

INCLUDES
JUNIPER SWIM
& FITNESS CENTER,
THE PAVILION,
BEND SENIOR
CENTER

your playbook

tracking
the Art Station's
history

cold play
at The Pavilion

park & trail projects
in the works

play for life

CONTACT US

phone: (541) 389-7275

email: info@bendparksandrec.org

website: bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

799 SW Columbia Street • p. (541) 389-7275

Mon. - Fri. 8:00 am - 5:00 pm

Administration will be closed: Jan. 2 - New Year, Jan. 16 - MLK Jr. Day, Feb. 20 - President's Day, May 29 - Memorial Day

THE ART STATION

313 SW Shevlin Hixon Dr. • p. (541) 389-7275

Open for scheduled programs and open studio hours. See schedule online.

BEND SENIOR CENTER

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

Mon. - Thurs. 7:30 am - 7:00 pm

Fridays 7:30 am - 4:00 pm

Saturdays 9:00 am - 3:00 pm

Holiday hours and special events: See page 34.

JUNIPER SWIM & FITNESS CENTER

800 NE 6th Street • p. (541) 389-7665

Mon. - Fri. 5:15 am - 9:00 pm

Saturdays 7:00 am - 6:00 pm

Sundays 9:00 am - 6:00 pm

Holiday hours and special events: See page 26.

THE PAVILION

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

Office Hours 8:00 am - 8:00 pm, daily
Hours subject to change.

Holiday hours and special events: See page 20.

PARK SERVICES

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

Mon. - Fri. 7:30 am - 4:00 pm

Park Services will be closed: Jan. 2 - New Year, Jan. 16 - MLK Jr. Day, Feb. 20 - President's Day, May 29 - Memorial Day



winter-spring 2017

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

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

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

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

BOARD OF DIRECTORS:

Ted Schoenborn, Chair • Nathan Hovekamp, Vice-Chair • Craig Chenoweth • Brady Fuller • Ellen Grover

BUDGET COMMITTEE:

Thomas Fisher • Sarah Olson • Brian Thorsness
• Two positions to be appointed in December

EXECUTIVE DIRECTOR:

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

ADMINISTRATIVE SERVICES DIRECTOR:

Lindsey Lombard • (541) 706-6109
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PLANNING & PARK SERVICES DIRECTOR:

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

RECREATION SERVICES DIRECTOR:

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

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, please 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, please contact Therapeutic Recreation at (541) 706-6121.

NUEVOS SERVICIOS AL ALCANCE DE LA COMUNIDAD LATINA / LATINO OUTREACH SERVICES:

Comuníquese con: Kathya Avila al teléfono (541) 706-6190. Horarios de oficina en JSFC: Lunes, miércoles y viernes de 3:00 a 7:00 pm / Sábados de 9:00 a 11:00 am

Contact: Kathya Avila p. (541) 706-6190. Office hours: Mondays, Wednesdays & Fridays, 3:00 - 7:00 pm / Saturdays, 9:00 - 11:00 am at JSFC.

(JSFC = Juniper Swim & Fitness Center)

FOLLOW US:

Facebook - Bend Park & Recreation District, Juniper Swim & Fitness Center, The Pavilion, Bend Whitewater Park and Bend Senior Center.

Twitter - Bend Park & Rec

Instagram - bendparks

On the Cover: Two curlers face off during a curling match at The Pavilion. Spectators are welcome at BPRD curling and hockey league games at no charge. Photo credit: Greg Kleinert.

THE ART STATION ON PAGE 39



Happy New Year! If you make resolutions to try new things or to continue ongoing traditions of playing, we're here for you and your family.

We have full offerings of children's and adult programs at the Art Station this winter and spring – more than 60 classes and events. When the Art Station, previously operated by Arts Central, closed this past summer, we knew that we could help our community explore even more

passions for play by taking on the programs. We have continued the commitment to quality art programs and instructors and are proud to share the opportunities.

Located in the historic train depot, the building is as unique as the art created inside. Learn more about it on page 12.

For more active pursuits, ice season is in full swing with options for all ages! The Pavilion has opportunities for hockey, curling, skate lessons and more all winter long. Like Laura Kloss and Doug Cleavenger, two of our neighbors who frequent the ice rink and share their stories on page 10, we think there is something for everyone.

Whether you look for new challenges and adventures or play is part of your daily routine, we hope you make playing with BPRD a part of your winter and spring!

Sincerely,

Don Horton, Executive Director
don@bendparksandrec.org

WHAT'S INSIDE

INTRODUCTION

Contact Us	2
Letter from the Executive Director	3

NEWS & HIGHLIGHTS 4 - 16

REGISTRATION, FEES & PASSES

How to Register	17
Fees & Passes.....	18 - 19

FACILITIES & SWIMMING

The Pavilion	20 - 25
Juniper Swim & Fitness Center	26 - 28
Adult Swimming.....	29
Youth Swimming & Fitness.....	30 - 33
Bend Senior Center	34 - 38
The Art Station	39 - 40

ADULT RECREATION

Adult Activities	41 - 53
Adult Outdoor	54 - 57
Adult Fitness & Wellness.....	58 - 64
Adult Sports	65 - 68

THERAPEUTIC RECREATION

Youth Therapeutic Recreation	69 - 70
Adult Therapeutic Recreation.....	70 - 72

YOUTH RECREATION

Young Children	73 - 77
Youth Activities	78 - 94
Youth Sports	95 - 105

LOCATIONS & PARKS

Program Locations.....	108
Renting a Park or Facility	109
Park Features & Locations	110 - 111

Park, Facility & Trail Projects

play's coming your way

With each change of the seasons, the projects at Bend Park and Recreation also change as new projects are introduced, others move ahead from one phase of construction to another and finally, others are completed.

Since November 2012 when District voters passed Bond Measure 9-86 and chose to invest in future parks, trails and recreation facilities, these past four years have been extremely busy with significant land purchases, public outreach, project design and park, trail and facility construction.

In total, there are more than fifteen construction projects underway - some bond-funded, some funded by other District resources.

The following are updates on those projects.

BOND-FUNDED PROJECTS:

All the bond-funded projects are either completed or at some level of design, engineering, construction and/or land acquisition.

- Riley Ranch Nature Reserve
 - Bend Whitewater Park
 - McKay Park
 - Southeast Bend Park Land
 - Deschutes River Trail
 - The Pavilion - completed.
- See pages 20 - 25 for facility information and programs.

Riley Ranch Nature Reserve



Designed to preserve its unique natural features and wildlife habitat, the site will be a 184-acre nature reserve with visitor facilities including trails, overlooks, interpretive displays and parking. Dogs and bikes will not be allowed at Riley Ranch Nature Reserve in order to limit impacts to this special place. Riley Ranch Nature Reserve is expected to open in late fall of 2017.

Bend Whitewater Park



This project involved construction of a new pedestrian bridge over the Deschutes River, creation of a fish ladder and reduction of hazards to improve recreational opportunities for the 100,000-plus river users annually.

The Bend Whitewater Park is currently open for recreational whitewater use. The project is complete, however BPRD will make adjustments in both the passageway and whitewater channels this winter when the river is at low-flow. Work began in December and will be completed by March 2017.

Completed this fall, the new Farewell Bend pedestrian bridge across the Deschutes River in southwest Bend replaces the previous bridge that was originally built for the now long-gone lumber mills along the river.



McKay Park



To accommodate recreation associated with the Deschutes River and the Bend Whitewater Park, enhancements to McKay Park include an accessible beach, parking and loading areas, changing facility with restrooms, plazas for river viewing, trail improvements and riparian habitat restoration. Construction at McKay Park is complete. The park is now open for use; however, the beach area will be temporarily closed for work on the Bend Whitewater Park this winter.

Farewell Bend Pedestrian Bridge



In 2015, a structural condition assessment of the Farewell Bend Bridge determined it needed to be replaced. The bridge is a key bicycle and pedestrian connection of the Deschutes River Trail, linking Farewell Bend and Riverbend Parks. The Farewell Bend Bridge replacement project is now complete.

Located on the Deschutes River, McKay Park was renovated to support recreation associated with the river and the Bend Whitewater Park.

Deschutes River Trail



Current Deschutes River Trail projects include easements and land acquisitions which will help complete the trail through Bend. Projects for downtown Bend are being designed as part of the restoration project along the banks of Mirror Pond at Drake Park. In southwest Bend, the Oregon Parks and Recreation Department (OPRD) is planning to convene a committee to evaluate the existing state scenic waterway regulations. This committee will make recommendations to the State Parks Commission to either revisit the rules for state scenic waterways to determine how this stretch of the Deschutes River should be used for recreational purposes, or leave the current rules in place.



OTHER CURRENT PROJECTS:

Tennis Courts at Summit & Sylvan Parks



Maintaining the community's investments in parks is important to the District. As such, BPRD replaced the tennis courts at Sylvan and Summit Parks this past summer, which had exceeded their expected lifespan. The projects also included accessibility improvements from the parking lots to the tennis courts in both parks.

Construction is complete and the courts are open for play.

Mirror Pond Bank Restoration



The banks of the Deschutes River at Drake Park and Pacific Park have deteriorated over time, resulting in safety and environmental issues. The District entered into a design contract with a team of engineers and landscape architects to develop plans to restore the banks, on the Drake Park side of the Deschutes River (Mirror Pond). This work will also include the design of the sections of the Deschutes River Trail through Drake Park to Pacific Park.

Shown during low water, the banks of Mirror Pond at Drake Park are in need of restoration.



Bond Project Checklist:

When the District received bond funds in June 2013, the clock started ticking. The District was required to spend 85% of the funds on the assigned bond projects within three years. BPRD met that goal with the following:



LAND PURCHASES: All bond-financed land purchases are complete including:

Southeast Bend: Four acres adjacent to Bend Senior Center for expansion as the future Larkspur Center.

Southeast Bend: 37 acres off of 15th Street for a future community park.

Northwest Bend: 63 acres were added to the future Riley Ranch Nature Reserve.



THE PAVILION: The ice rink/multi-sport facility opened December 2015.



BEND WHITEWATER PARK:

The in-river park was completed in fall 2015. Some adjustments are currently underway this winter.



PINE NURSERY PARK

INFRASTRUCTURE: Parking, roads and infrastructure for the park's north side were completed in 2015.



FAREWELL BEND PEDESTRIAN BRIDGE:

The bridge was completed in summer of 2016.



Flags mark a future path at Rockridge Park in northeast Bend. The nearly 37-acre park will feature paved and soft surface trails, nature play areas, a skatepark and a play structure.

Shevlin Park Sign Project



As the first step of the park's new Recreation Management Plan, a comprehensive signage and wayfinding program for the park is underway. New wayfinding, interpretative and regulatory signs should be installed in the park by next fall.

Stone Creek Park



In 2015, the District and the neighborhood developer of the new Stone Creek subdivision completed a master plan for this seven-acre park. The park will include a picnic area, traditional and natural play areas, skate spots, a bike pump track and natural trails. The park is currently being constructed by the developer and is expected to be complete by late fall of 2017. The District will acquire the park upon completion.

Canal Row Park



Canal Row Park is a newly constructed neighborhood park off Butler Market Road in northeast Bend. The park features picnic and play areas and includes a small boardwalk over the historic alignment of the Old Pilot Butte Canal. While construction is complete, and the park is open, some minor landscaping work will continue in the spring.

Eagle Park



Construction of Eagle Park, a new neighborhood park in northeast Bend, began in December of 2016. The park will include a lawn area, picnic facilities, inclusive and nature-based play opportunities, paved and soft surface trails and a natural area. The project is expected to be complete in late summer/fall of 2017.

Hillside Park



Improvements to Hillside Park and the adjacent off-leash area will include fencing, a new parking area and sidewalk, playground improvements, picnic shelter and trails. Construction commenced in December 2016 and is expected to be completed by fall of 2017.

Rockridge Park



When complete, Rockridge Park (located in northeast Bend adjacent to Lava Ridge Elementary School), will include paved and soft-surface trails, a play structure, nature play opportunities, skate park, a small lawn area and street improvements along Egypt Drive. Construction at Rockridge Park started in September 2016 and is expected to be complete by fall of 2017.

Juniper Park



Juniper Park is being reviewed for accessibility improvements with existing parking areas, restroom facilities, paths and play areas. New activities and amenities such as disc golf and group picnic areas are being considered. Opportunities for community input will be available this winter.

A native aspen grove shines golden in Aspen Meadow at Shevlin Park, home to numerous significant and unique historical, geological and natural features. New interpretative and wayfinding signs are currently in design to highlight the park's many attributes and trails.





Located west of 15th Street in southeast Bend, a future 37-acre community park features pine and juniper forests and a large rock outcropping with views of the Cascades and Pilot Butte.

New Southeast Community Park



This new 37-acre community park will offer amenities to an area of town that was previously deficient in park land. BPRD will be seeking input from the community on park features such as active play areas, trails and picnic space. Community outreach will begin this winter.

Pioneer Park



The existing restroom, parking areas, paths and other park amenities are being renovated to provide improved access for all park users. Construction is expected to occur in 2017.

Larkspur Center



The District is currently updating the master plan for the proposed expansion of the Bend Senior Center. This project may include new fitness facilities, group exercise rooms, activity/therapeutic pool, a multi-purpose gymnasium, outdoor activity spaces, parking and park improvements. The project is currently in the design phase with an estimated completion date in late 2019.

For more on
BPRD projects,
visit
bendparksandrec.org
and click on
"Current Projects."

20-YEAR COMPREHENSIVE PLAN



"We will be
known forever
by the tracks
we leave."
~ Native American Proverb

Be part of the future of Bend's park, recreation and trail system!

Bend Park & Recreation District is starting on an important project and we want you to be a part of it. The project's end result will be the community's plan for the next 20 years of new parks, trails, places to play, workout and socialize.

Beginning in January, the District's planning team will be gathering information about our community's needs and desires for parks and recreation.

We want to hear from you! You're invited to attend the first community-wide conversation about the future of the District.

"Your Future, Your Parks, Your Play" Interactive Community Meeting March 1st at 5:30 pm at the District Office

- Bring your ideas
- Offer your input and perspective
- Interact with planners and designers on the future of your park and recreation system.

