15

#### **Larkspur Community Center**

Embrace the traditional dance of Philippines - Tinikling! Together, we will learn the basic steps and history of the Tinikling. A fun rhythmic dance that is much like a game, Tinikling features two large bamboo poles tapped on the floor and clapped together in a rhythm. Dancers match the rhythm and step between the poles, carefully keeping their feet free and moving.

\$49.00 ID \$58.80 OD

Activity: 106581 - Opens Feb. 10

Tu: 4:30 - 5:15 pm

Session: 4/1 - 22 5/13 - 6/3

NEW

## Beginner Hula

Ages: 5 - 14

#### **Larkspur Community Center**

Move your body and learn hula, the traditional Hawaiian dance that tells stories and expresses in song or chant. Beginner hula dance moves will be introduced while participants discover the rich history and cultural significance of the dance. In this progressive class, we will learn to dance to a song that we build upon each week. It's a great class for young dancers to start their hula journey! Instructor: Kamyla Buted.

\$49.00 ID \$58.80 OD

Activity: <u>106580</u> - Opens Feb. 10

Ages: 5 - 9

Th: 3:30 - 4:15 pm Session: 4/3 - 5/1 (No class 4/17)

5/15 - 6/5

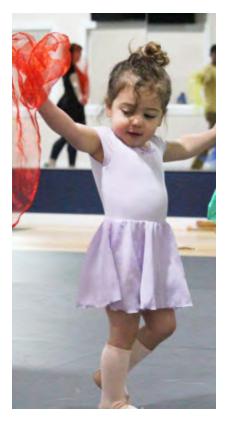
Ages: 10 - 14

**Th:** 4:30 - 5:15 pm Session: 4/3 - 5/1 (No class 4/17)

5/15 - 6/5

## Looking for childcare & day camps?

Take a look at the Youth Camps & Childcare section on pages 49 - 54.



## **Little Stars Ballet**

Ages: 3 - 4

#### Academie De Ballet

Guided play of leaping over lily pads, swimming like a mermaid/merman becomes grand jeté in later levels.
Action-packed lessons engage and enrich your child's dance experience.
Join us for a creative journey in learning basic ballet steps and terminology. Children's confidence rises as they explore freedom of movement and learn through dance play. Dress code is required; contact studio for more information. Learn more at abcbend.com/petitesetoiles/ petitesetoiles-uniform-guide/

\$195.00 ID \$234.00 OD

Activity: 106571 - Opens Feb. 10
Sa: 9:25 - 10:10 am
Session: 4/5 - 6/7 (No class 5/24)

#### Young Child Activity Finder

A handy list of programs for ages 0 - 5 years old.
Pages 35 - 37.



### Games

#### **Trading NEW Card Games**



#### Samara Learning Center

Welcome to "Trading Card Games" class at Samara. Players take on the role of powerful Trainers, building decks filled with creatures, Trainer, and Energy cards to battle against one another. The objective is to use strategic thinking and careful planning to become the first to defeat the opponent's creatures and claim victory. Players summon their creatures, use powerful attacks, and apply status effects to outmaneuver their opponent. Trainer cards provide valuable support, while Energy cards power up creatures to attack. The game offers endless opportunities for customization, competition, and proving your skill as a master Trainer! Bring your own decks.

\$86.00 ID \$103.20 OD

Activity: 106913 - Opens Feb. 10

F: 2:45 - 4:00 pm

Session: 4/4 - 5/2

W: 1:35 - 2:50 pm Session: 5/14 - 6/11

## **Block Building** in a Virtual World

Ages: 7 - 12

#### Samara Learning Center

Join Samara for an epic adventure at our block-building camp! Whether you're an experienced builder or just starting out, this camp offers a mix of creativity, teamwork and fun. Campers will explore vast virtual worlds, design their own structures and tackle exciting challenges, all while learning valuable skills like problem-solving, collaboration and critical thinking. With an experienced instructor guiding the way, kids will engage in hands-on activities, from building elaborate castles to making fun art. Come ready to build and explore - the possibilities are endless in the world of blocks! All technology provided.

\$139.00 ID \$166.80 OD

Activity: 106914 - Opens Feb. 10

W: 1:35 - 2:50 pm Session: 4/2 - 5/7 (No class 4/16) 2:45 - 4:00 pm F:

Session: 5/16 - 6/6

## General **Enrichment**

#### **Funny April Fools Activities** NEW

7 - 11 Ages:

#### Samara Learning Center

Focused solely on fun, students will learn to pull off some of the silliest, memory-making high jinks that will get everyone giggling, no matter who's on the receiving end! It's good, clean fun as laughs are guaranteed with these harmless activities!

\$32.00 ID \$38.40 OD

Activity: 106902 - Opens Feb. 10

M: 2:45 - 3:40 pm

Session: 3/31

## Code &







Ages: 7 - 11

#### Samara Learning Center

Explore the fascinatingly mysterious world of invisible ink, cryptograms and various codes. Next, you'll apply your learning in an exciting group scavenger hunt! It's a great way to combine your knowledge with adventure as you decode messages and find hidden clues together while enjoying the challenge and teamwork involved! Before- and after-care available.

\$54.00 ID \$64.80 OD

Activity: 106912 - Opens Feb. 10 W: 9:00 am - 12:00 pm

Session: 4/16 Add before-care \$14.00 ID \$16.80 OD

7:30 - 9:00 am

Add after-care \$6.00 ID \$7.20 OD

12:00 - 1:00 pm

### **Looking for** No School Day programs?

Check out all the Youth program sections and look for this symbol.





## **Earth Dav Camp**



Ages: 7 - 11

#### Samara Learning Center

Join us for a special Earth Day session where we'll honor our beautiful planet through creativity, activities and fun! In this hands-on workshop, participants will engage in a variety of eco-friendly projects that promote sustainability and environmental awareness. We'll be upcycling plastic containers into decorative planters and creating bottle-top games to put in your own drawstring bags. Wear comfortable shoes for our invasive plant species hunt around the building. This camp is a great opportunity to learn while making a positive impact on our environment! Before- and after-care available.

\$54.00 ID \$64.80 OD

Activity: 106908 - Opens Feb. 10

Th: 1:00 - 4:00 pm

Session: 4/17 Add before-care \$6.00 ID \$7.20 OD

12:00 - 1:00 pm

Add after-care

\$14.00 ID \$16.80 OD

4:00 - 5:30 pm

## Monster Camp NEW

7 - 11 Ages:

Samara Learning Center

Like humans, monsters come in different colors and shapes and even with varied senses of humor. Join in a fun day of painting human portraits to make them look monster-like, creating your own monster game piece and playing the Create a Monster game. Before- and after-care available.

\$54.00 ID \$64.80 OD

Activity: 106909 - Opens Feb. 10 F: 9:00 am - 12:00 pm

Session: 4/18

M: 9:00 am - 12:00 pm

Session: 5/26 Add before-care \$14.00 ID \$16.80 OD

7:30 - 9:00 am

Add after-care \$6.00 ID \$7.20 OD

12:00 - 1:00 pm



## Learning

## **Intro to Graphic** Design

Ages: 8 - 11

#### Samara Learning Center

Dive into the world of graphic design with hands-on sessions using cutting-edge design applications on individual iPads. Learn digital design fundamentals, including layout, typography and image manipulation. Dream big and conceptualize your own fictional or real company. Develop a brand identity, mission and vision for your company as a foundation for your design projects. All technology is included.

\$139.00 ID \$166.80 OD

Activity: 106770 - Opens Feb. 10

4:15 - 5:15 pm Tu:

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

#### **Social Media** NEW Influencer/Streamer Skills

13 - 15 Ages:

#### Samara Learning Center

Learn about using social media and what it means to be an influencer or streamer in this engaging social media class designed to keep you safe and anonymous while having fun. This is a great opportunity to understand more about platforms, uncovering your unique niche and building a compelling brand, growing an audience and the basics of content creation and editing. Take your online presence to the next level while keeping your safety as a priority! \*Please note: Most social media platforms require a minimum user age of 13 years to create an account.

\$156.00 ID \$187.20 OD

Activity: 106166 - Opens Feb. 10

Th: 4:15 - 5:15 pm Session: 4/3 - 5/1 (No class 4/17)

5/15 - 6/5

## Volunteer with kids!

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



## Music, Theater & Voice

#### Drama Club

#### **Larkspur Community Center**

Drama Club is an ongoing and exciting drama class guiding students through an immersive exploration of the fundamentals of acting, storytelling and theatrical expression. Participants are invited to attend multiple times as sessions are designed to be stand-alone or taken consecutively. Instructor: Jana Mohr.

Activity: 106222 - Opens Feb. 10

5 - 6 Ages:

Th: 3:00 - 4:00 pm

Ages: 7 - 9

Th: 4:30 - 5:30 pm

10 - 15 Ages:

Th: 6:00 - 7:00 pm

\$65.00 ID \$78.00 OD

Session: 4/3 - 24 5/1 - 22

\$115.00 ID \$138.00 OD Session: 4/3 - 5/22

## Beginner Ukulele NEW



Ages: 10 - 15

#### **Larkspur Community Center**

Get a great start to playing the ukulele! Students will learn the basics of ukulele including - how to hold the ukulele, strum, and read chord charts. We'll practice playing different chords and learn some songs. Instructor: Kamyla Buted.

\$49.00 ID \$58.80 OD

Activity: 106313 - Opens Feb. 10 Th: 5:45 - 6:30 pm

Session: 4/3 - 5/1 (No class 4/17)

5/15 - 6/5

## **Outdoors**

## **Get Outside With NEW** C.A.M.P. Afterschool **Adventures**

Ages: 11 - 14

#### Cascade Middle School

Join Cascade Adventure Mountain Programs, C.A.M.P., and let's get outside for spring adventures, skill-building and fun! Join highly experienced outdoor adventure educators for afterschool activities in Deschutes National Forest and local Oregon State Parks. You'll enjoy hiking, caving, camp crafts and outdoor cooking while learning team-building and developing your outdoor skill set. Bonus - a delicious outdoor-cooked dinner is included.

\$125.00 ID \$150.00 OD

Activity: 107500 - Opens Feb. 10

Th: 4:00 - 9:00 pm Session: 4/10 4/24 5/8 5/22

6/5

### STEM

## **Stop Animation LEGO® Builder's Battle Club**

5 - 12 Ages:

#### **Steller Jay Creative Learning**

Join fellow filmmakers at the brand new Steller Jay Creative Learning Center for an action packed stop-animation journey. With a seemingly endless amount of Legos, young animators will film wild stop motion battles and short films complete with awesome sound and visual affects. Collaborate with fellow builders and animators. Form alliances, strategize, and create masterpieces together. All technology and materials are provided. Some stopmotion experience is recommended.

\$160.00 ID \$192.00 OD

Activity: <u>106772</u>

W: 2:45 - 4:15 pm

Session: 4/2 - 23

F: 5:30 - 7:30 pm

Session: 5/9 - 30

## **LEGO® Robotics NEW Carnival Games**



Ages: 5 - 9

#### Samara Learning Center

"Robot engineers" will work in pairs to create carnival games with LEGO® robotics. Robotic prototypes include mini-golf, pinball, batting cages and bowling. Coding will be preprogrammed so that participants have time to experiment with variables, test and improve their creations.

\$120.00 ID \$144.00 OD

Activity: 106162 - Opens Feb. 10 Tu: 2:45 - 3:40 pm Session: 4/8 - 29 5/6 - 27

## **LEGO® Robotics NEW**



**Business** 

## **Programming and Testing**

Ages: 9 - 12

#### Samara Learning Center

Using a robot, students will replicate the actions of a "quality check" in a mock business. Students will work to find and fix mistakes in a program to make a delivery cart work as intended, use a tracking device to follow a package and create and program an automated helper for a shopper. Next, the automated helper will identify and ship the correct package based on color and create a safety-deposit box for "confidential" documents.

\$120.00 ID \$144.00 OD

Activity: 106163 - Opens Feb. 10 Tu: 4:00 - 5:00 pm Session: 4/8 - 29 5/6 - 27

# LEGO® Robotics NEW Amusement Park



#### Samara Learning Center

Let's go to the amusement park with LEGO® robotics! Working in pairs, students will create an amazing amusement park experience with prototype robotics including a ferris wheel, cable car, carousel and teacups. Coding will be pre-programmed so that participants have time to experiment with variables, test and improve creations.

\$120.00 ID \$144.00 OD

Activity: 106164 - Opens Feb. 10

Th: 2:45 - 3:40 pm

Session: 4/10 - 5/8 (No class 4/17)

5/15 - 6/5

# LEGO® Robotics NEW Teamwork Challenge

Ages: 9 - 12

#### Samara Learning Center

Students will rely on their communication and collaboration skills to build multiple grabber prototypes and prostheses and then coordinate passing items. The class will wrap up with team races.

\$120.00 ID \$144.00 OD

Activity: 106165 - Opens Feb. 10

Th: 4:00 - 5:00 pm

Session: 4/10 - 5/8 (No class 4/17)

5/15 - 6/5

# Steller Jay Stop-Motion SCHOOL Animation Filmmaking Camp

Ages: 7 - 14

Steller Jay Creative Learning

Center

Prepare to jump into an amazing art form built for today's creative kid. Stop Motion Animation Camp, at the brand new Steller Jay Creative Learning Center, gives young filmmakers an introduction to one of the most engaging and accessible art forms in the world today. The day will start off with filmmakers learning industry techniques and practicing what they learn with cameras, animation sets, clay, legos, dry erase pens, magnets and many other materials. After a morning of learning practicing different styles, the students will take a break, eat their lunches and analyze some of the most famous stop motion movies and short films ever made. Following lunch, students will be given open time, with the support of their instructor Jay Carlton, to explore their imaginations and create short films to their hearts desire. All technology and materials are included.

\$287.00 ID \$344.40 OD

Activity: 106567 - Opens Feb. 10 W-F: 9:00 am - 2:00 pm

Session: 4/16 - 18

## Fun Works Inc. Intro to STEAM Using SCHOOL LEGO®

Ages: 5 - 6

#### **Elk Meadow Elementary**

Join Fun Works Inc. for fun projects, two per day. Fun and educational, all projects incorporate STEAM principles. Students are encouraged to experiment and modify their projects. Exploration and cause and effect are our goals.

\$140.00 ID \$168.00 OD

Activity: 106651 - Opens Feb. 10 W-F: 9:00 am - 12:00 pm

Session: 4/16 - 18



# Fun Works Inc. SCHOOL STEAM Using LEGO®

Ages: 7 - 11

#### **Elk Meadow Elementary**

Join Fun Works Inc. for fun projects, two per day. Fun and educational, all projects incorporate STEAM principles. Students are encouraged to experiment and modify their projects. Exploration and cause and effect are our goals. This class includes several advanced projects that are not included in the Intro class.

\$140.00 ID \$168.00 OD

Activity: 106652 - Opens Feb. 10 W-F: 1:00 - 4:00 pm

Session: 4/16 - 18**STEAM** 

## Workshop SCHOOL

Ages: 6 - 12

## Sylvan Learning Center Northwest Crossing

Hosted by Sylvan Learning Center, 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. 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. 1st- 5th Grade. Bring a sack lunch and water bottle.

\$135.00 ID \$162.00 OD

Activity: 106655 - Opens Feb. 10 W: 9:00 am - 2:30 pm

Session: 4/16

Th: 9:00 am - 2:30 pm

Session: 4/17



## Rink-reation.

Ice and roller skating and sports feature many benefits - physical exercise, balance and coordination development, personal growth and connection with others. But above all. they're lots of fun. So, get those kiddos in skate lessons or have them play in a league and see their joy of rink-reation.

## **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.

\$60.00 ID \$72.00 OD

Activity: 110203 - Opens Feb. 10 **Tu/Th:** 4:30 - 5:30 pm - LTP I

5:30 - 6:30 pm - LTP II

Session: 4/22 - 5/1

# Youth Roller Hockey League

#### 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 blading experience recommended. Practices on Tuesdays and games are Thursdays.

## Registration deadline: 4/6 at 11:59 pm or until full.

\$210.00 ID \$252.00 OD

Activity: 110204 - Opens Feb. 10

Ages: 6 - 10

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

Ages: 11 - 15

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

Session: 5/6 - 6/19

## **Roller Hockey Rental Gear**

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

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

Learn to Play Hockey includes a jersey and hockey socks for all participants to keep.

Rental skates are also available at no extra charge.



## **Roller Skating**

#### **Kinderskate**

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. 10

M: 4:00 - 4:30 pm

Session: 4/28 - 6/9

W: 5:00 - 5:30 pm

Session: 4/30 - 6/11

## Ice Skating, Ice Hockey and Curling

These ice activities will make their return in fall with registration opening in early August.

## **Learn to Roller Skate: Youth**

Ages: 6 - 11 The Pavilion

Welcome to BPRD's Learn to Skate Roller and Inline Skating Program, designed for both adults 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. Helmets encouraged - bring your own or use ours for free.

\$50.00 ID \$60.00 OD

#### **LEVEL 1**

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

Activity: 110611 - Opens Feb. 10 M: 4:00 - 4:30 pm Session: 4/28 - 6/9 W: 5:00 - 5:30 pm Session: 4/30 - 6/11

#### LEVEL 2

Advance your skating adventure by working on single foot glides, forward and backward swizzles and more.