Visit our website at the address below or via the QR code at right to sign up for updates and other ways to provide your input and be involved.

Learn more at:
bendparksandrec.org/complan

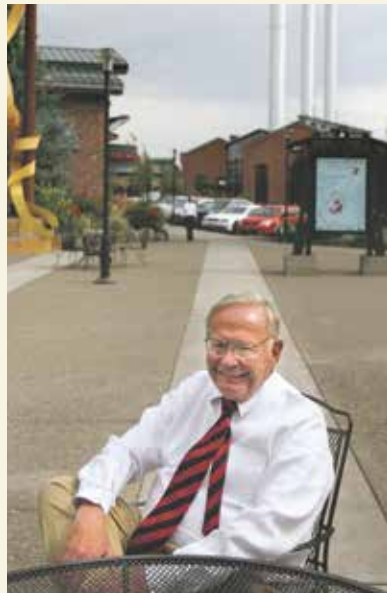


bprd news & happenings:

park and recreation awards for central oregonians

The Oregon Recreation and Parks Association recognizes and celebrates outstanding park and recreation projects, professionals and partners each year and two Central Oregon leaders were among those honored in 2016.

Bill Smith, president of William Smith Properties, was honored with the ORPA Private Sector Partner Award for his partnership with the District to create one of the largest park-land transformations in Central Oregon. For 47 years, Bill has invested in Bend – as the visionary for the Old Mill District as well as providing numerous easements over his private property to enable the Deschutes River Trail, Bend Whitewater Park and Riverbend Park to be realized and have strengthened his commitment to this community. Thank you, Bill!



Bill Smith, president of
William Smith Properties

Don Horton, the District's executive director, was recognized with the ORPA Legislative Award for his work advocating for Oregon's parks and recreational facilities as the Chair of the ORPA Legislative Committee. In the past year and a half, he has contributed to numerous statewide efforts regarding use of recreational trails, funding for a significant Portland-area park project and the defeat of onerous public contracting legislation. Congratulations!



Don Horton, executive director
of Bend Park & Recreation District



THE PAVILION'S FIRST YEAR WAS A BIG ONE!

The Pavilion hosted over 55,000 visits during its first ten months of operation, including over 42,000 visits during the inaugural ice season. Nearly half of the ice season visits were during open skate times, while the other half came from organized programs. Over 1,000 people participated in curling, skate lessons and youth and adult hockey programs and leagues. During the summer, The Pavilion played host to a popular youth summer camp that served over 550 kids and provided a summer full of supervised fun. Open play times, sport programs and special events resulted in nearly 10,000 visits during the non-ice season. With over one hundred weekly operating hours in winter, and another 60-80 hours a week during summer, The Pavilion is rapidly becoming an all-season facility for fitness, friends and fun!

VOLUNTEER OPPORTUNITIES

At BPRD, volunteers make fun happen and this winter and spring there are many opportunities for you to help out:

YOUTH SPORTS PROGRAMS: Girls' middle school basketball; youth lacrosse; girls' softball; youth tennis; middle school flag rugby; bitty baseball and beginning ice skating lessons.

YOUTH RECREATION: Afterschool and no school day art, crafts, science, nature and more.

FITNESS: For adults and children.

THERAPEUTIC & ADAPTIVE RECREATION: Adaptive aquatics at JSFC and recreation opportunities for children and adults with disabilities.

COMMUNITY EVENTS: Dinner dances and Bend Youth Track & Field Meet.

CARING FOR PARKS & TRAILS: Help with goose management, adopt a park or trail, or gather a group for a spring park maintenance project.

Find out more at www.bendparksandrec.org or contact Kim, BPRD Volunteer Coordinator at Kim@bendparksandrec.org or (541) 706-6127.



**PARK STEWARDS
EFFECTIVE IN INCREASING
LEASH COMPLIANCE
IN PARKS**

Now that the busy tourism and river park season has passed, the BPRD Park Stewardship team has focused efforts on leash compliance in some of our most popular parks and trails. During the months of October and November, the stewards identified the South Deschutes River Trail, First Street Rapids Park area and Shevlin Park as areas of high occurrences of dogs inappropriately being off-leash. Stewards spent time in the parks and on the trails encouraging dog handlers to use a leash on their pet and offered incentives such as dog treats to those with a leashed dog. With the help of the stewards, observations of leash compliance moved from 47% to 79% of dogs on-leash in the areas of focus.



Leash Use in Popular Parks	Dogs On Leash October	Dogs On Leash November	Increase in Leash Compliance
South River Trail	22%	77%	+55%
First Street Rapids	50%	80%	+30%
Shevlin Park	68%	80%	+12%
Average	47%	79%	+32%

**THE PAVILION NOW AVAILABLE FOR RENT
FOR SPECIAL EVENTS**

At more than 25,000 square feet of usable space, The Pavilion is now available for hosting special events, May through September. With indoor, outdoor and covered spaces available, the facility can accommodate groups of 800-plus people. Special events that would be suitable for The Pavilion include weddings, receptions, parties, trade shows, athletic events, family reunions, company picnics, car events such as the Kendall Auto Group's Oktoberfest event as shown and much more. For more information, call (541) 389-7588.



making time to volunteer

As the saying goes ... if you want something done, ask a busy person. With new programs and facilities and record registration for youth programs, BPRD has an increasing number and variety of opportunities and growing need for adult and teen volunteers to get involved. It seems we ask often for people to lend a hand.

“My hesitation with (volunteer) coaching was handling the time commitment,” shares volunteer volleyball coach and busy parent of six, Jennifer Nance. “Even though I had played volleyball for more than six years, the idea of coaching was intimidating at first.” Jennifer shared that the opportunity to pick practice times made it work “... the staff and other coaches were very helpful. It was a wonderful opportunity to get to know my children’s friends better and to hopefully be an encouragement in pursuing a sport for fun, health and exercise!”

Whether it’s for a few hours, a few weeks or an ongoing commitment, volunteering options are many and offer people a chance to share their skills, try something new and get involved in our community.

Volunteer Janet Blessington mixes it up and finds time to help with multiple activities. “I enjoy the variety of working with seniors and elementary school children each week, and it is fun to help with one-time opportunities when my schedule permits.” Janet shared, “I am new to Bend and live here part-time. I was looking for an organization that allowed for schedule flexibility as well as a wide variety of activities. Volunteering for Bend Park & Recreation offers both!”

“Having people step in to help makes such a huge difference for our programs,” shares Katie Bunce, BPRD Enrichment Coordinator. “They are not just extra hands. They bring heart and fun to help make programs great experiences for everyone.”

A WHOLE NEW MEANING TO

COLD
PLAY

It's not news that Bend is home to countless athletes and enthusiasts for sports and recreation activities of all kinds. With the opening of The Pavilion, those who favor sports of the icy variety have found a home to rekindle and practice their passions.

Laura Kloss is one of those athletes. You might see Laura suited up in hockey gear, taking to the ice as part of the very popular adult recreational hockey league, or volunteering as a coach, teaching children to play. "I have been playing hockey since I was four years old. I was the only girl on the team until my parents started a female league. I played in college and one year in the Canadian Women's Hockey League for Ottawa," Laura shared. "Today, I don't skate as often as I would like, but from my perspective, there is no better sport out there. The finesse and agility of skating combined with the physical grit and competitiveness of the game and true nature of being a team sport make hockey so much fun to both play and watch. I appreciate that we have the opportunity to play on a full-size sheet of ice here in Central Oregon, and that there is so much interest in and support for the sport in our local community." Laura then laughs, "When I hear 'Eye of the Tiger' playing at The Pavilion, it takes me back. I think that song was on the warm-up soundtrack for every game I played!"

At least three or four mornings each week during the ice season, you will see long-time Bend resident Doug Cleavenger on the ice, making graceful turns as he skates around the rink. Doug greets everyone

Shown above, Laura Kloss heads for the puck against her opponent in a hockey league game at the Pavilion.

Shown at right, Doug Cleavenger, moves in sequence with the music while practicing his backward skating during one of his near-daily skate sessions.



with a smile, but his focus is all on skating once he steps onto the ice. "I have been skating for more than forty years. Beyond the fitness and balance benefits, I love the speed and gliding feeling. Skating takes all my attention." Doug shared appreciation for the opportunity that The Pavilion offers. He says, "The staff is so inviting and cheerful. The Pavilion gives the feeling of skating outdoors but has the benefit of indoor ice." When asked his favorite music to skate to, Doug grins and says "Figure skating is very rhythmic so dance music helps. I like to skate to any music with a distinct beat."

Join Laura and Doug to find your own story on the ice and check The Pavilion schedule for open skate and lesson opportunities on pages 20 - 25. And if your story more likely involves a warm fire and cup of cocoa, you can visit to watch Laura, Doug and other skaters while you enjoy the ice for the fun and beauty that it offers for everyone.

YOUR NEW PLACE TO PLAY

Canal Row Park



Let's play! Now open, Canal Row Park is a new neighborhood park at the corner of Butler Market Road and Brinson Boulevard in northeast Bend. The park features walking trails and a variety of picnic and play areas, including a seasonal water play area that celebrates the history of the canals in Central Oregon.

While construction is complete, and the park is open, some minor landscaping work will continue in the spring.

Canal Row Park

Address: 1630 NE Butler Market Road

Acres: 8.37 acres

Features: Art & monuments	Covered picnic area
Natural areas	Paths & trails
Playgrounds	Seasonal restrooms
Water feature	Wheelchair accessible

**"He that plants trees loves
others besides himself."**

~ Thomas Fuller



GET OUT THIS WINTER

SNOW REMOVAL ON PATHS & TRAILS

The Bend Urban Trails System connects our community and encourages recreation and non-motorized transportation throughout the year.

If Bend should have a snow event of two inches or more, BPRD Park Services strives to remove the snow from the following trails:

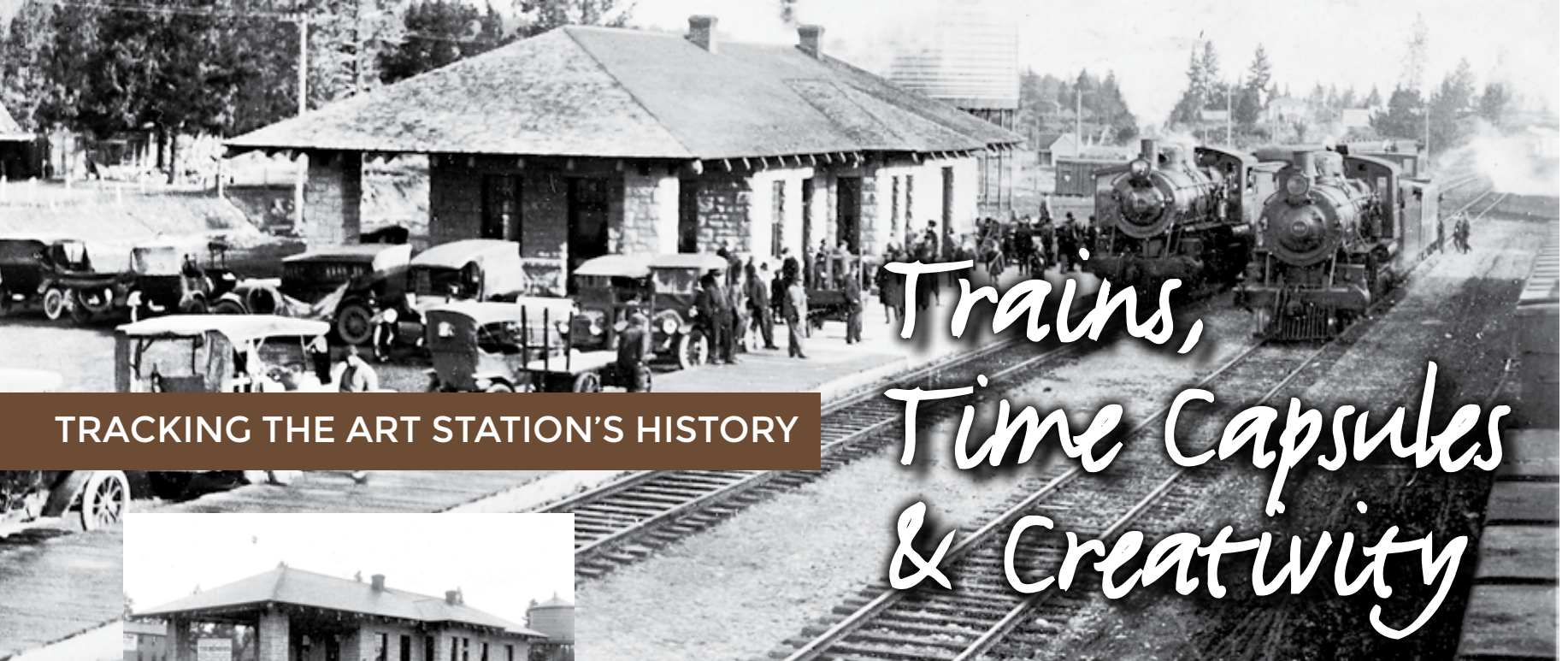
- Cascade Highlands Trail
- Coyner Trail from Ponderosa Park to Juniper Park
- Larkspur Trail from Bear Creek to Neff Rd. through Pilot Butte State Park
- Pine Nursery Park Loop Trail
- West Bend Trail off of Galveston and Skyliner Rd.
- Trails and pathways in Riverbend and Farewell Bend Parks in the Old Mill District.

Please be patient during heavy snows.

These trails and more can be found in the latest Bend Adventure Planner Map, available online or at the BPRD office and facilities.

SEASONAL SHUTOFFS & CLOSURES

As part of winter operations, BPRD Park Services shuts off park irrigation, drinking fountains, water features and even some restrooms to avoid issues related to winter's freezing temperatures. Typically, shut offs begin in October and continue through late-April. In addition, many park restrooms close earlier in the evening in the winter. In spring, when consistently above-freezing temperatures return, our crews make the rounds to all the various amenities in the park system to test equipment and return services for the busy seasons ahead.



TRACKING THE ART STATION'S HISTORY



Then and now. Located in the Old Mill District and home to Bend Park & Recreation District art programs, the Art Station and former Bend railroad depot building is over a century old and features a robust history. Photos courtesy of Des Chutes Historical Society.

winning a bitter contest with Union Pacific Railroad to see who would first reach the community.

The jewel of the railroad was the depot, built of volcanic rock in craftsman style architecture meant to showcase the landscape and personality of the community. The depot supported huge economic growth and quickly became the hub for Bend's connection with the outside world. Passengers and cargo arrived and departed daily while the railroad transported livestock and timber to markets. Ladies used a separate entrance to avoid gents with their cigars and rougher language, and freight was loaded from a warehouse directly across the street. The depot witnessed emotional partings, joyful reunions and was the gathering place for the community to listen to presidential candidates during whistle stops or watch when the circus pulled into town.

Passenger train service ceased in Bend in 1970, but somehow the depot survived. When plans for a parkway development intersected with the depot location, the building was purchased by developer Bill Smith and moved

to the west side of the river in the Old Mill District, close to where the stone was quarried for the depot years before. Crews, some of them masons who came out of retirement just for this project, dismantled the stones and re-stacked them one by one as they prepared for the move. A highlight was the discovery of a metal time capsule in a hollow cornerstone, hidden 87 years prior by the city's pioneers. Although it didn't contain the golden spike, an unveiling of the box in 1999 revealed a handful of historic artifacts including a gray metal token, good for five cents in entertainment at a local pool hall.

The restored depot gained new life in 2003 with its launch as the Art Station. The Central Arts Association, later known as Arts Central, took up residence and worked tirelessly to raise funds to support a remodel of the building's interior, with hundreds of volunteer hours contributed to design and build the welcoming classroom spaces. Central Oregon's only non-profit art school, the Art Station became well-known and loved in the community for offering opportunities for students of all ages, skill levels and economic

The story of the historic railroad depot, most recently known as the home of the Art Station, is a colorful one. From its celebrated 1912 debut in Central Oregon, to the discovery of a hidden time capsule during a careful relocation of the structure in 1999, to the hundreds of budding and experienced artists who spend countless hours exploring art in its classrooms, this Bend landmark has been loved by the community for decades.

The cornerstone for Bend's lauded railroad depot was laid on Railroad Day, October 5th, 1911. James J. Hill, "The Empire Builder" of the Great Northern Railroad, drove a golden spike into the tracks on this day when his Oregon Trunk Railroad reached Bend,

means every year. Children and adults were able to explore their creative sides with instruction in year-round classes and workshops offered with instruction from talented artists.



Over the years, Arts Central collaborated with Bend Park & Recreation District, sharing registration and working closely to offer opportunities for art experiences to our community.

In August of 2016, Arts Central made the difficult decision to close their doors after nearly 40 years of service to the community. To continue the legacy of providing art enrichment to Central Oregon, Bend Park & Recreation District quickly made arrangements with Bill Smith Properties to take over lease of the property and hired more than 20 artists, more than half who had taught Art Station classes for many years. The Art Station reopened as part of Bend Park & Recreation District on October 27, 2016, offering registration for classes for artists of all ages.

From trains that changed the economic landscape in Central Oregon, to the hope placed in a time capsule by Bend pioneers, to the creativity that is nurtured through the Art Station programs, the historic and iconic railroad depot continues to capture the imagination of our community.

To make your own creative history at The Art Station, look for art classes and programs on:

Adults, page 41

Young Children, page 73

Youth, page 78

BEND PARK & RECREATION DISTRICT wins national award

The work done to transform the Deschutes River access areas in the heart of Bend has been honored with a national award. Bend Park and Recreation District received a "Facility or Park Design Award" by the National Recreation and Park Association (NRPA) this fall for its role in the riverside parks corridor transformation.

The District's involvement included:

- Acquiring 43.7 acres of property for the Riverbend, Farewell Bend, Miller's Landing and McKay parks;
- Negotiating easements for the 31-mile Deschutes River Trail;
- Collaborating with private property owners;
- Conducting extensive public outreach; and
- Designing and constructing the four parks, trail and the Bend Whitewater Park.

"It was not long ago when the Deschutes River was used only for timber industry purposes and not recreation," said Don Horton, executive director, Bend Park and Recreation District. "That heritage is important to remember as is the monumental contributions and vision of people like Bill Smith, the Cushman, Miller and Robinson families, Trust for Public Lands and the Bend Paddle Trail Alliance to help residents and visitors enjoy access to the river."

The District's total investment in the river corridor project is \$18.7 million, including:

- \$1.6 million for 22-acre Farewell Bend Park
- \$2.7 million for 13-acre Riverbend Park
- \$1.4 million for 4.7-acre Miller's Landing Park
- \$1.1 million for 3.9-acre McKay Park
- \$9.7 million for the Bend Whitewater Park
- \$2.2 million for accessible river trail improvements.

The total investment would have been larger if not for help from Bill Smith, president of William Smith Properties. Smith sold the 19-acre parcel that became Riverbend Park and the District headquarters for significantly less than market value, saving the District funds to be used for other projects.

"This award is shared with members of our community, because without their input about priorities for parks and recreation, the river development would not be what it is today," said Horton.

Each year, NRPA National Awards are presented to individuals and agencies across the U.S. to honor their efforts in the field of parks and recreation. BPRD was one of six agency award winners for 2016.

*"The rivers flow not past but through us."
~ John Muir*



COMMUNITY EVENTS & FREEBIES

Family Night **FREE**
at Juniper Swim & Fitness Center
Third Saturdays, January - May
6:30 - 8:30 pm
See page 28.

Winter Kick-off **FREE**
Fitness Classes
January 2 - 8
Juniper Swim & Fitness
& Bend Senior Center
See page 59.

Brown Bag **FREE**
Lunch & Learn Series
Wednesdays, February 1 - May 10
Noon - 1:00 pm
Bend Senior Center
See page 37.

Discover Nature Days **FREE**
Saturdays
March 18, April 15, May 13 & June 10
11:00 - 11:45 am
Various parks
See page 86.

Spring Thaw **FREE**
Fitness Classes
April 3 - 9
Juniper Swim & Fitness
& Bend Senior Center
See page 59.

Stroke Awareness Day **FREE**
Tuesday, May 2
Lunch at 11:45 am, followed by
Speaker and Resource Fair
Noon - 2:00 pm
Bend Senior Center
See page 37.

JUNIPER SWIM & FITNESS CENTER

let's have fun in the water!

¡A divertirse en el agua!

SPANISH SWIM LESSONS CLASS

Last summer, swimming lessons became even more popular at Juniper Swim & Fitness Center when the facility hired its first bilingual swimming instructor. Originally from Cartagena, Colombia, instructor Luz Harnden has been on the job since June and teaches swim lessons in both Spanish and English, offering the Latino community improved options for swim instruction.

With Luz's help, youth swimming lessons are offered in both languages and this past summer an adult swimming class was taught entirely in Spanish. As an instructor versus an interpreter, Luz is in the water and able to demonstrate first-hand how to correctly perform strokes and other maneuvers. Participants have shared how much they enjoy having an instructor that speaks Spanish and stated that Luz made them feel more confident, learn faster and not feel intimidated to ask questions or share their concerns.

The summer classes were so well-attended that a new Family Swim Lesson in Spanish program has been added this winter at the facility.

To learn more about swim lessons and other programs at Juniper Swim & Fitness Center, see pages 26 - 33. For Spanish services and assistance, call (541) 706-6190.

CLASES DE NATACIÓN EN ESPAÑOL

El verano pasado, las clases de natación se volvieron muy populares en Juniper Swim & Fitness Center, tanto así que nuestro centro contrató su primera instructora de natación bilingüe. Ella es de Cartagena-Colombia. Luz Harnden está con nosotros desde junio y enseña en inglés y español; ofreciendo a la Comunidad Latina opciones de incrementar sus habilidades de natación.

Con la ayuda de Luz se ofrecen clases de natación en ambos idiomas. El verano pasado tuvimos una clase de natación completamente en español

para adultos. En las clases, Luz es capaz de demostrar directamente cómo realizar brazadas y maniobras en su rol de instructora y no como intérprete. Los participantes han compartido su alegría al tener una instructora que hable

español y han señalado que Luz hace que se sientan más cómodos, sienten que aprenden más rápido y además no sienten pena en preguntar o compartir sus dudas.

Las clases de verano tuvieron una muy buena asistencia; por tal razón, este invierno se ofrecerá Clases de Natación para Familias en Español.

Para aprender mucho más sobre de las clases de natación y otros programas en Juniper Swim & Fitness Center, vea las páginas 26 - 33. Para servicios en español llame al (541) 706-6190.



EXPLORE NATURE IN YOUR PARKS

the magical pine cone



Oh, the pine cone! Such an important part of our natural world in Central Oregon. Conifer trees are prevalent in our parks and forests as many are native to the area and they thrive in our climate. Although small, very important parts of every conifer are the tree's pine cones which grow, protect and then distribute seeds for future trees. If it wasn't for pine cones, there simply wouldn't be any conifers in our forests!

So, for your next adventure in the parks, on the trail or in the woods, here's a few fun facts about pine cones to help you appreciate how special they are.

PINE CONE FUN FACTS:

Pine cones are the reproductive parts of pine trees, containing seeds for future trees. There are both male and female pine cones.

Pine cones grow from several months up to a few years. Once a female cone's seeds are mature, the cone will open up and typically drop from the tree.

Pine cones open and close depending upon the weather. When it's wet, the cones close. When it's dry, the cones open and the seeds travel away from the tree with the wind. To see this closing in effect for yourself, try the experiment to the right.

Sugar pine cones are the longest and can be up to 24 inches long. Canadian Hemlock cones are the smallest, measuring about one inch.

Many species of birds and squirrels feed on pine cones, including Stellar jays, woodpeckers, chipmunks and the gray and red varieties of squirrels.

In the wild, rabbits will eat pine cones to help wear down their teeth.

Oregon's state tree is a Douglas fir, which has a cone.

PLAY & LEARN

PINE CONE SCIENCE EXPERIMENT

A fun, at-home science experiment with kids to study the pine cone's "magical" ability to open and close.

Items Needed:

- Ponderosa pine cone
- Jar or bowl
- Water
- Stopwatch or timer
- Notepad

1. Find a ponderosa pine cone. You are welcome to take one from a Bend park.
2. Place the cone in the bowl or jar. Fill with water. You can choose hot, warm or cold water. Let the kids decide!
3. Observe and make notes. Does the cone sink or float? What does it look like? How much space does it take?
4. Set the timer and check on the cone every 5 to 10 minutes. What are the observations? How long before the cone closes? Does the water temp affect how quickly it changes? Does the cone weigh more now? Why?

As kids make their observations, discuss why they think the pine cone opens and closes and how. Once it's closed, set it out on a counter to dry . . . and magically it opens back up!



WATER SAFETY IS YEAR-ROUND

As water recreation increasingly becomes part of how residents and visitors choose to play in Bend, sharing information on safety and preparation to make for a great day on the river, at a lake or at Juniper Swim and Fitness Center is important to the District.

Thousands of river users in summer 2016 talked to a beach host at Riverbend Park, or saw or heard about our communications efforts, including additional river access signage, encouraging life jacket and proper equipment use. The great news is that use of life jackets increased throughout the summer! In part, this is due to 252 hours of beach hosting by District staff and volunteers -- seven days a week during peak hours of river use from July 23 to Sept. 11.

We are expanding winter and spring opportunities to increase education and awareness of water safety. Check out:

- Kayak rolling sessions at Juniper Swim and Fitness Center, offered weekly on Sundays and Tuesdays. See page 29.
- Water safety challenges and prizes will be offered in conjunction with recreation swim sessions at Juniper Swim and Fitness Center on no school days – January through April. See page 32.

Planning is underway to continue communications efforts this next summer and coordinate closely with other agencies and organizations for key holiday weekends.

Stay tuned to get ready for the river!



Reintroducing Fire to Shevlin Park

We're several months away from a prescribed fire in Shevlin Park but preparation activities are well underway.

Visitors this winter and spring may see District employees thinning trees, mowing understory brush and burning small slash piles in preparation for the approximately 50-acre prescribed fire. Please be aware if you hear machinery and observe small amounts of smoke from slash piles in Shevlin Park on the south side of Johnson Road.

This prep work helps reduce

“Re-introducing fire to Shevlin Park will provide numerous benefits to the park’s natural resources.”

hazardous fuel loads ahead of the prescribed fire efforts.

“Re-introducing fire to Shevlin Park will provide numerous benefits to the park’s natural resources,” said Jeff Amaral, natural resources manager for Bend Park and Recreation District.

The Shevlin Park prescribed fire will likely occur in April or May 2017. As with all prescribed fire, timing is dependent upon appropriate weather conditions.

The prescribed fire will begin immediately south of Aspen Meadow and the parking lot. It will extend to the east near the Tumalo Creek Trail and west near the old railroad

grade. Signage is in place to inform park visitors about the work.

The goals of the prescribed fire as well as the overall vegetation management plan are to:

- Maintain plant communities that are resistant to a large scale disturbance
- Create and maintain a landscape that is resilient to disturbance
- Create and maintain wildlife habitat



- Maintain natural aesthetics for increasing recreational opportunities
- Preserve the historical and archeological heritage of Shevlin Park

“Historically, fire was the main disturbance that created and maintained Shevlin Park’s vegetation species composition and densities,” Jeff shared. “Without fire, the park’s landscape drastically changed with less resilient plant species and increased risk of a catastrophic fire.”

How to Register

REGISTER ONLINE:

For online registration, go to:
<https://register.bendparksandrec.org>

Payment in full is required at the time of registration.

New Accounts

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

Online Registration Instructions

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



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

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

4. You can select/search for activities in one of three ways:

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

- > **Keyword Search** - just enter ONE word for the activity, such as part of the name or something about what it does. For example: Art, Lacrosse, Camp, Guitar, etc. Click on the Search button. Scroll down to display a list of programs linked to that keyword.

- > **Type or Category** - Simply click on the name for the types of programs that interest you. Scroll down to view all the programs offered.