Activity: 110612 - Opens Feb. 10

M: 4:00 - 4:30 pm

Session: 4/28 - 6/9

W: 5:00 - 5:30 pm

Session: 4/30 - 6/11

#### **LEVEL 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.

Activity: 110613 - Opens Feb. 10 M: 4:45 - 5:15 pm Session: 4/28 - 6/9 W: 5:45 - 6:15 pm Session: 4/30 - 6/11

## Skate Lesson Assessment



Unsure which class to register yourself or your child in? Take the guesswork out - come for a free skate skill assessment to ensure you or your child are in the right class. Inquire at the Pavilion front desk or call 541-389-7588 to arrange an appointment.



# Specialized Roller Times

Registration is available 72 hours in advance of scheduled sessions. Online registration closes one hour prior to the session start time.

Drop-ins are welcome if space permits.

26 person maximum. Please checkin upon arrival.

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. Nets and pucks are provided. Helmets, stick and gloves required. Skaters under 12 must wear full gear including helmet with full face protection. Pick-up games and scrimmages are not allowed during Stick Time.

\$12.50 ID \$15.00 OD Activity: 210401 - Youth



# Learn to Roller Skate: Teen

Ages: 12 - 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.

#### **LEVEL 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: 110621 - Opens Feb. 10 M: 4:45 - 5:15 pm Session: 4/28 - 6/9

#### **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. 10 M: 4:45 - 5:15 pm

Session: 4/28 - 6/9

## Juntos sobre Ruedas en Espanol/Family Roller Skate Lessons in Spanish

Ages: 5 & up with Adult

The Pavilion

Clases de Patinaje sobre Ruedas en Familia iDiseñada para familias hispanohablantes, esta clase es para niños, jóvenes y adultos guienes 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. 10

W: 6:15 - 6:45 pm Session: 4/30 - 6/11



## **Archery**

## **Youth Archery**

Ages: 8 - 12 Shevlin Park

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

\$35.00 ID \$42.00 OD

Activity: 107710 - Opens Feb. 10
Sa: 10:00 am - 12:00 pm
Session: 4/19 4/26
5/10 5/17

## **Teen Archery**

Ages: 13 - 17 Shevlin Park

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

\$35.00 ID \$42.00 OD

Activity: 107711 - Opens Feb. 10 Sa: 10:00 am - 12:00 pm

Session: 5/3

# Everybody wins.

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



## Baseball

## Skyhawks -Baseball Tots



Ages: 2 - 12

#### Alpenglow Park and Park & Float

Baseball Tots is a development program for kids ages 2 through 12 years old that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game.

\$75.00 ID \$90.00 OD

Activity: 103200 - Opens Feb. 10

Ages: 2 - 3

 W:
 3:00 - 3:40 pm

 Session:
 4/2 - 30 (Alpenglow Park)

 Sa:
 9:00 - 9:40 am

 Session:
 5/10 - 6/7 (Park & Float)

Ages: 4 - 5

W: 3:50 - 4:30 pm
 Session: 4/2 - 30 (Alpenglow Park)
 Sa: 9:50 - 10:30 am
 Session: 5/10 - 6/7 (Park & Float)

Ages: 6 - 12

 W:
 4:40 - 5:40 pm

 Session:
 4/2 - 30 (Alpenglow Park)

 Sa:
 10:40 - 11:40 am

 Session:
 5/10 - 6/7 (Park & Float)

## **Basketball**

## COBO Advanced Basketball Training

Grades: 4-9

#### **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.

\$149.00 ID \$178.80 OD

Activity: <u>103060</u> - Opens Feb. 10

Grades: 4-6

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

Grades: 7 - 9

**M/W**: **7:25 - 8:45 pm** Session: 3/31 - 4/16



## Cheer

## Middle School Cheerleading



Grades: 6 - 8
Caldera High School

Join us for an exciting 8-week middle school cheerleading program where athletes will learn and develop the fundamentals of cheerleading, including tumbling, stunting, chanting, and dancing. In addition to building these core skills, participants will focus on teamwork through activities that promote problem-solving, encouragement and communication. Designed to prepare athletes for high school cheerleading, this program combines both technical and interpersonal skill-building in a fun and supportive environment. The session will conclude with a special performance for friends and family, showcasing everything the athletes have learned. The program fee includes a cheer bow, skort/shorts, and matching shirts. Using indoor only laced shoes is required, however there is no expectation of color/shape/brand.

\$195.00 ID \$234.00 OD Activity: 103065 - Open now M/W/Sa: 5:30 - 7:30 pm Session: 3/17 - 5/10

## Golf

## Youth Golf Lessons at Awbrey Glen

Ages: 9 - 13

#### Awbrey Glen Golf Club

Whether 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 underway. Clubs are provided or bring your own. Dress code applicable; visit <a href="https://www.awbreyglen.com/Golf/Golf\_Attire">www.awbreyglen.com/Golf/Golf\_Attire</a> for more information.

\$129.00 ID \$154.80 OD

Activity: 103085 - Opens Feb. 10 F: 5:00 - 6:00 pm Session: 4/11 - 25 5/2 - 16

### 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.

## **Martial Arts**

## 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. 10 **Tu/Th:** 5:30 - 6:30 pm Session: 4/1 - 24 5/6 - 29

## **Brazilian Jujitsu**

Ages: 4 - 14

#### Connection Rio Jujitsu

Based on the ancient ground-based martial art of Jiu-Jitsu, our Kids Brazilian Jiu-Jitsu program is focused on developing students skills and experiences and taking pride as they grow. Aimed at teaching students to control and subdue an opponent through strength by leverage, the lessons learned in class can extend far beyond the mat, helping create well-rounded character and positive lifelong healthy habits that reach into many aspects of a one's life. Suitable for all skill levels. \$75 uniform fee payable to Connection Rio.

\$155.00 ID \$186.00 OD

Activity: <u>106755</u> - Opens Feb. 10

Ages: 4 - 7

M/W: 1:45 - 2:30 pm - OR - 4:00 - 4:45 pm

Session: 4/7 - 30

5/5 - 6/2 (no class 5/26)

Ages: 8 - 14

M/W: 2:45 - 3:45 pm - OR - 5:00 - 6:00 pm

Session: 4/7 - 30

5/5 - 6/2 (no class 5/26)



## **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.

\$99.00 ID \$118.80 OD

Activity: 106750 - Opens Feb. 10

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

Session: 4/7 - 30 6/2 - 25
5/5 - 28 (\$87.00 ID \$104.40 0D.

no class 5/26)

# **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. Please wear comfortable clothing (no jeans) to class.

\$119.00 ID \$142.80 OD

Activity: 106751 - Opens Feb. 10 M/W: 3:55 - 4:40 pm

M/W: 3:55 - 4:40 pm Session: 4/7 - 30

5/5 - 5/28 6/2 - 6/25

## **Rock Climbing**

## Kids Bouldering -Bend Endurance Academy

Ages: 7 - 11

#### **Bend Endurance Academy**

Come and experience the movement challenges that bouldering/indoor climbing has to offer in a youth-specific bouldering facility at the Bend Endurance Academy's bouldering club. Classes will be separated by grade and Bend Endurance Academy coaches and instructors tailor sessions to meet the needs of each individual, with a focus on increasing body position awareness, strength, balance and agility. No climbing experience is required. Rental climbing shoes are available for participants at class; all other safety equipment included.

\$225.00 ID \$270.00 OD

Activity: <u>106601</u> - Opens Feb. 10

M: 3:00 - 4:30 pm Session: 4/14 - 5/19 W: 1:30 - 3:00 pm Session: 4/16 - 5/21

Sa: 10:00 - 11:30 am

Session: 4/19 - 5/24

**Su:** 10:00 - 11:30 am Session: 4/20 - 5/25





## SoccerJrs

#### SoccerJrs - Teddies

Ages: 1.5 - 2 with Adult
Cascade Indoor Sports Center

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

\$100.00 ID \$120.00 OD

Activity: <u>103316</u> - Opens Feb. 10

Tu: 10:00 - 10:55 am

Session: 5/6 - 6/10 W: 11:00 - 11:55 am

Session: 5/7 - 6/11

Th: 5:00 - 5:55 pm

Session: 5/8 - 6/12

Sa: 9:00 - 9:55 am - OR - 10:00 - 10:55 am

Session: 5/10 - 6/14

# Volunteer with youth sports.

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

## SoccerJrs - Cubs

Ages: 3 - 4

#### **Cascade Indoor Sports Center**

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence. An introductory program teaching kicking, balance, dribbling, foot-eye coordination, listening and following directions.