You can further refine the search using the options at the top of the screen. These include: day of the week, age, gender and month.

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.

In-Person Registration

If you want to come in to register you can go to ANY location for ANY program. You can register at three locations:

- **Juniper Swim & Fitness Center:**
800 NE 6th Street
- **Bend Senior Center:**
1600 SE Reed Market Road
- **The Pavilion**
1001 SW Bradbury Way

Registration forms are available online at www.bendparksandrec.org or by calling (541) 389-7275.

Credits & Refunds

Refunds or credits are readily granted if we are notified **seven days prior to the beginning of the program.** Credits will only be granted if notified less than seven days prior to beginning of the program. **No credits or refunds will be issued when notified two working days or less from the start of a program.** Program fees are not refunded/prorated for participants who miss portions of programs.

Mark Your Calendar,

Summer 2017
Registration
begins
March 20, 2017

Needs-Based Assistance

(Formerly known as Recreation Scholarships)

Everyone should have the opportunity to benefit from recreation activities. Assistance is available for recreation program participation and is based upon financial need and other qualifications. Funding is limited and the District's goal is to ensure that the most critical services are available to those with the highest needs including youth, seniors and people with disabilities.

To Apply for Assistance:

1. Complete an application at least one week prior to registering for the program. Applications are available online or at any of the District facilities.
2. Submit the completed application and a copy of your most recent IRS 1040 Income Tax Return to any of the District facilities or mail to Juniper Swim & Fitness Center, 800 NE 6th Street, Bend OR 97701.
3. BPRD staff will contact you by phone within five (5) business days of application receipt to inform you of the status of your application.
4. Your portion of the fee(s) will be required at the time of registration.
5. Applications are valid for six months. You will need to reapply after six months. All application materials are kept confidential.

Everyone can play.

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





READY! SET! GO!

Fee & Pass Information

Bend Park & Recreation District offers three unique recreation facilities, multiple fee options and a ton of activities.

To use a BPRD facility, choose the fee structure and payment option that best matches your needs.

No matter what you choose, you can workout, swim, skate and play with the confidence that there are:

- **No initiation or start up fees.**
- **No contracts.**
- **No auto payments that you need to cancel.**

With our monthly, 3-month and annual passes you can enjoy:

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

Month-Plus Passes - Monthly, 3-month and Annual Passes may be purchased at any time. Full payment is required at time of purchase. Passes are not transferable or refundable, and may not be suspended or extended except for documented medical reasons. Passes are not prorated for scheduled closures such as holidays, special events and maintenance periods.

10-Visit Passes - 10-visit passes may be used for facility access at all locations of equal or lesser value. Passes may be used to gain entrance for other individual(s) provided that the primary pass holder is present and the guest(s) is in the same age category or younger.

Student Rate - Student rate is for full-time OSU-Cascades and COCC students currently enrolled for at least 12 credits. Transcript required at time of purchase.

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

STANDARD
FEES & PASSES

STANDARD FEES & PASSES		FACILITY	JUNIPER SWIM & FITNESS CENTER	JUNIPER SWIM & FITNESS CENTER	BEND SENIOR CENTER	BEND SENIOR CENTER	THE PAVILION: ICE SEASON	THE PAVILION: ICE SEASON
		PASS TYPE	Full Access	Basic	Full Access	Basic	Without Skates	With Skates
		ACCESS	Over 200 weekly group fitness classes and masters swim practices plus full facility use.	Use of pools, fitness center, hot tub, sauna, steam room, locker rooms and access to all recreation and lap swim times.	Over 50 weekly fitness classes plus full facility use and participation in ongoing social activities.	Use of fitness center, game room and participation in ongoing social activities.	Admission to all public skate sessions. Ice Season: Early Nov. - Early April	Admission to all public skate sessions. Includes skate rental. Ice Season: Early Nov. - Early April
			Monthly pass includes use of Senior Center.					
Single Visit Admission	Adult (19-59)	\$8.00	7.00	\$6.50	\$3.50	\$9.00	\$12.00	
	Older Adult (60-79)/Student	\$7.00	6.00	\$5.50	\$1.50	\$8.00	\$11.00	
	Youth (3-18)/Honored Citizens (80+)	\$6.00	5.00	\$4.50	\$1.25	\$7.00	\$10.00	
	Children under 3 with paying adult	Free	Free	n/a	n/a	Free	Free	
10-Visit Pass Save an average of 20%	Adult (19-59)	\$69.00	\$59.00	\$60.00	\$29.00	\$72.00	\$96.00	
	Older Adult (60-79)/Student	\$59.00	\$49.00	\$45.00	\$12.00	\$64.00	\$88.00	
	Youth (3-18)/Honored Citizens (80+)	\$49.00	\$39.00	\$35.00	\$10.00	\$56.00	\$80.00	
							ICE SEASON PASS: <div>NEW</div> Couple and Family Pass Discount Available	
Monthly Pass Unlimited Visits!	Adult (19-59)	\$61.00	\$51.00	\$51.00	\$24.00	\$229.00	\$259.00	
	Older Adult (60-79)/Student	\$49.00	\$39.00	\$39.00	\$16.00	\$199.00	\$229.00	
	Youth (3-18)/Honored Citizens (80+)	\$39.00	\$29.00	\$29.00	\$13.00	\$169.00	\$199.00	

SPECIALS & DISCOUNTS

SAVE
10%

3-month Pass Discount: Save 10% off the monthly fee with a 3-month pass. Combine with couple and family pass specials for the best value!

SAVE
20%

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

SAVE
25%

Couples Pass Special: Spouse/ domestic partner receives 25% off pass of equal or less value with the purchase of a full price monthly, 3-month or annual pass. Must purchase passes at same time. Excludes 10-visit passes.

SAVE
50%

Family Pass Special: Dependent children 18 years and younger and spouse receive 50% off passes of equal or less value with the purchase of a full price adult monthly, 3-month or annual pass. Minimum three pass purchase required. Must purchase at same time. Excludes 10-visit passes.

AWESOME VALUE:

Combine a 3-month or annual pass with a couple or family pass special
= SERIOUS SAVINGS FOR SOME SERIOUS FUN.



All kinds of play.

The Pavilion has a split personality! Cold and fresh for ice sports and skating. Bright, active and ever-evolving for court sports and other activities. No matter the season, come join in all that's offered and get to know the amazing versatility of The Pavilion.

The Pavilion

Owned and operated by Bend Park & Recreation District
 1001 SW Bradbury Way, Bend Oregon 97702
 p. (541) 389-7588 (SK8T)

Customer Service Office Hours: (subject to change)

Jan. 1 - Early April: Daily: 8:30 am - 8:00 pm
 April - June: Hours vary - Check online



Follow us on Facebook!

Look for The Pavilion in Bend!

How to Get There

The Pavilion is located in southwest Bend at the Simpson and Colorado Avenue roundabout. The entrance is located on SW Bradbury Way. Both on-site and street parking are available.

PUBLIC & ALTERNATIVE TRANSPORTATION: Bike or walk to The Pavilion. Bike racks are located at the entrance. To get here by public transportation, The Pavilion can be accessed via Cascade East Transit. A bus stop is located a block away and the Mt. Bachelor Park n' Ride is a few blocks to the west of The Pavilion.

Fees

ICE SEASON: NOW OFFERING SEASON PASSES! Single visit fees, 10-visit passes and season passes are available. See pages 18 - 19 for details.

NON-ICE SEASON: Single visit fees and discounted 10-visit passes are available. Check online at thepavilioninbend.com.

Schedules

Visit thepavilioninbend.com for current facility schedules, rules and regulations.

Ice Season: Early November - Early April

Non-Ice Season: May - September

Holidays & Special Hours

12/31	New Year's Eve	12:00 - 9:00 pm
1/1	New Year's Day	1:00 - 8:00 pm
1/16	MLK Jr. Day	Check schedules online
2/20	Presidents' Day	Check schedules online
3/27 - 31	Spring Break	Check schedules online
4/16	Easter	Closed
5/31	Memorial Day	Closed

The Pavilion Features

EXTERIOR - ENTRANCE



INTERIOR - LOBBY



EXTERIOR - WEST SIDE, PLAZA & FIRE PIT



VIEWING ROOM



ON THE RINK



EXTERIOR - PLAZA



The Ice Sheet

Central Oregon's first and only NHL-size, 200' x 85' ice sheet complete with full height dasher boards, players boxes and a refrigeration system consisting of over 13 miles of tubing to ensure quality ice condition even in marginal weather conditions.

Weather Protection

In addition to the 30,000 square foot Pavilion roof, the rink is protected on the south and west sides by translucent panels designed to reduce wind and sun exposure on the ice while maintaining an open air feel.

Lobby & Concessions

The full-service lobby includes customer service, check-in, skate rentals and full-service concessions including hot drinks, yummy snacks and even meals. A local brewery is regularly on site for adult hockey and curling leagues.

Outdoor Plaza & Fire Pits

The outdoor plaza includes fire pits, grass/snow play area, spectator viewing and a small shelter.

Viewing/Warming Room

Warm up, watch the action on the ice or relax by the fireplace in our elevated viewing room. Free Wi-Fi, too!

Changing Rooms & Lockers

Day use lockers are available in the lobby and rinkside to secure your belongings. Four changing rooms are provided for team use and controlled public access.

The "Other Season"

The Pavilion hosts a variety of sport and recreation activities during the non-ice season. There is drop-in play, leagues and camps including basketball, tennis, pickleball, volleyball and more. The Pavilion is also home to The PAC, an exciting new youth program packed with action, friends and adventure all summer long.

Advertising & Sponsorships

Affiliate your business with positive, healthy community recreation at The Pavilion. Opportunities include dasher board advertising, league sponsorships and Zamboni advertising.

Frequently Asked Questions

Q: How long will the ice season run?

A: The ice season will begin in early November and conclude in early April.

Q: How will weather conditions affect the ice?

A: Because the ice sheet is refrigerated and protected by The Pavilion's roof, dasher boards and clear side panels, weather should not impact our ability to build and maintain ice. However, it is an outdoor rink and ice conditions may vary some.

Q: How about ice skates?

A: Rental skates are available for \$3 per person or you can bring your own skates.

Q: Where do I find the schedule?

A: Both the regular and holiday season ice schedules are posted online at thepavilioninbend.com.

Q: Is there a fee to watch a game or practice?

A: The public is welcome to come spectate during the ice season. If you are not participating in the activity, there is no fee.

Specialized Ice Sessions

Single Visit Fees:

Adult: \$12 / session
Older Adult: \$11 / session
Youth: \$10 / session

10-Visit Passes:

Adult: \$96 ID \$115 OD
Older Adult: \$88 ID \$106 OD
Youth: \$80 ID \$96 OD

Registration: Opens 72 hours prior to scheduled session and closes one hour prior to the session start time. You must check-in with the front desk before the beginning of the session.

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

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

Stick Time

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

Program: 110402 - Adult
110401 - Youth

Pick-up Hockey

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

Program: 110403 - Adult
110404 - Youth

Curling Time

Learn the basics of curling or practice your skills during this mixed use time. Instruction and equipment provided.

Program: 110333 - All Ages



Public Skating Sessions

See pages 18 - 19 for regular fees.

Dates: Early November - Early April

Schedules available at thepavilioninbend.com.

Open Skate

Recreational skating for all ages and abilities. Open skate sessions are open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older. Hockey, speed skating and advanced figure skating not allowed. Groups of ten and more call in advance for special pricing.

Flex Skate

Come to these shared/multiple activities sessions during normally lower attendance times. Activities may include basic skating and/or laps on the outside perimeter and figure skating/ice dancing/freestyle on the inside. These sessions may occasionally include large groups such as schools. Check online schedules prior to coming to the rink so you know what to expect. (Sorry, no sticks allowed.)

Family Skate:

Only \$6 with skates

Open skate for families. All children must be accompanied by parent/guardian.

SPECIAL RATE: \$6/person, skate rental included.

Parent-Tot Skate:

Only \$6 with skates

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

SPECIAL RATE: \$6/person, skate rental included.

“Cheap Skates”:

Only \$6 with skates

Special open skate sessions on Tuesday nights.

SPECIAL RATE: \$6/person, skate rental included.

Skate Rental

Skate rentals are \$3.
Toddler size through
adult size 15 skates available.

Skate Sharpening

Get your skates sharpened
for \$7/pair.

Please inquire about
additional skate repairs.

HOLIDAY BREAK & NO SCHOOL DAY OPEN SKATE

Have some serious fun on no-school days and celebrate the holidays with extended open skate sessions.

Regular fees apply.

Dates: 1/1 - 2, 1/16, 2/20,
3/27 - 31, 4/13 - 14

Check schedules online at
thepavilioninbend.com

Groups, Schools & Skate Parties

If you have a group of 10 or more, call in advance for special pricing and reservations.

For school classes, special pricing and weekday times are available.

For birthdays and other skate parties, bring the gang for open skate and rent the party room.

Call (541) 389- 7588
for reservations.

Adult Ice Sports & Skating

Curling League

All Adults

Open to curlers of all experience (or inexperience) levels, this league gives players the chance to learn and hone their skills. Games are played once a week and all equipment provided. Space is limited, so register your team of four early!

Registration: 12/12 or until full

Fee: \$400 per team

Program: 110331

Su: Late afternoon - Evenings

Seasons: 1/29 - 3/12

Adult Learn To Play Hockey

Ages: 15 & up

Here's your chance to learn to play hockey! Discover your inner Gretzky in our program specifically designed to introduce adults with little or no skating and/or hockey experience to the sport. You'll develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Rental skates provided. Equipment requirements include: athletic support, shin pads, hockey pants, elbow pads, helmet, gloves and stick.

Fee: \$84 ID \$100 OD / session

Program: 110321

F: 9:15 - 10:30 pm

Seasons: 2/3 - 3/17

Adult Learn to Skate: Level 1

Ages: 16 & up

Come learn how to skate! Discover or re-discover your ice feet as you learn how to glide and develop your stroke. Practice balance, edgework and advance in your technique through skills and drills.

Fee: \$60 ID \$72 OD / session

Program: 110111

Day: Time:	Session 1	Session 2
Tu: 5:40 - 6:15 pm	1/17 - 2/14	2/21 - 3/21
Sa: 9:00 - 9:35 am	1/21 - 2/18	2/25 - 3/25

Adult Learn to Skate: Level 2

Ages: 16 & up

Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for stroking, balance and edgework.

Fee: \$60 ID \$72 OD / session

Program: 110112

Day: Time:	Session 1	Session 2
Tu: 5:40 - 6:15 pm	1/17 - 2/14	2/21 - 3/21
Sa: 9:00 - 9:35 am	1/21 - 2/18	2/25 - 3/25

Youth Ice Sports

Youth Hockey League

Ages: 7 - 14

Let's play hockey! It's the first BPRD-organized youth hockey league! We're talking hockey skill development and game action for both boys and girls. Note: Some prior skating and/or hockey experience is recommended before signing up for this league. Required equipment includes: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads.

Fee: \$135 ID \$162 OD / session

Program: 110203

W: 5:30 - 7:45 pm (Practice)

F: 4:00 - 7:00 pm (Games)

Season: 2/1 - 3/17

Youth Learn to Play Hockey

Ages: 4 - 14

Our "Learn to Play" program is designed to introduce players with little or no skating and/or hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Protective equipment kits are available to rent for \$50 while participating in Learn to Play Hockey. Kits include: pants, shin pads, elbow pads, shoulder pads, helmet with face mask, gloves and stick. Rental skates are also available.

Fee: \$84 ID \$100 OD / session

Program: 110201

M: 4:15 - 5:15 pm

Session: 1/30 - 3/13

W: 4:15 - 5:15 pm

Session: 2/1 - 3/15



Youth Skating

Parent & Seal Pup: Skate Together

Ages: 3 - 4

Step onto the ice and help your young "Seal Pup" find his or her ice feet! Together you will learn how to skate by singing songs, playing games and spending time together on the ice. Participants are welcome to stay to skate during the Parent/Tot skate session after class.

Fee: \$35 ID \$42 OD / session

Program: 110100

Tu: 9:45 - 10:15 am

Sessions: 1/3 - 17 1/24 - 2/7
2/14 - 28 3/7 - 21

Th: 9:45 - 10:15 am

Sessions: 1/5 - 19 1/26 - 2/9
2/16 - 3/2 3/9 - 23

Ice Skating Camp NO SCHOOL

Ages: 8 - 11

Super cool! Spend your no-school days at the ice rink! We'll learn skating skills and play fun games on and off the ice. We'll get creative with art projects and make new friends in a fun, festive environment.

Fee: \$35 ID \$42 OD / session

Program: 110116

Daily: 9:00 am - 12:00 pm

SPRING BREAK:

Tu: 3/28 Th: 3/30



Skate Lesson **FREE** Assessment:

Unsure which class to register your child in? Take the guesswork out - come to a free skate skill assessment to ensure your child is in the right class. Come by The Pavilion:

Saturday, Jan. 7, 11:00 am

Or call (541) 389-7588 to arrange an appointment.

Learn to Skate: Youth Lessons

Ages: 4 - 15

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

Fee: \$60 ID \$72 OD / session

Our skating lessons are:

- **Age Appropriate:** Classes grouped by ages 4 - 5, 6 - 8, 9 - 11, 12 - 15 and 16+.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Small:** Maximum class size of 5 for KinderSkate and 7 for other youth levels.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

BONUS - FREE PRACTICE!

Registered participants skate for free at Open Skate sessions Tuesdays through Thursdays (rental skates not included).

REGISTRATION TIP: Pre-requisites for each class are listed in the class description at register.bendparksandrec.org. We encourage skaters to master each skill level before progressing to the next level.

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

KinderSkate I & II

Ages: 4 - 5

KinderSkate I: Learn how to stand, march, dip and swizzle on the ice with fun songs and games. Protective headgear required.

Program: 110105

KinderSkate II: The journey continues! Kinders will practice long glides across the ice, backward wiggles and snowplow stops. Protective headgear required. Prerequisite: Successful completion of KinderSkate I.

Program: 110106

Level 1: Snow Bunnies

Ages: 6 - 11

Get started figure skating! This is the introductory class for beginning figure skaters. Learn how to march, swizzle, glide and even bunny hop on the ice.

Program: 110101

Level 2: Penguins

Ages: 6 - 11

Forward on! Learn one-foot glides, backward swizzles, two-foot turns and moving snowplow stops. Prerequisite: Successful completion of Level 1 lessons.

Program: 110102

Level 3: Arctic Foxes

Ages: 6 - 11

Time to be nimble, just like a fox! Learn how to use your blade to get the most out of your stroke and turns. We will work on a circle, learning swizzle pumps that lead into crossovers and two-foot spins. Prerequisite: Successful completion of Level 2 lessons.

Program: 110103

Level 4: Polar Bears

Ages: 6 - 11

Find your strength and grace on the ice! Polar Bears will work on mastering crossovers, turns and proper stroking techniques. Prerequisite: Successful completion of Level 3 lessons

Program: 110104

Levels 1 - 4: Teen

Ages: 12 - 15

Learn new moves on the ice! Master the basic skills of figure skating including balance, turns and crossovers. Advance through the levels at your own speed.

Level 1: 110107

Level 2: 110108

Level 3: 110109

Level 4: 110110

ONE-DAY- A-WEEK LESSONS

TUESDAYS

Jan. 17 - Feb. 14

KinderSkate I & II	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10, 4:55 pm
Level 2: Penguins	4:10, 4:55, 5:40 pm
Level 3: Arctic Foxes	5:40 pm
Level 4: Polar Bears	5:40 pm

Feb. 21 - Mar. 21

KinderSkate I & II	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10, 4:55 pm
Level 2: Penguins	4:10, 4:55 pm
Level 3: Arctic Foxes	4:55, 5:40 pm
Level 4: Polar Bears	4:55, 5:40 pm

THURSDAYS

Jan. 19 - Feb. 16

KinderSkate I & II	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10, 4:55 pm
Level 2: Penguins	4:10, 4:55, 5:40 pm
Level 3: Arctic Foxes	5:40 pm
Level 4: Polar Bears	5:40 pm
Levels 1 - 3: Teens	5:40 pm

Feb. 23 - Mar. 23

KinderSkate I & II	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10 pm
Level 2: Penguins	4:10, 4:55 pm
Level 3: Arctic Foxes	4:55, 5:40 pm
Level 4: Polar Bears	4:55, 5:40 pm
Levels 1 - 4: Teens	5:40 pm

SATURDAYS

Jan. 21 - Feb. 18 / Feb. 25 - Mar. 25

KinderSkate I & II	9:45, 10:30 am
Level 1: Snow Bunnies	9:45, 10:30 am
Level 2: Penguins	9:45, 10:30 am
Level 3: Arctic Foxes	9:00 am
Level 4: Polar Bears	9:00 am
Each lesson is 35 minutes long. Start times listed.	



Spring Programs

Bitty Baseball League

Ages: 4 - 5 (as of 4/1/17)

A good introduction for the younger player, Bitty Baseball will focus on skill development, teamwork and fun. Teams meet for practice and scrimmages for 60 minutes each Saturday. Team t-shirt and hat included. This program is dependent on volunteer coaches. If you are interested in coaching this season, head to our website and complete a BPRD Volunteer Application.

Fee: \$48 ID \$58 OD / season

Sa: 9:00 am - 1:00 pm

Program: 110764 / Age 4; 110765 / Age 5

Registration deadline: 3/17 or until full

Season: 4/29 - 6/3 (No session 5/27)

Indoor Recess NEW

Ages: 3 - 5

Join us for Indoor Recess at the Pavilion. This class will get your little one moving. During indoor recess, our energetic staff will help your child discover a variety of sports and games that will help to develop their social skills along with coordination and team work.

Fee: \$30 ID \$36 OD / session

Program: 110600

W: 12:15 - 1:30 pm

Session: 5/10 - 31

Discover Skateboarding NEW

Ages: 5 - 10

Is your little one interested in skateboarding? Join our experienced instructor and discover what skateboarding is all about in this short 1 hour program designed to teach the basic fundamentals. Skate equipment is not provided, helmets are required.

Fee: \$40 ID \$48 OD / session

Program: 110500

Th: 4:30 - 5:30 pm

Session: 5/11 - 6/8

Spring Activities

Open Play

May - June

Offered during special times, Open Play offers a variety of court sport opportunities and open space for you to choose how you play and enjoy recreating with family and friends.

Spring is the perfect time to play at the Pavilion. Play your way on our covered multi-sport courts, bring your wheels and ride the covered skatepark features, enjoy a friendly game of ping pong, cornhole and other yard games.

BASKETBALL	PICKLEBALL
BADMINTON	FUTSAL
SCOOTERING	CORNHOLE
SKATEBOARDING	FOOSBALL
ROCK CLIMBING	PING PONG
LADDER TOSS	BOCCE BALL

Details, fees and schedules at thepavilioninbend.com.

Party Time

For birthdays and other celebrations, bring the gang for Open Play and rent the party room.

Details, fees and schedules at thepavilioninbend.com.

Rent The Pavilion

Bring your imagination to The Pavilion for your next special event!

Weddings, receptions, parties, trade shows, athletic events, family reunions, company picnics . . . the possibilities for special events are nearly limitless.

Capacity: 800+ people

Square footage:

- Outdoors - Covered: 20,000+ sq. ft
- Outdoors: 4,500+ sq. ft.
- Indoors: 1,200+ sq. ft.

Event season: May - September

Call (541) 389-7588 for more information.



Perfectly fit for you.

Juniper Swim & Fitness Center is owned and operated by Bend Park & Recreation District.

As a community facility, JSFC welcomes people of all ages and abilities to get fit and have fun!



Winter-Spring 2017 NOW OPEN EARLIER ON SATURDAYS!

Regular Hours:

Monday - Friday 5:15 am - 9:00 pm
Saturday 7:00 am - 6:00 pm
Sunday 9:00 am - 6:00 pm

NEW
OPEN 7 AM

800 NE 6th Street, Bend, OR 97701
p. (541) 389-7665 (POOL)

Visit online at: juniperswimandfitness.com



Follow us on Facebook!

Look for Juniper Swim & Fitness Center

Schedules & Information

Visit juniperswimandfitness.com for current pool and group fitness schedules and facility rules and regulations.

Fees:

Pass information on pages 18 - 19.

Holidays Special Hours

1/1	New Year's Day	Open 9:00 am - 12:00 pm
1/16	MLK Jr. Day	Regular hours
2/20	President's Day	Regular hours
4/16	Easter	Open 12:00 - 5:00 pm
5/29	Memorial Day	Open 12:00 - 5:00 pm

Swim Meets & Special Events

1/27	High School City Meet
2/11 - 12	High School District Meet
2/13	Last Chance Meet
4/7 - 9	Oregon Master State Meet
5/6 - 7	May Invite

The above events take place in the Olympic Pool. Lap swim schedules may be modified and parking may be limited.

More Activities
at Juniper Swim & Fitness:
Adult Swimming p. 29
Adult Fitness p. 58 - 64
Youth Fitness & Swimming p. 30 - 33



Juniper Swim & Fitness Center Features

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

Online video tour available at www.bendparksandrec.org

How to Get There



JSFC is centrally located in Bend within Juniper Park with two entrances and parking lots.

The NORTH ENTRANCE is located at the end of NE 6th Street, two blocks south of Greenwood Avenue. It can also be accessed from NE 3rd Street by turning east on Hawthorne Avenue.

The SOUTH ENTRANCE is located off Franklin Ave opposite of NE 7th Avenue.

PUBLIC & ALTERNATIVE

TRANSPORTATION: Get a jump start on your workout by biking or walking to the facility! Bike racks are located at each entrance. To get here by public transportation, JSFC is located only two blocks from the Hawthorne Street transit center of Cascade East Transit and a bus stop is located on Franklin Avenue.

SWIMMING POOLS & AQUATICS:

Indoor/Outdoor Olympic 50 Meter Pool

With 80 degree water temperature and a removable roof system, this pool is ideal for year-round training. Moveable bulkhead allows the pool to be divided into two 25 meter pools.

Indoor 25 Meter Pool

Perfect for swim lessons, water exercise, therapy and recreation swimming. Features comfortable 85 degree water, 3.5-12 foot water depth, 1-meter and 3-meter diving boards and rope swing.



Indoor Children's Pool

Shallow water, easy-entry stairs and warm 90 degree water make this pool great for young children. Child-friendly features include duck-shaped slide, squirting fish and other fun water toys.

Hot Tub, Dry Sauna & Steam Room

These coed amenities are perfect for post-workout relaxation. Ages: 16 & up

FITNESS CENTER & EQUIPMENT:

Fitness Center

Get fit with a full line of state-of-the-art cardio, strength and free weight equipment and enjoy exceptional park views while you workout.

Fit Studio

Flexible open space designated to use for stretching, core stability and balance work.

Indoor Cycling Studio

Ride away with state-of-the-art cycles, high fidelity sound system and plasma screen TV.

Group Exercise Studio

Enjoy a fabulous workout, amazing sound system and cushioned wood floor.

Yoga & Pilates Studios

Two quiet, warm rooms to stretch, strengthen and relax.

OTHER FEATURES:

Multiple Locker Rooms

Pool locker rooms, fitness locker rooms and family changing rooms accommodate all facility users.

Wi-Fi & Lounge Areas

Free wireless internet service is available throughout the facility. In addition, there is lounge space for relaxing, visiting or even doing some homework or reading.



Kids' Corner Child Care

Ages: 6 weeks - 6 years

A safe and nurturing environment for young children while parents enjoy all that JSFC has to offer. Children enjoy arts and crafts, reading, creative play and cooperative games.

- Stay is limited to two hours.
- Reservations recommended.
- Walk-ins welcome, space permitting.

For reservations, speak with a staff member or call (541) 706-6191.

FEES:

10-hour card: \$30 ID \$36 OD

Drop-in fee per hour, per child: \$3.50 ID \$4.50 OD

Kid's Corner Hours:

(subject to change)

M - F: 8:00 am - 1:15 pm

M - W: 4:10 - 7:30 pm

Th: 4:10 - 7:00 pm

Sa: 7:00 - 11:00 am

Weekends ROCK! at JSFC

Saturday Night Alive at JSFC

Come for a real splash bash each Saturday as the evenings come alive with different activities each week. Pre-registration required; limited space is available.