\$100.00 ID \$120.00 OD

Activity: <u>103318</u> - Opens Feb. 10

M: 5:00 - 5:55 pm

Session: 5/5 - 6/9

3/3 - 4/28 (no class 3/24)

Tu: 11:00 - 11:55 am - OR - 4:00 - 4:55 pm

Session: 5/6 - 6/10

3/4 - 4/29 (No class 3/25)

W: 10:00 - 10:55 am - OR - 4:00 - 4:55 pm

Session: 5/7 - 6/11

3/5 - 4/30 (No class 3/26)

Th: 4:00 - 4:55 pm - OR - 5:00 - 5:55 pm

Session: 5/8 - 6/12

3/6 - 5/1 (No class 3/27)

Sa: 9:00 - 9:55 am - OR - 10:00 - 10:55 am

Session: 5/10 - 6/14

3/8 - 5/3 (No class 3/29)

#### SoccerJrs - Bears

Ages: 5 - 6

#### **Cascade Indoor Sports Center**

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence. An introductory program teaching kicking, balance, dribbling, foot-eye coordination, listening and following directions.

\$100.00 ID \$120.00 OD

Activity: <u>103320</u> - Opens Feb. 10

M: 4:00 - 4:55 pm

Session: 5/5 - 6/9

Tu: 5:00 - 5:55 pm

Session: 5/6 - 6/10 W: 3:00 - 3:55 pm

Session: 5/7 - 6/11

Th: 4:00 - 4:55 pm

Session: 5/8 - 6/12

## Soccer

# Youth Spring Indoor Soccer League

Grades: K-8

#### **Cascade Indoor Sports Center**

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

\$100.00 ID \$120.00 OD

Activity: 103342 - Opens Feb. 10

Grade: K

Sa: 12:00 am - 1:00 pm

Grades: 1-2

Sa: 1:00 - 3:00 pm

Grades: 3-5

Sa: 3:00 - 5:00 pm

Grades: 6-8

Sa: 5:00 - 8:00 pm

Session: 5/10 - 6/14

## **Track & Field**

# Youth Track NEW 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: <u>103175</u> - Opens Feb. 10

**M:** 5:45 - 7:15 pm Session: 4/14 - 5/19



## **Ultimate**

## Middle School Ultimate

Grades: 6 - 8
Providence Park

Come out and play Ultimate! Participants will learn the game while working on skills and drills. Small-sided games played each night. Teams are assigned based on age and school and change weekly. Designed for players of all ability levels.

\$68.00 ID \$81.60 OD

Activity: 103165 - Opens Feb. 10 M/W: 4:30 - 5:45 pm Session: 4/28 - 6/4



## Volleyball

# Athena & Ajax NEW Volleyball - Volleyball Fundamentals

Grades: 3-5

#### Caldera High School

Introducing Athena & Ajax Volleyball where we cover the important foundation of the game of volleyball. Our coaching staff are excited to teach you what goes into making a great volleyball player. This clinic is perfect for athletes that want to focus on each volleyball skill including serving, passing, setting, attacking and defense. Athletes will learn and develop skills compete in mini games and grow their love for the sport.

\$60.00 ID \$72.00 OD

Activity: 103056 - Opens Feb. 10 F: 4:30 - 5:30 pm Session: 4/4 - 25 5/2 - 30

6/6 - 27

# NEW

## Athena & Ajax Volleyball -Spring Clinics

Grades: 5-8

#### Caldera High School

Let's play and grow our game together! This spring clinic will build on players' skill foundations while adding a level of training. For those new to the sport, Athena coaches will tailor drills to skill levels and provide thorough explanations of techniques. Athletes with volleyball experience will be challenged with more advanced techniques to support individual improvement throughout the clinic series.

\$125.00 ID \$150.00 OD

Activity: 103059 - Opens Feb. 10 F: 5:30 - 7:00 pm

Session: 4/4 - 5/9 5/16 - 6/27

# Skyhawks - NEW VolleyKats

Ages: 4 - 13

#### Alpenglow Park and Park & Float

VolleyKats is a great way to learn the signature sport of summer - volleyball! These encouraging classes help children learn to bump, set and spike and develop agility, reaction time, speed and teamwork that supports their game.

\$75.00 ID \$90.00 OD

Activity: 103201 - Opens Feb. 10

Ages: 4 - 5

 Sa:
 9:00 - 9:40 am

 Session:
 4/5 - 5/3 (Alpenglow Park)

 W:
 3:00 - 3:40 pm

 Session:
 5/7 - 6/4 (Park & Float)

Ages: 5 - 6

 Sa:
 9:50 - 10:30 am

 Session:
 4/5 - 5/3 (Alpenglow Park)

 W:
 3:50 - 4:30 pm

 Session:
 5/7 - 6/4 (Park & Float)

Ages: 7 - 13

 Sa:
 10:40 - 11:40 am

 Session:
 4/5 - 5/3 (Alpenglow Park)

 W:
 4:40 - 5:40 pm

 Session:
 5/7 - 6/4 (Park & Float)

# 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 6 - 8.

\$79.00 ID \$94.80 OD

Activity: 103192 - Opens Feb. 10

Grades: 3-5

W: 5:30 - 6:45 pm

Grades: 6-8

W: 7:00 - 8:15 pm

Session: 4/9 - 5/7





## 2025 Youth Sports Leagues Registration Deadlines

Youth sports leagues are filled with great fun and action! In order for staff to get leagues properly organized for all the teams, uniforms, gear, coaches, practices and games, registration needs to be in advance of the season - sometimes several months ahead.

So that you and your child don't miss out, make note of the important deadlines below, register on time and get on the team!

- All registrations are dependent on availability; some leagues fill faster than others.
- Registration deadlines are typically on Sundays at 11:59 p.m.

- Hold periods are needed to organize registrants and teams and determine if space availability.
- When a hold period is over, registration or a wait list will available on re-opening.

#### Spring 2025 Registration: Leagues open February 10

Program/League	Season Dates	Registration Deadline or until full	Hold Period	Re-opening for Available Spots or Wait List	
Youth Roller Hockey League	May - June	4/6			

## **Summer 2025 Registration: Leagues open March 17**

Program/League	Season Dates	Registration Deadline or until full	Hold Period	Re-opening for Available Spots or Wait List	
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 2025 Registration: Leagues open early August

Program/League	Season Dates	Registration Deadline or until full	Hold Period	Re-opening for Available Spots or Wait List	
Fall Ultimate Middle School	Sept Oct.	TBD			
Youth Volleyball League	Nov Dec.	TBD			
Bitty Basketball	Nov Dec.	TBD			
Youth Basketball League	Jan Mar.	TBD			
Middle School Basketball - Boys	Nov Dec.	TBD			
Middle School Basketball - Girls	Jan Mar	TBD			
High School Basketball League	Dec Feb.	TBD			

## Winter 2026 Registration: Leagues open early December

Program/League	Season Dates	Registration Deadline or until full	Hold Period	Re-opening for Available Spots or Wait List	
Youth Hockey League	January - March	TBD			
Youth Lacrosse League	April - June	TBD			
Youth Softball League	April - June	TBD			

Check seasonal Playlists or the registration website at <u>register.bendparksandrec.org</u> for updates throughout the year.



### **Volunteer Coaches & Sponsors:**

## Making a Difference for Hundreds of Kids & Families



### Thanks, Coach!

Thanks, Coach! Cheers to the fabulous volunteers that are giving their time and heart as coaches for these fall sport programs. You make 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

## Thanks, Sponsors!

Sport program sponsors provide resources for recreation scholarships so everyone has a chance to play. Thank you to the generous sponsors below.

#### RIDGELINE ORAL SURGERY

- · Kindergarten soccer
- · Youth soccer
- · Youth flag football
- · Youth volleyball
- · Bitty basketball
- · Youth ice hockey
- · Youth basketball



#### We need you!

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
- · Youth roller hockey

Sport experience preferred, but mostly need to enjoy working with kids. Application and background check required. Training and support provided. For more information, contact BPRD sports program staff at (541) 693-1044 or sportsinfo@bendparksandrec.org







# 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.

**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 online.



# 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 86 and view schedules at bendparksandrec.org/recswim



### Youth Swim Lessons

### 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.

\$114.00 ID \$136.80 OD

Activity: 105261 - Opens Feb. 11 Sa: 12:30 - 1:00 pm

Session: 4/5 - 5/31



## Swim Lessons: Frequently Asked Questions

### When does registration begin?

Registration opens Tuesday, February 11 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?

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. Even with a full schedule of lessons, we're not able to meet all of the demand, but it is improving. 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.

#### 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.



### **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:

- Based on your child's age, select a lesson group:
  - 6 36 months: Parent Tot
  - 30 35 months: Sea Stars
  - 3 5 years: Journey
  - 6 12 years: Level
  - 13 16 years: Teen Level
- 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.