Saturday Evenings January 4 through May 20

1ST SATURDAY: MIDDLE SCHOOL NIGHT

Grades: 6 - 8 **Dates: 1/7, 2/4, 3/4, 4/1, 5/6**

Sa: 6:30 - 9:30 pm

Fee: \$5/person or current pass

Take over JSFC with fun activities in the entire facility - swimming, fitness and an awesome place to hang out with friends.

2ND & 4TH SATURDAYS: KIDS' NIGHT OUT

Ages: 3 - 11 **Dates: 1/14, 1/28, 2/11, 2/25, 3/11, 4/8, 4/22, 5/13**

Sa: 6:30 - 9:30 pm

Program: 405599

Fees: Pre-register - \$11 ID \$13 OD / Day of registration - \$14 ID \$17 OD

Kids get JSFC to themselves as they play in the pool, play games and have fun with their friends under the supervision of our staff. Snacks included. Note: Ages 3 through 5 will enjoy crafts, games and much more. 5 and under must be potty-trained and swimming is not included for this group.

3RD SATURDAY: FREE FAMILY NIGHT

All Ages **Dates: 1/21, 2/18, 3/18, 5/20**

Fee: FREE **Sa: 6:30 - 8:30 pm**

Elevate your family get-together to a whole new level of fun! Join in to combine swimming, fitness and fun as a family. Wind down before leaving with bedtime yoga and story time fitness.

First Friday Splash & Fun

Ages: 6 - 9 Program: 405102

First Fridays: 6:00 - 9:00 pm

Sessions: 1/6, 2/3, 3/3, 4/7, 5/5

Fees: Pre-register - \$11 ID \$13 OD / Day of registration - \$14 ID \$17 OD

Mom, Dad! Drop the kids off at JSFC and head to First Friday in downtown Bend! In the care of our trained, fun-loving staff, children can participate in a variety of exciting activities such as science experiments, crafts and games, create their own healthy snack and, of course, swimming! Snacks provided. Save money by registering early. Note: Kids 10 and older are welcome at Open Recreation Swim that is held during the same time.

Drop-In Swim Sessions

Open Recreation Swim

Diving boards and rope swing offer thrills for the swimmer. Floating toys and water basketball provide options for the non-swimmer. The children's pool with small slide is open for young children. Recreation swim is open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older.

Fee: Basic pass or drop-in fee

January 2 - June 15

Th & F: 6:30 - 9:00 pm

Sa - Su: 1:00 - 4:00 pm

No School Day Recreation Swim

When school's out, swimming is in!

Daily: 1:00 - 4:00 pm

Dates: 1/2, 1/16, 2/3, 2/20, 3-27 - 31, 4/13 - 14, 5/29

Family Swim

A perfect time for families to use the indoor pools for recreating and swimming. All children must be accompanied by parent or guardian. \$5 per person when adult accompanies the children.

January 2 - June 15

Su: Noon - 1:00 pm

Family Rec Time

Join us for family recreation time where families can play together to swim in the pool, exercise in the weight room and even hang out a little to do some homework. (Yes! We do have Wi-Fi!) \$5 per person when adult accompanies the children.

January 2 - June 15

Th: 6:30 - 9:00 pm

Parent-Child Swim

Ages: 6 & under with adult

A special time in the indoor children's pool for parents and their young kids to explore the wonderful world of water and practice swimming skills. Duck slide, squirting fish and other fun water toys available. Adult supervision in the water is required. Swim diapers are required for those who are not potty trained.

Fee: Basic pass or drop-in fee

January 2 - June 15

M - Th: 8:00 - 9:00 am

10:45 am - 2:30 pm

M/W: 7:00-8:00 pm

Tu: 7:15 - 9:00 pm

F: 8:00 am - 4:30 pm

Sa: 7:00 - 9:15 am

Su: 9:00 - 11:00 am

4:00 - 6:00 pm

Adult Swim NEW

An adult-only time in the pool to use the low diving board or lap swim.

Fee: Basic pass or drop-in fee

January 2 - June 14

M/W: 8:00 - 9:00 pm

Lap Swimming & Water Running

Swim for fitness! Swim for fun!

Most lap swimming occurs in the Olympic pool. Water runners are welcome in slow lanes. Kickboards, pull buoys and swim fins are available. Sharing lanes is expected. Check juniperswimandfitness.com for pool schedule, pool length and number of lanes.

Fee: Basic pass or drop-in fee

January 2 - June 15

M - Th: 5:15 am - 8:30 pm

F: 5:15 am - 7:30 pm

Sa: 7:00 am - 6:00 pm

Su: 9:00 am - 6:00 pm

IT'S NEVER
TOO LATE TO
**LEARN
TO SWIM**
.....
SEE BELOW

liquid joy

Lap Swim Schedules

are available at
juniperswimandfitness.com.
Check if the pool scheduled at 25m
You can even add the schedule
to your own e-calendar.

Liquid benefits.

It's never too late to become a swimmer! We have great swimming classes for adults at Juniper Swim & Fitness Center. Our swim programs allow you to progress from no experience to becoming a masters swimmer. Come swim - gain confidence in the water and feel great.

Adult Swimming

Swim Without Fear

Ages: 16 & up

Are you fearful of the water? Our class will take you step by step through getting your face wet and learning to be more comfortable in the water - all at your own pace! Working closely with you, motivating instructors will help you overcome hurdles so you can enjoy the water. Held in indoor pool.

Fee: \$64 ID \$77 OD / session

Program: 105554

Sa: 8:00 - 8:45 am

Sessions: 2/18 - 3/18 (Adj. Fee \$40 ID \$48 OD)
4/8 - 5/20

Beginning Adult Swim Instruction

Ages: 16 & up

Learn beginning skills in a comfortable class environment. Designed for non-swimmers to learn basic water adjustment skills - floats, glides and basic front crawl and back strokes. Appropriate for adults unable to swim 25 meters of the pool.

Fee: \$48 ID \$58 OD / session

Program: 105555

M/W: 7:15 - 8:15 pm Indoor pool

Sessions: 1/23 - 2/15 2/20 - 3/15
4/3 - 19 4/24 - 5/10

Advanced Beginning Adult Swim Instruction

Ages: 16 & up

Work on building confidence, stroke technique and achieving the ability to swim full laps. Focus is on fitness through skill training and short distance repeats and is individualized to meet your goals. Appropriate for adults who can swim 25 meters but not much more. Held in Olympic pool.

Fee: \$48 ID \$58 OD / session

Program: 105556

Tu/Th: 6:30 - 7:30 pm

Sessions: 1/24 - 2/16 2/21 - 3/16
4/4 - 20 4/25 - 5/11

Adult Swim Technique

Ages: 16 & up

Want to develop your technique and endurance? Learn to improve your stroke and efficiency while challenging yourself with progressively longer fitness swims. Appropriate for adults able to swim 100 meters continuously. Held in Olympic pool.

Fee: \$65 ID \$78 OD / session

Program: 105557

Tu/Th: 7:30 - 8:30 pm

Sessions: 2/7 - 3/2 3/7 - 23*
(Adj. Fee \$59 ID \$71 OD)
4/4 - 27 5/2 - 25

SwimFit

Bend's Adult Swim Program!

Ages: 18 & up

Improve your skills and enjoy training in structured practices with experienced coaches. SwimFit emphasizes fitness, fellowship and fun for various ages and abilities who can swim comfortably for 500 meters (20 lengths). Competing is not required, although many choose to. Held in Olympic pool.

Fee: Current Full Access Pass
or drop-in fee.

January 2 - June 15

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

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

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

M/Tu/W: 6:15 - 7:30 pm

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

ELITE MASTERS:

Tu/Th: 6:45 - 8:00 am

TRIATHLON SWIMFIT:

M: 8:45 - 9:45 am

Kayak Roll Session

All Ages

Bring your clean boat to the warm, indoor pool to practice and refine your roll skills. Please tape the end of your boat paddles.

Fee: \$12 ID \$14 OD per session

Program: 405100

January 8 - June 4

Su: 4:15 - 6:00 pm

Tu: 7:15 - 9:00 pm

RIGHT ON!
.....
**SWIM
LESSONS
FOR ALL!**
.....
PAGES 30 - 31

Recreation Swim Schedules

available on page 28 and at
juniperswimandfitness.com.

*Find all the times you can
come splash and play.*

it's a splash

Dive into fitness and swimming.

Get your kids started in fitness and swimming! These important life-long skills will help your child understand how good fitness can feel as well as be comfortable and safe around water and enjoy many outdoor activities available in Central Oregon!

Youth Swim Lessons

at Juniper Swim & Fitness Center

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 5 preschoolers and 6 for other levels.

Professional: All instructors are Red Cross certified and trained in our own best practices program.

Fun: We believe learning to swim should be a positive, fun experience!

For more information, call (541) 389-7665

REGISTRATION TIP:

Pre-requisites for each class are listed in the class description on our registration website at register.bendparksandrec.org.

Swim Lesson Assessment:

FREE

Unsure which class to register your child in? Take the guesswork out - come for a free swim assessment to ensure your child is in the right class. Come by the pool:

Tuesday, 10:45 am

Thursday, 6:30 pm

Saturday, 12:30 pm

Or call (541) 706-6183 to arrange an appointment.

Parent Tot Programs

Ages: 6 - 36 months

Developmentally appropriate classes provide a safe, encouraging and fun introduction to the wonderful world of water. Parents work directly with their child and the instructor doing skill-oriented games, songs and activities in the water. Parent Tot 1 and 2 available.

Sea Stars

Age: 2.5 - 3

Is your child too young for the Journey program but swimming safely in the pool on their own? Specially-designed for the two-and-a-half to three year old, this fun and encouraging class will teach your child the basic skills of floating, gliding and water safety. Pre-requisite: Participated in Parent Tot class

Journey Programs

Ages: 3 - 5

Progressive journey for preschoolers/ kindergartners 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.

Level Programs

Ages: 6 - 12

This progressive program designed for school-age children is 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.

Teen Level Programs

Ages: 12 - 15

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 3 for your progression.

Private & Semi-Private Lessons

Private and semi-private lessons are available for those needing extra attention and work at perfecting their swimming skills.

Fees: \$53 ID semi-private lesson or \$105 ID private lesson. (Semi-private lesson registration in-person only; private lesson registration in-person or online.) Call (541) 389-7665 to schedule.



ONE-DAY-A-WEEK SESSIONS		TWO-DAYS-A-WEEK SESSIONS	
	WEDNESDAYS		
\$40 ID \$48 OD	2/15 - 3/15	\$50 ID \$60 OD	1/30 - 2/23
\$56 ID \$67 OD	4/5 - 5/17	\$50 ID \$60 OD	2/27 - 3/23
Journey 1, 2, 3, 4/5	3:00 pm	\$63 ID \$75 OD	4/3 - 5/4
Level 1, 2, 3	3:00 pm	\$63 ID \$75 OD	5/8 - 6/8 (no class 5/29)
Level 4	3:00 pm		M/W MORNINGS
	FRIDAYS	Parent Tot 1	9:15 am
\$40 ID \$48 OD	2/17 - 3/17	Journey 1, 2, 3	9:15, 10:00 am
\$56 ID \$67 OD	4/7 - 5/19	Sea Stars	10:00 am
Parent Tot 1, 2	5:30 pm		T/TH MORNINGS
Journey 1, 2, 3	4:30 pm	Parent Tot 2	9:15 am
Level 1, 2, 3	5:30 pm	Journey 1, 2, 3	9:15, 10:00 am
Level 4	5:30 pm	Journey 4, 5	10:00 am
	SATURDAYS		M/W EVENINGS
\$40 ID \$48 OD	2/18 - 3/18	Parent Tot 1, 2	4:00 pm
\$56 ID \$67 OD	4/8 - 5/20	Journey 1, 2, 3	4:45, 5:30, 6:15 pm
Parent Tot 1,2	10:05, 11:45 am	Sea Stars	4:00 pm
Sea Stars	9:15, 10:55 am	Journey 4, 5	5:30 pm
Journey 1, 2, 3	9:15, 10:55, 11:45 am	Level 1, 2, 3	5:30, 6:15 pm
Journey 4, 5	10:05 am		T/TH EVENINGS
Level 1, 2, 3	9:15, 10:05, 10:55, 11:45 am	Journey 1, 2, 3	3:35, 4:20, 5:05, 5:50 pm
Teen Level 1, 2, 3	10:55 am	Journey 4, 5	5:05 pm
Level 4	10:05, 11:45 am	Level 1, 2, 3	4:20, 5:05, 5:50 pm
Level 5, 6	9:15, 11:45 am	Level 4	5:05 pm
Start times only listed. All classes 45-minutes		Start times only listed. All classes 40-minutes.	

Youth Swimming

at Juniper Swim & Fitness Center

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

NEW

All Ages with Adult

Esta clase está dirigida especialmente para las Familias Latinas, aunque todo público es bienvenido. Es una clase para padres e hijos. ¿Alguna vez ha visto nadar a su hijo y ha querido aprender? ¡Acompáñenos en esta clase de Natación para familias en español! ¡Todos los niveles son bienvenidos! Habilidades básicas a un ritmo seguro en clases de natación progresiva.

This class is designed for Latino families but everyone is welcome! In this combined youth and adult class, we will teach a progressive swim lesson for the whole family! Small children's pool lessons available for preschool -age children. School-age children and adult lesson in the main indoor pool.

Fee: \$40 ID \$48 OD / session

Program: 105260

T: 6:30 - 7:15 pm

Session: 1/3 - 31 2/7 - 3/7 4/4 - 5/2

SKILLS WORKSHOP PLUS RECREATION SWIM: River & Water Safety Skills & Fun

NEW

NO SCHOOL

Grades: 1 - 6

Summer river recreation is right around the corner. Prepare with this water know-how workshop for river, lake, ocean and pool fun. Friendly competition and challenges included for bragging rights and prizes as you learn the importance of having a fun, safe time on the water. We'll work on water safety skills such as swimming with clothes, using your clothes to float and how to react when you fall out of a boat. Great skills that last a lifetime!