- CLICK TO VIEW
  THE ONLINE
  SWIM LESSON
  FINDER
- Click on blue "View" hyperlinks to see offerings. Fees vary with session lengths.
- Register for the class that matches your child's level.
- If the appropriate lessons are full, be sure to sign up on the waitlist.

### Parent Tot Swim Lessons

### Ages: 6 - 36 months with Adult

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 quidance. 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 - \$108.00 ID

\$104.40 - \$129.60 OD

Frequency: 1 and 2 days a week

Opens Feb. 11

Juniper Swim & Fitness Center View Parent-Tot 1-2 at Juniper

**Larkspur Community Center:** 

Not offered this season.

### Sea Stars Swim Lessons

Age: 30 - 35 months with Adult

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 - \$108.00 ID

\$104.40 - \$129.60 OD

Frequency: 1 and 2 days a week

Opens Feb. 11

Juniper Swim & Fitness Center

View Sea Stars at Juniper

**Larkspur Community Center:** 

Not offered this season.

### 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 - \$108.00 ID \$104.40 - \$129.60 OD

Frequency: 1 and 2 days a week

Opens Feb. 11

Juniper Swim & Fitness Center View Journey 1 - 5 at Juniper

Larkspur Community Center View Journey 1 - 5 at Larkspur



Questions? Check out the "Frequently Asked Questions" on page 73.

### 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 - \$108.00 ID \$104.40 - \$129.60 OD

Frequency: 1 and 2 days a week

Opens Feb. 11

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 at left.

Fees: \$87.00 ID \$104.40 OD

Frequency: 1 day a week

Opens Feb. 11

Juniper Swim & Fitness Center View Teen Level 1 - 6 at Juniper

### Swim Lesson Assessment

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: Now - 3/20 M-Th: 4:00 & 6:15 pm Dates: 3/31 - 6/5 M-Th: 4:00 & 6:15 pm

### Juniper Swim & Fitness Ctr.:

Dates: Now - 3/20 M-Th: 10:45 am M/W: 4:00 & 6:30 pm, Sa: 12:30 pm

Dates: 3/31 - 6/5 M-Th: 4:00 & 6:30 pm

Email shannon@bendparksandrec.org to arrange an appointment to work with your schedule.

### **Diving**

### **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 the sessions will build skills to help you become a successful diver. Prerequisite: Ability to comfortably swim two widths of the pool in the deep end and tread water.

\$76.00 ID \$91.20 OD

Activity: 105570 - Opens Feb. 11 W: 2:15 - 3:00 pm - OR - 3:05 - 3:50 pm

Session: 4/2 - 30 (\$54.00 ID \$64.80 0D)

W: 2:15 - 3:00 pm - OR - 3:05 - 3:50 pm Session: 5/7 - 6/4

F: 4:10 - 4:55 pm - OR - 5:00 - 5:45 pm - OR - 5:50 - 6:35 pm

Session: 4/4 - 5/16





### **Swim 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.

\$204.00 ID \$244.80 OD

Activity: 105540 - Opens Feb. 11 M/W: 4:00 - 4:55 pm

Session: 3/31 - 6/4

(\$193.00 ID \$231.60 OD; no class 5/26)

Tu/Th: 3:15 - 4:10 pm - OR - 4:15 - 5:10 pm

Session: 4/1-6/5

### 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.

\$204.00 ID \$244.80 OD

Activity: 105541 - Opens Feb. 11 **Tu/Th:** 5:15 - 6:10 pm Session: 4/1 - 6/5

Enjoy the water?
Be a lifeguard
or swim instructor.

Learn more at bendparksandrec.org/jobs.



### **Preschool**

### **Busy Buddies Preschool**

INCLUDES WEEKLY SWIM LESSONS

Ages: 3-5

### **Juniper Swim & Fitness Center**

Busy Buddies Preschool is a schoolyear 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 waitlist if the program is full.

A \$20.00 ID/OD non-refundable registration fee is due at time of enrollment and monthly fee of \$260.00 ID / \$312.00 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 - 6/11 **Tu/Th:** 1:30 - 4:30 pm

Session: Now - 6/12

No school during Spring Break (3/24 - 27) and on Martin Luther King Jr. Day, President's Day, and Memorial Day. 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, work out 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 - 24 months.

Limited availability

\$36.00 ID \$43.20 OD / session

Activity: <u>105660</u> - Opens Feb. 10

### **PRESCHOOLER**

Ages: 25 months

- 5 years old

\$30.00 ID \$36.00 OD / session Activity: <u>105661</u> - Opens Feb. 10

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

Sessions:

4/7 - 28 M: 5/5 - 19 (no class on 5/26) 6/2 - 30 4/1 - 29 T: 5/6 - 27 6/3 - 24 4/2 - 30 W: 5/7 - 28 6/4 - 25 Th: 4/3 - 24 5/1 - 29 6/5 - 26 (no class on 6/19) F: 4/4 - 25 5/2 - 30 6/6 - 27

### **Drop-in Childcare**

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

**TODDLER** 

Ages: 6 - 24 months.

Limited availability

\$11.00 ID \$13.20 OD per visit up to 75 minutes.

### **PRESCHOOLER**

Ages: 25 months

- 5 years old

\$9.25 ID \$11.10 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

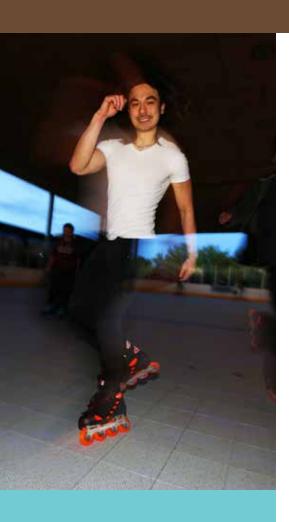
bendparksandrec.org/fitness-swim/

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# let's go!





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, view the district map at bendparksandrec.org or call us at (541) 389-7275.

Bend Park & Recreation District offers three unique recreation centers with hundreds of weekly drop-in activities. To use a BPRD facility, choose the fee structure and payment option that best matches your household's 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

### Match your play with the perfect pass

### 10-Visit Passes

- Save an average of 15% off regular fees
- Pre-paid to use as you go
- Use at any recreation facility

10-Visit Passes may be used for drop-in activities at all locations. Patrons may use visits for themselves or guests at the same or lower entrance fee. This pass doesn't expire.

### **Annual Pass Discount**

Save 20% off the Auto-Renewal/3-Month Pass with an Annual Pass. Combine with partner and family pass for the best value!

### **Partner Discount**

Save 10% off Auto-Renewal/3-Month pass 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.

### **Family Pass**

Available for adult, youth or senior family members living in the same household. Three-member minimum required.

### 30-Day, Auto-Renewal, 3-Month & Annual Passes

- Great for the frequent user
- Unlimited in-and-out privileges
- Quick and easy check-in
- Four options for pass duration
- Awesome savings the more you use your pass, the more you save

30-Day, Auto-Renewal, 3-Month and Annual Passes may be purchased at any time. Full payment is required at time of purchase. 30-Day Passes offer the control to purchase every 30 days at your choice. Auto-Renewal Passes offer the convenience of monthly auto-renewal with threemonth minimum commitment: 3-Month and Annual Passes offer online/ in-person renewal. 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.

DROP-IN

## FITNESS, SWIM & SKATE

**IN-DISTRICT** 

### **FEES & PASSES**

Effective beginning June 19, 2024.

### PURCHASE YOUR PASS ONLINE @:

register.bendparksandrec.org

### JUNIPER SWIM & FITNESS CENTER, LARKSPUR COMMUNITY CENTER & THE PAVILION

### All passes include:

Drop-in fitness classes, swim activities, hot tub/spa features, fitness centers, indoor track, social activities and public roller skating sessions.

Roller skate rental: \$3.00.

### Single-Visit and 10-Visit Pass:

Include public ice skating sessions. Ice skate rental: \$4.00.

### 30-Day, Auto-Renewal, 3-Month and Annual Passes:

Offer a discount of 50% off public ice skating sessions. Ice skate rental: \$4.00.

Does not include access to registration programs.