Fee: \$12 / session
Includes recreation swim, 1:00 - 4:00 pm

Program: 105558

Daily: 12:45 - 1:30 pm

Sessions: 1/16, 2/3, 2/20, 3/27, 3/28, 3/29
3/30, 3/31, 4/13, 4/14

Novice Swim Team

Entering Grades: 1 - 5

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

Fee: \$115 ID \$138 OD / session

Program: 105540

M/W/F: 4:30 - 5:25 pm

- OR -

T/Th: 4:10 - 5:05 pm (Grades 3 - 5 only)

F: 4:30 - 5:25 pm

Session: 1/2 - 2/24 (Adj. Fee \$135 ID \$162 OD / session)
4/3 - 5/19

Middle School Novice Swim Team

Grades: 6 - 8

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

Fee: \$115 ID \$138 OD / session

Program: 105441

M/W/F: 3:30 - 4:25 pm

Session: 1/2 - 2/24 (Adj. Fee \$135 ID \$162 OD / session)
4/3 - 5/19

Novice Swim Team Stroke Clinic

Grades: 3 - 8

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

Fee: \$63 ID \$75 OD / session

Program: 105543

M/W/F: 4:30 - 5:25 pm

Session: 2/27 - 3/24



Springboard Diving

Ages: 9 - 12

Learn the basics of how to dive from the 1-meter board. An instructor will lead you through the specifics of how to do an approach and hurdle as well as many other skills to help you become a confident and successful diver.

Fee: \$63 ID \$75 OD / session

Program: 105570

M/W: 6:30 - 7:15 pm

Session: 1/30 - 2/22 (Adj. Fee \$50 ID \$60 OD)
2/27 - 3/22 (Adj. Fee \$50 ID \$60 OD)
4/3 - 5/3

Novice Water Polo Workshop

Grades: 4 - 8

Have fun learning basic water polo skills and playing games in this session. Participants must be able to swim 300 meters (12 lengths) continuously.

Fee: \$42 ID \$50 OD / session

Program: 105412

M/W/F: 4:30 - 5:25 pm

Session: 5/22 - 6/9

Busy Buddies Preschool With swim lessons & yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee - 2 days/week: \$158 ID \$189 OD
(payment is due by the 5th of each month.)

Registration fee: \$20 non-refundable
registration fee is due at the time of enrollment.

Program: 205601

M/W: 1:15 - 4:00 pm

- or -

Tu/Th: 1:15 - 4:00 pm

Dates: January 3 - June 15



Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids:

Ages: 4 - 12

Kids! Bring Mom and Dad to Juniper exercise classes for the whole family! Fit Kids classes teach kids to live a healthy lifestyle by showing them fitness is fun! Learn to respect yourself and others, share a healthy snack and feel great from the inside out.

Fee: Full Access Pass or drop-in fee. See pages 18 - 19.

Free Family Night (All Ages)

Elevate your family get-together to a whole new level of fun! Join in to combine fitness and fun as a family. Dancing, Fitness games, Yoga, and more!

Yoga Play (Ages: 9 - 12)

Active yoga poses and fitness games promote a creative mind, healthy body and playful heart. The goal is to help kids live a healthy lifestyle by showing them fitness is fun!

Dance & Play (Ages: 4 - 11)

Kids will be introduced to different dance styles and rhythms, along with fun music and games.

Tween Dance & Yoga (Ages: 9 - 12)

Join us and bring your friends for yoga and dance as we let go and let it flow! Class begins with flowing yoga moves that will lead us into our dance movements and then we circle back to end with slow gentle yoga and savasana!

Schedule at: juniperswimandfitness.com

Teen Fitness

Ages: 11 - 17

Teens are welcome! Come to JSFC to get and stay in shape with group exercise classes or Improve strength and conditioning in the fitness center.

Teen Fitness Center Orientations/ Trainings & Use:

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

Fitness Center Orientations are designed to give you the basic skills to use the cardio and strength equipment safely and effectively. Fitness center trainings are offered weekly and are free.

Teen Group Fitness Class Access:

16 - 17 year olds are welcome in all of our regular group exercise classes. 11 - 15 year olds may attend most classes under direct parent/guardian supervision or with instruction approval.

Schedule at: juniperswimandfitness.com

**“Hey! What are you doin’
this weekend?”**

Check out all the great options for
Friday and Saturday nights
at JSFC on page 28.



Youth Scuba

at Juniper Swim & Fitness Center

PADI Discover Scuba Diving

Ages: 10 to Adult

Got a sense of adventure? Come learn what it's like to breathe underwater with Fins Scuba & Water Sports of Bend. This introductory class will let you try scuba to see if you like it before you decide to commit to a PADI Open Water Certification program. Learn what wearing scuba equipment feels like and how easy it is to move around underwater while wearing it. Find out what it's like to breathe underwater as you learn basic skills and safety rules to carry over to your scuba certification course should you take the next step. Parents may sign up with children if they wish to make it a family adventure, though not required. All equipment and workbook provided. Some independent workbook study required prior to start of class. Please register at least seven days prior to class session.

Fee: \$99 ID \$119 OD /
session

Program: 107920

Sa: 1:30 - 4:00 pm

Sessions: 1/21, 3/4, 4/1

LET'S DANCE!
.....
**WEEKLY
DANCES**
.....
PAGE 36

come together

Just for you.

Inspiring learning,
health and wellness
for active
older adults.

The Bend Senior
Center is owned and
operated by Bend
Park & Recreation
District.

**Follow us
on Facebook.**



Bend Park & Recreation District,
Bend Senior Center, The Pavilion,
Bend Whitewater Park and
Juniper Swim & Fitness Center

Bend Senior Center

Winter - Spring: January 2 - May 31

Regular Hours:

Monday - Thursday	7:30 am - 7:00 pm
Friday	7:30 am - 4:00 pm
Saturday	9:00 am - 3:00 pm
Sunday	Closed

Located at Larkspur Park:
1600 SE Reed Market Road

p. (541) 388-1133

Schedules & Information

Visit www.bendparksandrec.org for current group
fitness schedules and facility rules and regulations.

Fees

Pass information on pages 18 - 19.

Special Hours & Closures

Jan. 16	MLK Jr. Day - Open Regular Hours
Feb. 20	Presidents' Day - Open Regular Hours
May 29	Memorial Day - Closed

How to Get There

The Bend Senior Center is located in southeast Bend within Larkspur Park. From 3rd Street, go east on Reed Market Rd. After crossing 15th St, turn left into the Bend Senior Center/Larkspur Park entrance.

PUBLIC & ALTERNATIVE TRANSPORTATION: Bike racks are available at the facility and you can get to the center via the Larkspur Trail as well as other area trails and bike routes. For public transportation, use Cascade East Transit routes #5 or 6.



Community Information & Support

AARP Tax Aide Program **FREE**

February 6 - April 18

Free tax assistance for all ages. Appointment scheduling desk opens January 30. To make a tax appointment, call (541) 706-6234. Sorry, no early scheduling and no walk-ins.



AARP Driver's Safety

4th Monday of each month:
9:00 am - 4:00 pm

Call (541) 388-1133 to reserve your space.

Social Security Basics **FREE**

3rd Wednesday of each month:
4:30-5:30 pm,
February-September

Eligible for Social Security soon? Come learn about the many options available to make the choices that are right for you!

Medicare 101 **FREE**

3rd Wednesday of each month:
5:30-6:30 pm,
February-September

If you are new to Medicare or will be enrolling in the near future, this program will provide the basic knowledge needed to understand Medicare.

The ABC & D's of Medicare **FREE**

1st Thursday of each month:
4:30 - 5:30 pm

Join us for an informational Q & A session about Medicare.
Note: No meeting in January.

Alzheimer's & Dementia Caregiver Support Group **FREE**

3rd Thursday of each month:
5:00 - 6:00 pm

Are you caring for a family member or friend with Alzheimer's Disease or a related dementia? Come join this compassionate group for helpful support and information. Call (541) 948-7214 for more info.

Blood Pressure Clinic **FREE**

1st & 3rd Wednesdays:
9:30 - 10:30 am • Drop-in

Foot Clinic

Every Wednesday:
9:00 am - 3:00 pm

Call (541) 788-4785 for appointments and fees.

Silver & Fit® and Silver Sneakers®

The Bend Senior Center is proud to be both a Silver Sneakers and Silver & Fit Facility. These programs provide eligible members with no-cost or low-cost fitness memberships through arrangements with certain health care plans. Silver & Fit® and Silver Sneakers® are designed to help seniors achieve better health through regular exercise and health education. Contact your Medicare Advantage Health Plan to see if you qualify. Visit SilverandFit.com or SilverSneakers.com for more information.



The Larkspur Center Update

YOUR FUTURE PLAY & WELLNESS CENTER

Larkspur Center is the name of the expansion project at the Bend Senior Center. The facility will be a vibrant place for our community to come together for play, wellness and enrichment. The Larkspur Center will still maintain a strong focus on older adults while thoughtful planning will develop programming that meets a diversity of needs and schedules of a broader range of users. Designed to be a gathering place for all, this new facility will include approximately 40,000 square feet of additional space and offer opportunities to enhance lifelong fitness, learning and enrichment. When completed in 2019, the Larkspur Center will be nearly four times the size of the Bend Senior Center.

Larkspur Center Planning Open House Wednesday, January 4 at 6:00 pm at Bend Senior Center

You are invited to learn more about the project, which is currently in design. BPRD Planning Department staff will be on-hand to provide information and answer questions.

To learn more, visit bendparksandrec.org and click on the "Current Projects" tab.

Let's be social.

Join us for a great variety of social activities. Unless indicated with a fee, you can attend for a single visit fee or use your Bend Senior Center Full Access or Basic Pass.

Tuesday FREE Afternoon at the Movies

Drama, comedy, adventure! Join us each Tuesday at 12:45 pm to watch a movie with friends. We'll show both contemporary and classic films.

Thursday FREE Afternoon Dance

Put on your dancing shoes and join us every Thursday, 1:00 - 2:30 pm.

Sunday Afternoon Dance

On the first Sunday of the month, dance to The Notables Swing Band, 2:00 - 4:00 pm for \$5 per person.

Pool/Billiards

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

Cards & Games

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

Crafters Co-op NEW

Every fourth Thursday, 12:30 - 5:30 pm. This activity is designed for crafters, especially paper crafters. Bring your project, meet new people and share your crafting.

Come have lunch with us.

Souper Tuesday Lunch

Join us for a tasty lunch every Tuesday from 11:45 am to 12:15 pm. \$3.50 per person. Stay for the free movie at 12:45 pm!



Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

Coloring for Adults NEW

Share your love of coloring in this informal social gathering. Coloring sheets and colored pencils are provided. You can bring your favorite coloring tools, too. Thursdays, 2:30-4:00 pm.

BSC Book FREE Discussion Group

September through May, the BSC book group meets on the first Monday of the month from 1:00 - 2:30 pm and a second book group meets the second Wednesday from 10:00 - 11:30 am. Presented in partnership with the Deschutes Public Library. Open to all.

Thursday Social Lunch

Every Thursday from 12:00 to 12:30 pm, the Central Oregon Council on Aging presents a rotating menu lunch (check the menu at the front desk) for \$3.50 or a donation for those 60-plus.

WEEKLY SOCIAL ACTIVITY SCHEDULE

MONDAY: <i>(subject to change)</i>	
12:00 - 4:00 pm	Pool/Billiards
12:00 - 3:30 pm	Social Bridge
12:30 - 3:00 pm	Co-ed Mexican Train
12:30 - 4:00 pm	Duplicate Bridge
1:00 - 2:30 pm	BSC Book Group (1st week)

TUESDAY:	
10:30 am - 2:30 pm	High Desert Rug Hookers
11:45 am - 12:15 pm	Souper Tuesday Lunch
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:45 - 2:45 pm	Afternoon at the Movies
1:00 - 3:00 pm	Knitters Social

WEDNESDAY:	
10:30 - 11:30 am	BSC Book Group (2nd week)
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Duplicate Bridge

THURSDAY:	
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:00 - 12:30 pm	Thursday Social Lunch
12:30 - 5:30 pm	Crafters Co-op (4th week)
1:00 - 2:30 pm	Afternoon Dance
2:30 - 4:00 pm	Adult Coloring

FRIDAY:	
12:00 - 3:30 pm	Social Bridge
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Duplicate Bridge
12:30 - 4:00 pm	Pinochle

SATURDAY:	
9:30 am - 3:00 pm	Pool/Billiards
11:30 am - 3:00 pm	Social Bridge

SUNDAY:	
2:00 - 4:00 pm	Sunday Dance Hour (1st week) The Notables Swing Band

Brown Bag Lunch & Learn Series

FREE



Wednesdays • 12:00 - 1:00 pm

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.

- 2/1 How to Boost Your Immune System**
Dr. Andrew Torchio, Panega Chiropractic

- 2/8 Creating Winter Habitat and Bird Feeding**
Kevin Lair, Wild Birds Unlimited

- 2/15 National Parks in the 21st Century: The Challenge
of Public Stewardship (Special 1.5 hour session)**
Panel of Retired National Parks Services Personnel

- 2/22 The Cultural Heritage of Central Oregon**
Paul M. Patton, OPRD Resource Specialist

- 3/1 The Scandanavian Influence in Central Oregon**
Tor Hansen, Local Historian

- 3/8 Fraud Scams and ID Theft**
Ellen Klem, Department of Justice

- 4/5 A Journey Through Our Water System Series: City of Bend**
City of Bend

- 4/12 Wastewater & Sewer Management**
City of Bend

- 4/19 Stormwater**
City of Bend

- 4/26 The Story of Two Immigrant Families
& How They Came Together**
Nancy Greenwald Alvarez, Local Author

- 5/3 Secrets of Self-Healing from
the World of Chinese Medicine**
Mark Montgomery, Bend Healing Arts

- 5/10 Ospreys of Central Oregon**
Patti Van Vlack, Nature Enthusiast



EVENTS
Mark your calendar!