### See activity details on pages 83 - 87.

Single Visit Admission	Adult (19-64) Older Adult* (65-79) Youth (3-18)/Honored Citizens (80+) Children under 3 with paying adult	\$9.00 \$8.00 \$7.00 Free
10-Visit Pass Save an average of 15%	Adult (19-64) Older Adult* (65-79) Youth (3-18)/Honored Citizens (80+) Children under 3 with paying adult	\$76.50 \$68.00 \$59.50 Free
<b>30-Day</b> <b>Pass</b> Unlimited visits!	Adult (19-64) Older Adult* (64-79) Youth (3-18)/Honored Citizens (80+) Family - Any mix of 3 or more household members	\$72.00 \$56.00 \$39.00 \$133.00
Auto- Renewal Pass Unlimited visits! Priced per month.	Adult (19-64) Older Adult* (64-79) Youth (3-18)/Honored Citizens (80+) Family - Any mix of 3 or more household members	\$65.00 \$50.00 \$35.00 \$120.00
<b>3-Month Pass</b> Unlimited  visits!	Adult (19-64) Older Adult* (65-79) Youth (3-18)/Honored Citizens (80+) Family - Any mix of 3 or more household members	\$195.00 \$150.00 \$105.00 \$360.00
Annual Pass Unlimited visits! Save 20% off the monthly fee.	Adult (19-64) Older Adult* (65-79) Youth (3-18)/Honored Citizens (80+) Family - Any mix of 3 or more household members	\$624.00 \$480.00 \$336.00 \$1,152.00

Older Adult Rate\*: Those born on or before December 31, 1961 will receive the older adult rate even though they may not be 65 years or older yet.

Partner Discount: Get a 10% discount on Auto-Renewal, 30-Day, 3-Month and Annual Passes when two family members in the same household purchase a pass at the same time.







# One pass— three facilities & hundreds of sessions

The Fitness, Swim & Skate 30-Day, Auto-Renewal, 3-Month and Annual Passes include unlimited lap swim, recreation swim, roller skating, fitness center use, spa features use, social activities and access to 200+ weekly fitness programs at Juniper Swim & Fitness Center, Larkspur Community Center and The Pavilion.

30-Day, Auto-Renewal, 3-Month and Annual Passes include access to public roller skating sessions at The Pavilion.

Skate rentals are an additional fee.

More on pages 83 - 87.

# ADULT SOCIAL ACTIVITY

**IN-DISTRICT** 

### **FEES & PASSES**

Effective beginning June 19, 2024.

### **BEND SENIOR CENTER**

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

Does not include access to registration programs..

See activity details on page 87.

Single Visit Admission	Adult (19-64) Older Adult* (65-79) Youth (3-18)/Honored Citizens (80+)	\$3.50 \$1.50 \$1.25
10-Visit Pass Save an average of 15%	Adult (19-64)  Older Adult* (65-79)  Youth (3-18)/Honored Citizens (80+)	\$29.00 \$12.00 \$10.00
Monthly Pass Unlimited visits!	Adult (19-64) Older Adult* (65-79) Youth (3-18)/Honored Citizens (80+)	\$24.00 \$16.00 \$13.00

PURCHASE YOUR PASS ONLINE @:

<u>register.bendparksandrec.or</u>





### **Drop-in Roller Skate Sessions**

### Location: The Pavilion

- Roller season: April September
- · Ice season: late October April
- Facility information on page 91.
- Fees: Pass or drop-in fee. See pages 80 - 81.
- · Rental skates available.
- Helmets available to borrow.

More at: <u>bendparksandrec.org/</u> pavilion

### **Open Skate**

### **ROLLER & ICE**

### All ages

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.

### **\$7 Family Skate**

### **ROLLER & ICE**

### All ages with adult

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

### **\$7 Cheap Skates**

### **ROLLER & ICE**

#### All ages

Open Skate at a special discounted fee including skate rental.

### \$7 With A Child Skate

### **ROLLER & ICE**

#### Ages: 18 & under with adult

Special discounted Open Skate session for adults to skate with their child. Includes skate rental. 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.

### Friday Night Roller Dance

### **ROLLER ONLY**

#### All ages

Open Skate with those Friday night dance vibes. Complete with themes, good music and roller dancing.

### Saturday Night Adult Roller Jam

### **ROLLER ONLY**

#### Ages: 18 & 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 adults-only skate sessions. We're talking youthful "skate center" vibes and joy!

### OPEN SKATE SPECIAL

Adults are \$7 each when adult accompanies paid child.

### Large Groups: 10 & more

School groups and other large groups are welcome at The Pavilion and discounts are available. Reservations are needed for groups of 10 and more. Reservations must be booked 72 hours in advance for special rates. Group reservations are not available during Holiday Skate. Learn more on the Parties and Groups Fees web page.

### **Skatepark Features**

#### **ROLLER**

#### All ages

The skatepark features at The Pavilion are open during Open Skate and Family Skate times. During this skate time, riders must wear a helmet. Skateboards, inline skates, roller skates and scooters welcome. Sorry, no bikes.

### let's party!

### ROLLER & ICE SKATING PARTIES

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.

Learn more about parties and event rentals on the BPRD website <u>bendparksandrec.org</u> or call 541-389-7275.





### **Drop-in Fitness Classes**

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information: pages 89 - 90.
- Fees: Pass or drop-in fee. See pages 80 - 81.

Ages: 16 & up; 11 - 15 with adult

### **DROP-IN CLASSES & SCHEDULES:**

Classes are held on a weekly basis.
Check schedules at bendparksandrec.org/
fitness-swim/. You can start at any time.
Classes are offered on a first-come,
first-served basis.

**SAME INSTRUCTORS:** Both locations feature the same great instructors.

**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: <u>bendparksandrec.org/indoor-cycling/</u>

### Mind & Body

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

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

### Strength & Conditioning

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

More at: bendparksandrec.org/strengthand-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 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: <u>bendparksandrec.org/</u> water-fitness



### 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 Renew Active and Silver & Fit. Eligible programs will include unlimited access to BPRD fitness centers, virtual fitness classes, lap swimming, social activities and drop-in fitness classes, including water fitness classes and workout-on-your-own sessions.

**Learn more at:** bendparksandrec.org/medicare



### **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: <u>bendparksandrec.org/therapeuticfitness</u>



### **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 and Strength & Conditioning.

Advance registration is required.

More at: <u>bendparksandrec.org/virtualfitness/</u>

### Drop-in Fitness Center Use

### Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information: Pages 89 90.
- Fees: Pass or drop-in fee. See pages 80 - 81.

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 16 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 yearolds 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 90 - 91.

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: <a href="mailto:bendparksandrec.org/fitness-swim/">bendparksandrec.org/fitness-swim/</a>
<a href="mailto:personal-training/">personal-training/</a>







### **Drop-in Swim Sessions & Spa Features**

### Locations: Juniper Swim & Fitness Center and Larkspur Community

- Facility information: pages 89 - 90.
- Fees: Pass or drop-in fee. See pages 80 - 81.

More at: <u>bendparksandrec.org/recswim</u> bendparksandrec.org/lapswim

### 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.

### **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 & up only while accompanied by an adult.

### **POOL PARTIES**

Make waves at your next celebration with a pool party.

Available at both Juniper and Larkspur pools with options for both indoor and outdoor pool parties.

Private pool parties can be customized for exclusive fun with rental of Juniper's pools.

Learn more about parties and event rentals on the BPRD website bendparksandrec.org or call 541-389-7275.

### **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.

### Sensory-Friendly Swim

#### All ages with adult

This is a great alternative for our community members with diverse sensory needs to enjoy the pools and amenities. All children must be accompanied by an adult. Spa use is for ages 16 and up and children 6 - 15 only with an adult. Five and under may not use the spa.

## Lap Swimming & Water Work Out on Your Own

### All ages

Swim for fitness! Swim for fun! Two facilities welcome you to lap swim or do your own water work out. Check the website for pool schedule, pool length, number of lanes and requirements.

### 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).

### 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.

### Hot Tub, Sauna & Steam Room Use

Ages: 16 & up; 7 - 15 with an adult.

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.

### Large Groups: 10 & more

School groups and other large groups are welcome for open recreation swim and discounts are available. Reservations are needed for groups of 10 or more. Reservations must be booked 72 hours in advance for special rates. Visit the Parties & Groups Fees web page.

### RECREATION SWIM SPECIAL

Adults are \$7 each when adult accompanies paid child.

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







### **Drop-in Older Adult Social Activities**

### Larkspur Community Center -Home of the Bend Senior Center

- Facility information: Page 90.
- Pass or drop-in fee: Pages 80 81.
- More at: <u>bendparksandrec.org/</u> <u>bend-senior-center</u>

BPRD is proud to welcome older adults to social activities, such as games and group gatherings.

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

### Lunch & Learn Series



Tuesdays at 12:00 - 1:30 p.m. | Fall through Spring | Presented in partnership with PacificSource Medicare Health Plans.

Feed your body and your mind as local experts share their knowledge about issues important to you. Bring your lunch; dessert and coffee are on us. Check online schedule for topics each month.

### Super Tuesday Brunch

Second Tuesday of the month at 9:00 - 10:30 a.m.

Join us for a tasty brunch on the second Tuesday of each month. A suggested donation of \$3 per person benefits BPRD's scholarship program.



### Wednesday Afternoon at the Movies



Wednesdays at 1:00 p.m.

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

### Yesterday's Tunes

Wednesdays at 2:00 - 4:00 p.m.

Come spend some time with friends old and new in the Senior Lounge listening to "oldies" from the 40s, 50s, 60s, 70s and 80s that will bring back special memories and moments in time. Requests encouraged! We'll have a pot of coffee on and puzzles out. Hosted with DJ Tim Ream of Senior Moments.

### Library Book Club



Third Wednesday of the month at 10:00 - 11:00 a.m.

Come join our newest book club hosted by Paige Bentley-Flannery of Deschutes Public Library. This is an open book group, so no registration is necessary. Simply show up whichever meeting dates you are available.

### 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 details.

### **Pool/Billiards**

Come enjoy a game of billiards. Fun times and good friendships guaranteed! Check online schedule for days and times.

### Cards & Games

Join a game of Bridge, Mexican Train, Mahjongg or Pinochle. Inquire at the front desk for days and times.

### Technology FRE Troubleshooting

Third Wednesday of the month at 10:00 - 11:30 a.m.

Join the Deschutes Library for free technology advice and support. Bring in your smart phone, laptop, tablet or watch. Sessions are first-come, firstserve for up to 20 minutes per person.

### AARP Smart Driver Class

Fourth Thursday of the month at 8:30 a.m. - 3:00 p.m.

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 is designed especially for drivers age 50 and older. The class meets 8:30 a.m. - 3:00 p.m. with a lunch break. Fees are \$20.00 for AARP members; \$25.00 for non-members. For the next class and to register, call 503-676-3653.

### The ABC & D's of Medicare



Fourth Wednesday of the month at 10:00 - 11:00 a.m.

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



Bend Park and Recreation District features three recreation centers - Juniper Swim and Fitness Center, The Pavilion and Larkspur Community Center - Home of the Bend Senior Center.

You're invited to visit one, two or all three for any of the hundreds of hosted weekly activities including fitness classes, swim sessions, roller or ice skating and enrichment activities.



- Fees and Passes, pages 80 82
- Drop-in Roller Skating, page 83
- Drop-in Swimming, page 86
- Drop-in Fitness, pages 84 85
- Drop-in Adult Social Activities, page 87

### Recreation Center Holiday & Special Hours

#### February 17:

All recreation centers open regular hours.

#### March 22 - 30: Spring Break

All recreation centers open regular hours.

#### April 6 - 15:

The Pavilion: Seasonal closure

### May 26: Memorial Day

Juniper: 12:00 - 4:30 pm

Larkspur: Closed

The Pavilion: Closed

### June 19: Juneteenth

All recreation centers open regular hours.



### **Juniper Swim & Fitness Center**

Located in the heart of Bend's east side, Juniper serves as our community swim and fitness facility and features fitness and recreation opportunities to people of all ages and abilities.

### Location

800 NE 6th Street, Bend, OR 97701

Juniper Swim & Fitness Center is located in Juniper Park. For public transit, Juniper is located two blocks from the Hawthorne Street transit center of Cascade East Transit.

### **Phone**

541-389-7665 (POOL)

#### **Hours**

Monday - Thursday: 5:30 a.m. - 9:00 p.m.

Friday: 5:30 a.m. - 7:30 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 8:00 a.m. - 6:00 p.m.

Holiday hours on prior page.

### Fees, Schedules & Information

Visit <u>bendparksandrec.org/juniper</u> for schedules, rules and regulations.

Fees on pages 80 - 82.

### Rentals

The pools are available to rent. Visit bendparksandrec.org/poolparty for details.

### **Social Media**

<u>facebook.com/JuniperSwimandFitnessCenter</u> <u>instagram.com/juniperswimandfitness</u>

### **Activities**

Childcare & Preschool

**Fitness Classes** 

**Fitness Center** 

**Personal Training** 

**Swim Lessons** 

**Swimming** 

Therapeutic Fitness

Wellness & Relaxation

### Swimming Pools, Spa Features & Fitness Amenities

Indoor/Outdoor Olympic 50-Meter Pool

Indoor 25-Meter Pool

Indoor Children's Pool

**Outdoor Activity Pool** 

(Open late May to early September)

Hot Tub / Steam Room / Dry Sauna

Fitness Center, Studios & Equipment











### **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

Larkspur is located in Larkspur Park. For public transit, use Cascade East Transit routes #5, 6 or 9.

### **Phone**

541-388-1133

#### Hours

Monday - Friday: 6:00 a.m. - 8:00 p.m. Saturday: 8:00 a.m. - 6:00 p.m. Sunday: 9:00 a.m. - 4:00 p.m.

Holiday hours on page 88.

### Fees, Schedules & Information

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

Fees on pages 80 - 82.

### **Social Media**

<u>facebook.com/Larkspur-Community-Center</u> <u>instagram.com/larkspurcommunitycenter</u>

### Rentals

Event Room, meeting rooms and pool are available to rent. Visit <u>bendparksandrec.</u> <u>org/larkspur</u> for details.

### **Activities**

**Enrichment Activities for All Ages** 

**Fitness Classes** 

**Fitness Center** 

Personal Training

Social Activities for Adults 50+

**Swim Lessons** 

**Swimming** 

Therapeutic Fitness

Wellness & Relaxation

### Swimming Pool, Hot Tub, Fitness Amenities & Walk/Jog Track

**Recreation & Leisure Pool** 

**Current Channel with Hydro Feature** 

Accessible, ADA-friendly Features

**Hot Tub** 

Fitness Center & Group Fitness Rooms

Walk/jog Track

### Larkspur Cafe

Featuring house-made and "Grab & Go" items

### **Bend Senior Center**

3,500-sq.-ft. Event Room and Kitchen

Social Lounge, Billiards Room, Book and Puzzle Lending Library and Free Wi-Fi



### The Pavilion

Two kinds of play - The Pavilion has distinct personalities! Cold and fresh for ice sports and skating. Bright, active and ever-evolving for roller sports, kids camps and other activities.

### Location

1001 SW Bradbury Way Bend Oregon 97702

The Pavilion is located at the Simpson and Colorado Avenue roundabout. For public transit, The Pavilion can be accessed via Cascade East Transit.

### **Phone**

541-389-7588 (SK8T)

### **Hours**

Days and times vary. Check online schedules for sessions.

Holiday hours on page 88.

### Fees, Schedules & Information

Visit <u>bendparksandrec.org/pavilion</u> for schedules,rules and regulations.

Fees on pages 80 - 81.

### **Social Media**

<u>facebook.com/thepavilioninbend</u> <u>instagram.com/thepavilioninbend</u>

### Rentals

Rink, outdoor pavilion, lawn area and indoor viewing room are available to rent. Visit bendparksandrec.org/pavilion for details.

### **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** 

### **Amenities**

Roller Sports Flooring (April - September)

Skatepark (April - September)

NHL-size Ice Sheet (Late October - April)

**Viewing Room** 

Concessions





**Hollinshead Barn** 

Aspen Hall



The Pavilion



Picnic Shelter at Ponderosa Park

Visit bendparksandrec.org/facilityrental or call 541-706-6149 for rental details and reservations.

### Park & Facility Rentals:

### For Your Next Event

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

#### **HOLLINSHEAD BARN** rests

in a lush park in the heart of Bend. The two-story barn combines the charm of its historic origins with a cozy, intimate atmosphere. Inside, the barn has gorgeous wood floors, a kitchen and an ADA-accessible elevator to the second floor. The outdoor space features a fenced-in lawn, two patios and outdoor benches.

ASPEN HALL is located in beautiful Shevlin Park, just minutes from downtown. The hall features open-beamed ceilings, polished concrete floors with wood-framed windows and a full kitchen. Doors open out to a beautiful patio, towering pines, lawn and shimmering pond.

### **RIVERBEND COMMUNITY**

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

THE PAVILION welcomes groups for birthday parties and other special events and the indoor party room and outdoor Little Pavilion can be included. In addition, the entire facility is available during the non-ice season for event rentals.

### LARKSPUR COMMUNITY

**CENTER** welcomes groups of various sizes for gatherings, celebrations, meetings and other events. The event room features a maple hardwood floor and natural light. Various smaller rooms are perfect for meetings and gatherings. All rooms feature audio-visual equipment; details available online.

### **PARKS & SPORTS FIELDS**

are available for rent. Fees are based on the size of your group, park amenities, type of function and duration of your event. Sports fields are available for rent seasonally from April 1 to October 31.

#### PARK PICNIC SHELTERS

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

### **ART, SKATE & POOL**

**PARTIES** can be great options for birthday parties and other celebrations. Held at recreation centers, activity-based parties are available for children and adults. View recreation center web pages at bendparksandrec.org to learn more.

### **Spring 2025 Program Locations**

Locations of all seasonal programs are in alphabetical order below.

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

Alpenglow Park

61049 SE 15th St, Bend, OR 97702

Aspen Hall

18920 Shevlin Park Rd, Bend, OR 97701

**Awbrey Glen Golf Club** 

2500 Awbrey Glen Dr, Bend, OR 97702

**Bear Creek Elementary School** 51 NE 13th St. Bend. OR 97702

**Bend Endurance Academy** 

222 SE Reed Market Rd, Bend, OR 97702

**Bend Senior Center** 

1600 SE Reed Market Rd, Bend, OR 97702

Caldera High School

60925 SE 15th St, Bend, OR 97702

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

97701

**Cascade Middle School** 

19619 Mountaineer Way, Bend, OR 97702

**Connection Rio Jujitsu** 

1620A NE 3rd St, Bend, OR 97701

**District Office** 

799 SW Columbia St, Bend, OR 97702

**Elk Meadow Elementary School** 

60880 Brookswood Blvd, Bend, OR 97702

Hal Puddy Field at Ponderosa Park

225 SE 15th St, Bend, OR 97702

**Harmon Park Clay Studio** 

1100 NW Harmon Blvd. Bend. OR 97702

Highland Elementary School/ Highland Magnet School

701 NW Newport Ave, Bend, OR 97703

High Desert Middle School

61111 SE 27th St, Bend, OR 97702

High Lakes Elementary School

2500 NW High Lakes Loop, Bend, OR 97701

Hollinshead Park & Barn

1235 NE Jones Rd, Bend, OR 97701

**Jewell Elementary School** 

20550 Murphy Rd, Bend, OR 97702

**Juniper Elementary School** 

1300 NE Norton 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 NW Brownrigg Ln, Bend, OR 97703

Norton Avenue Apts

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

Park & Float at The Pavilion

1000 SW Bradbury Way, Bend, OR 97702

The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

Pine Nursery Park & Sports

Complex

3750 NE Purcell Blvd, Bend, OR 97702

Pine Ridge Elementary

19840 Hollygrape St, Bend, OR 97702

Ponderosa Park

225 SE 15th St, Bend, OR 97702

**Providence Park** 

1055 NE Providence Dr. 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

Shevlin Park

18920 NW Shevlin Park Rd, Bend, OR 97701

Silver Rail Elementary School

61530 SE Stone Creek Ln, Bend, OR 97702

**Skyline Sports Complex** 

19617 Mountaineer Way, Bend, OR 97702

Steller Jay Creative Learning Center

369 NE Revere, Suite #109, 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 Magnet School** 1101 NW 12th St, Bend, OR 97703

### **Featured Trails**

Hit the trails! Here are some favorites in the more than 80 miles of trails in the BPRD system.

Looking for more details and/or more trails?

An interactive map is available online at bendparksandrec.org and a print map is available at our facilities.

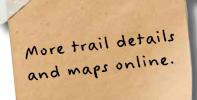
For additional information on parks and trails, visit bendparksandrec.org or call 541-389-7275.

### TRAIL ACCESSIBILITY

It is the goal of Bend Park and Recreation District to provide trail access for all. However, some trails may present obstacles, running slopes, cross slopes, narrow tread widths and unstable surfaces, making them inaccessible for some users. Trails at Alpenglow, Farewell Bend, Riverbend, Pioneer and Pine Nursery parks offer the best access for visitors with mobility aids. Updated information about the condition and accessibility of trails is available by calling 541-389-7275. It is the trail user's responsibility to determine if trail difficulty is appropriate for their skill level.

### **DOGS ON TRAILS & IN PARKS**

Unless otherwise indicated, dogs must be leashed on trails and in parks. Bend has nine areas for people to recreate with their dogs off-leash. Dogs are not allowed in Riley Ranch Nature Reserve.





TRAIL NAME	ACCESS N	MILES	S SURFACE	CRUISER / ROAD BIKING	MTN / GRAVEL BIKING	DOG-FRIENDLY	WALKING & RUNNING	NATURE TRAIL	STROLLER-FRIENDLY	ACCESSIBLE
Alpenglow Park Trails	Alpenglow Park	3.5	paved, compacted gravel, natural	•		•	•	•	•	•
Alpine Park Trails	Alpine Park	0.7	paved, natural		•	•	•	•		
Big Sky Park Trails	Big Sky Park	0.8	compacted gravel		•	•	•			
Cascade Highlands Trail	Overturf Park	2.9	paved, compacted gravel, natural	•	•	•	•	•		
Central Oregon Historic Canal Trail	Blakely Park	4.0	compacted gravel		•	•	•	•		
Coyner Trail	Ponderosa Park and Juniper Park	1.1	paved	•	•	•	•	•	•	•
Deschutes River Trail - Awbrey Reach	Sawyer Park	3.9	compacted gravel		•	•	•	•		
Deschutes River Trail - Old Mill Reach	Farewell Bend Park, McKay Park, Riverbend Park	2.7	paved	•		•	•	•	•	•
Deschutes River Trail - Pioneer Reach	Columbia Park, Drake Park, Harmon Park, Pacific Park, Pioneer Park, Miller's Landing Park	1.7	paved, compacted gravel, road/ sidewalk connection	•		•	•		•	•
Deschutes River Trail - River Run Reach	First Street Rapids Park, Pioneer Park, Sawyer Park	1.4	paved, compacted gravel		•	•	•	•		
Deschutes River Trail - South Canyon Reach	Farewell Bend Park, Riverbend Park	3.0	paved, compacted gravel, natural		•	•	•	•		
Discovery Trail	Discovery Park	5.5	paved, natural, road/sidewalk	•		•	•			
Haul Road Trail	McKay Park, Miller's Landing Park, Riverbend Park, Farewell Bend Park	3.8	paved	•	•	•	•	•	•	•
Larkspur Trail	Larkspur Park, Pilot Butte Neighborhood Park	3.9	paved, compacted gravel	•	•	•	•	•	•	•
Outback Trail	Discovery Park	2.5	paved, compacted gravel, natural	•	•	•	•	•	•	•
Pine Nursery Park Trails	Pine Nursery Park	4.7	paved	•		•	•		•	•
Riley Ranch Trails	Riley Ranch Nature Reserve	3.2	compacted gravel, natural				•	•		
Rockridge Park Trails	Rockridge Park	1.7	paved, compacted gravel, natural		•	•	•	•		
Sawyer Park Trails	Sawyer Park	2.0	paved, compacted gravel, natural			•	•	•		
Shevlin Park Trails	Shevlin Park	23	paved, compacted gravel, natural		•	•	•	•		
Stone Creek Park Trail	Stone Creek Park	1.0	paved, compacted gravel			•	•	•		
West Bend Trail	Skyliner Road	3.6	paved, natural	•		•	•	•	•	•

### **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 bendparksandrec.org or call 541-389-7275.



Blakely Park

PAR MA AVAILA ONLII	RK P ABLE NE - Jan	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
PARK NAME	ADDRESS	BAL	BAS	DIS	ŏ	FAC	FIS	오	Z	PIC	PIC	PLA	RES	RES	R≥	SK/	TEN
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 Brookswood 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																



Canal Row Park



Discovery Park



Gardenside Park

PARK 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
Hollinshead Park	1235 NE Jones Rd				•	•							•				I
Hollygrape Park	19489 SW Hollygrape St											•	•				
Jaycee Park	478 Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St					•							•				
Kiwanis Park	800 SE Centennial Blvd	•	•								•	•		•			
Larkspur Community Center	1600 SE Reed Market Rd											•					
Larkspur Park	1700 SE Reed Market Rd		•					•	•		•	•	•				
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					
Little Fawn Park	61012 Parrell Rd		•						•		•	•		•			
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 Neighbor- hood 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						•				•		•		•		



		BALL FIELDS	BASKETBALL	SCGOLF	DOG OFF-LEASH AI	FACILITY RENTALS	FISHING	RSESHOES	ATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR	RESTROOMS (SEAS	RIVER ACCESS	SKATEBOARDING	TENNIS
PARK NAME	ADDRESS	BA	BA	ä	8	¥	표	포	ž	ĕ	ĕ	٦	뀚	器	줊	Ϋ́	쁜
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		•									•		•			

Pacific Park

### **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 a.m. to 10:00 p.m. 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 system.
- Vehicles must remain on roadways or in parking areas. No parking on district property between 10:00 p.m. and 5:00 a.m.
- 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; charcoal grills are not 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.

R-ROUND)

- 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 sections.
- No motorized vehicles allowed on trails.



# make your play

play for life