Sunday Afternoon Dance

1st Sunday of each Month

2:00 - 4:00 pm • \$5 per person

Featuring the Notables Swing
Band.

St. Patrick's Day Dinner Dance

Friday, March 17

6:00 - 7:00 pm Dinner

7:00 - 9:00 pm Dancing to The
Notables

\$12 per person (advance sale only)

Join us for a spring celebration
with a dance to live music and an
elegant buffet dinner prepared
by the Executive Chef from
Whispering Winds Retirement.

Stroke Awareness Day

FREE

Tuesday, May 2

Lunch: 11:45 am

Speaker: 12:00 pm

Resource Fair: 12:45 - 2:00 pm

Local caregivers, organizations
and businesses will provide
resources to those at risk and their
families. Stroke coordinators and a
physician from St. Charles Medical
Center Bend will be providing
education, blood pressure
screening, blood sugar checks and
stroke risk assessments.

National **Senior Health & Fitness Day**

FREE

Wednesday, May 31

Join over 100,000 older adults
throughout the U.S. today as we
celebrate the 23rd annual National
Senior Health & Fitness Day. The
common goal for this day: to help
keep older Americans healthy and
fit. Join us for special activities
and treats!

VOLUNTEER AT EVENTS

Meet new people,
lend a hand!

Contact Kim at (541) 706-6127.

Premier World Discovery Armchair Travel Informational Meeting

March 7 and April 25,
11:45 am - 12:45 pm

Come learn about the
great 2017 travel options.
A representative will cover
the program particulars and
answer your questions.

Fit. Flexible. For life.

Weekly Fitness Classes

January 2 - May 31 (no classes 5/29)

Fee: Full Access Pass or single visit fee (see pages 18 - 19)

Updates at bendparksandrec.org.

Many of the fitness classes offered at the Bend Senior Center are Fit For You! Specially designed for those wanting a low impact and light intensity workout as well as those ages 50+, these exercise classes offer something for every fitness level - from just starting out to a regular fitness enthusiast! Increase your mobility, strength, cardio endurance, flexibility and core stability. Not only will you improve and maintain your fitness, you'll make friends and have fun!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	
	8:00-10:00 am Fitness Center Orientation	8:00-9:00 am Cardio Ball	8:15-9:15 am Indoor Cardio Walking	8:45-9:45 am Cardio Circuit	8:00-10:00 am Fitness Center Orientation	
	8:45-9:45 am Cardio Dance Fusion	9:05-10:05 am Cardio Ball	8:30-9:30 am Nia	9:00-10:00 am Strength & Condition	8:30-9:30 am 24 Movement Tai Chi	
	8:45-9:45 am Fitness Variety	9:00-10:00 am Strength & Condition	8:45-9:45 am Functional Fusion	9:00-10:00 am Zumba Gold	8:45-9:45 am Restorative Yoga Flow	9:00-10:00 am Strength & Condition
	8:45-9:45 am Cardio Circuit				8:45-9:45 am Fitness Variety	
	10:15-11:15 am Functional Fitness	9:30-10:30 am 24 Movement Tai Chi	10:00-11:00 am Beginning Line Dance	10:15-11:15 am Moving to Music	10:00-11:00 am Indoor Cardio Walking	9:15-10:15 am Zumba Gold
	10:15-11:15 am Moving to Music	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Zumba Gold	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Beginning Barre	10:30-11:30 am Yoga Pilates
	10:00-11:00 am Zumba Gold	10:15-11:00 am Walk with Ease - Seated Exercise	11:30 am-12:30 pm Strength, Tone & Mightier Bone	10:15-11:15 am Functional Fitness	10:00-11:00 am Beginning Line Dance	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Seated Yoga	12:45-1:45 pm Personalized Circuit Training	11:30 am-12:30 pm Seated Yoga	11:30 am-12:30 pm Strength, Tone & Mightier Bone	
AFTERNOON	12:45-1:45 pm Personalized Circuit Training		12:45-1:45 pm Fitness Center Circuit Workout		12:45 -1:45 pm Stretch & Relax	
	2:00-3:00 pm 8 Movement Tai Chi	3:30-4:30 pm Qigong	2:00-3:00 pm 24 Movement Tai Chi			
EVENING	4:00-5:00 pm Mat Pilates		3:30-4:30 pm Barre Yoga Strength & Stretch	4:30-5:30 pm Hatha Yoga		
	4:30-5:30 pm Yoga Flow	4:30-5:30 pm Yoga Flow	4:30-5:30 pm Zumba			
	5:30-6:30 pm Barre Body	5:30-6:30 pm Bliss Dance		5:30-6:30 pm Barre Body		

Class descriptions on
pages 58 - 64
in Adult Fitness.

Look for the icon.

BSC Fitness Center

Use the Fitness Center at your convenience during the facility's open hours. There's a variety of equipment including:

Treadmills
Ellipticals
SciFit - Total Body Exerciser
Indoor Cycles
Hand weights
Multi-station Strength System

Fee: \$1.50 Drop-in, Full Access Pass or Basic Pass

New users to the Fitness Center must attend "Fitness Center Orientation" prior to using the Fitness Center to learn how to safely and effectively use the equipment. No fee.

Fitness Center Orientation:
M/F 8:00 - 10:00 am

Personal Training

Individual Training Rates:

Introductory Session: \$75
Ongoing Single Session: \$60
3 Session Package: \$171 (\$57 each)
6 Session Package: \$324 (\$54 each)

Partner Training Rates (per person):

Introductory Session: \$56
Ongoing Single Session: \$45
3 Session Package: \$128 (\$43 each)
6 Session Package: \$243 (\$41 each)

BSC Personal Trainer Team

- Is specifically certified for ages 50+ by the American College of Sports Medicine or American Council of Exercise.
- Receives advanced training in special areas of fitness.
- Coordinates with your medical needs to help you successfully condition with chronic issues and/or rehabilitate from injury and surgery.

Visit bendseniorcenter.org for trainer bios.



the legacy of art

Last summer, the Art Station and the classes held there faced an unknown future. The non-profit organization which ran the facility and offered art programs for several decades had dissolved.

The Bend Park and Recreation District saw the need to continue the legacy of providing quality art education, instructors and play in Bend and committed to restarting the programs. After a short hiatus, the Art Station re-opened its doors last fall and once again offers classes for youth, adults and families.



The Art Station

The Art Station programs and classes are operated by Bend Park & Recreation District in a historic train station in the Old Mill District.

313 SW Shevlin Hixon Drive
Bend, OR 97702

p. (541) 389-7275

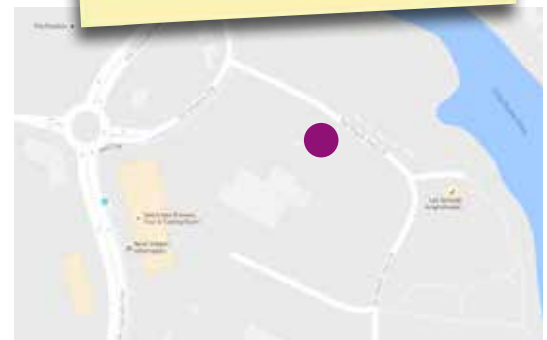
Schedules

The Art Station is open during scheduled open studio and program times. Visit bendparksandrec.org for the current schedule.



More Activities at the Art Station

Adult Activities p. 41 - 45
Young Children p. 73 - 75
Youth Activities p. 78 - 82



How to Get There

The Art Station is located in southwest Bend in the Old Mill District across from the Les Schwab Amphitheater. Both on-site and street parking are available.

PUBLIC & ALTERNATIVE TRANSPORTATION: Bike or walk to the Art Station. Bike racks are located at the entrance. To get here by public transportation, the Art Station can be accessed via Cascade East Transit route #10. A bus stop is located a few blocks away by The Pavilion on Simpson Ave.



Art Station Art Parties

All Ages

The Art Station is a great place to hold private parties! Paint a masterpiece, create clay projects, make your own soap - the possibilities are endless! We have a wide range of options for guests of all ages - from toddlers to adults.

There is no set-up or clean-up - all you and your guests have to do is show up, relax and have fun. Your party will include a private party room, all the materials for your activity, aprons to wear and a dedicated art instructor. You provide the treats, decorations and party supplies such as plates, utensils and cups.

Fees:

- Art Party: \$200 for 2 hours
- Clay Party: \$250 for 2 hours

Includes:

- 1 hour for art/clay project instruction
- 1 hour for celebration

To Book a Party:

Call (541) 389-7275 to see if your desired date and time is available. You can preview available times on our online party calendar at:
www.bendparksandrec.org/recreation_programs/art-station/art-parties/



Art Station Features

Situated in the Old Mill District across from the Les Schwab Amphitheater, the Art Station features a variety of art class mediums including:

Painting	Drawing	Printing	Sculpture	Jewelry
Glass arts	Ceramics	Pottery	Textiles	Mixed media

In addition to classes, the Art Station has open studio times and opportunities for parties or groups.

CLAY STUDIO:

Our Clay Studio with large work tables, six pottery wheels and a gas and electric kiln, provides opportunities for you to learn basic techniques, including hand building and wheel thrown pottery, as a beginner or an experienced potter in a welcoming atmosphere.

MULTI-MEDIA STUDIO:

Our large, multi-media studio with great natural lighting offers endless creative possibilities to promote critical thinking and problem solving skills, as well as pro-social behaviors in youth. Adults can explore their creative side with self-expression that is meditative, calming and has proven wellness benefits. Come improve your skills or develop new ones! The possibilities and classes are endless.

ADULT CLASSES
on pages 41 - 45

YOUNG CHILDREN CLASSES
on pages 73 - 75

YOUTH CLASSES
on pages 78 - 82



Open Studio & Kiln Firing

Open Studio - Independent Work Time:
Thursday Afternoons **Program: 111123**

Artists, new and experienced alike, are welcome to come practice their art and develop skills during open studio times. Check the online calendar for updates. Registration encouraged; drop-ins welcome if space is available.

Kiln Firing of Artist's Pottery

Want to fire your own pottery in our kiln? Contact Laura at (541) 706-6129 for pricing and availability.



make play happen

Learn + play.

This section of classes is designed for those of us of a certain age. As adults, it's important to implement both discovery and play in our lives. Lifelong learning helps keep our brains fresh and play helps us feel young. And who doesn't want that?

Art: Multimedia

Casual Collage

Ages: 16 & up

Art Station

All skill levels are welcome to cut, color, paste and draw a mixed medium collage. Magazines, clippings, old newspapers and colorful paper will be provided; participants are encouraged to bring their own paper materials to make it more personal. Instructor: Carolyn Parker

Fee: \$35 ID \$42 OD / session

Program: 111116

Sa: 9:30 am - 12:30 pm

Session: 1/14

Wild Mushroom

Ages: 16 & up

Art Station

Come join the FUNgus! Use various mediums including watercolor, charcoal or ink to draw mushrooms of the Pacific Northwest. Instructor: Carolyn Parker

Fee: \$35 ID \$42 OD / session

Program: 111117

Sa: 1:30 - 4:30 pm

Sessions: 1/14 3/11



Fused Glass Fundamentals

Ages: 16 & up

Art Station

Learn the art and science of glass fusing while creating an "8x8" fused glass plate. Your finished project will serve both decorative and functional purpose. Additional charge of \$48 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$29 ID \$35 OD / session

Program: 111110

Tu: 5:30 - 8:30 pm

Sessions: 1/17 2/21
5/9

WHAT ABOUT TEENS?

We will allow mature 16+ year olds to participate in our adult classes.

For teens 13 to 15 years old, please call (541) 389-7275 and we will accommodate if it fits with the specific program.



Chinese Brush Painting: Water Garden

NEW

All Adults

Bend Senior Center

Learn the basics of traditional Chinese brush painting in this introductory class. Learn how the simple strokes of a paint brush can capture a single object or an entire scene. \$15 supply fee due to instructor at class. Instructor: Michelle Oberg.

Fee: \$24 ID \$29 OD / session
Program: 102364

Th: 1:00 - 3:30 pm
Session: 1/19

Taste of the East

Ages: 14 & up

Art Station

Draw on inspiration and images from Eastern cultures to create projects including Mehendi design, fish printing, abstract pattern painting, clay tiles and foil embossing. Instructor: Sue Wilhelm

Fee: \$129 ID \$155 OD / session
Program: 111111

Th: 6:00 - 8:30 pm
Session: 1/19 - 2/23

Drawing Deeper

Ages: 16 & up

Art Station

Explore drawing as a path to discover and connect with the world around you. Combine deep observation with instruction in pencil, pen and watercolor sketching to begin or enhance a practice of drawing as "meditation in action." Instructor: Vicki Shuck

Fee: \$49 ID \$59 OD / session
Program: 111112

Tu/Th: 5:45 - 8:45 pm

Sessions: 5/23 - 25 6/6 - 8

Sa: 9:00 am - 3:00 pm

Sessions: 1/21 4/15

Beginner Printmaking

Ages: 16 & up

Art Station

Learn the basics of printmaking, including how to transfer an image to a piece of linoleum, inking techniques and how to use a printing press. Instructor: Carolyn Parker

Fee: \$45 ID \$54 OD / session
Program: 111122

Sa: 1:30 - 4:30 pm

Sessions: 1/28 3/4

DIY: Fused Glass Workshop

All Adults

Bend Senior Center

Explore the basics of fused glass in this fun, introductory workshop. Learn the science of glass fusion, types of glass, fusing add-ons, cutting and shaping glass, using glass tools and safely working with materials. You'll complete two projects in class: a window hanging and a piece of jewelry. The projects will be kiln-fired and available for pickup a week after class. Instructor: Diane Burns.

Fee: \$59 ID \$71 OD / session
Program: 102468

M: 4:00 - 6:30 pm

Session: 1/30

Acrylic Workshop Series:

NEW

All Adults

Bend Senior Center

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

Fee: \$15 ID \$18 OD / session

COLD & FROSTY POND

Program: 102114

Th: 1:00 - 3:30 pm

Session: 2/2

WINTER LIT NIGHT

Program: 102115

Th: 1:00 - 3:30 pm

Session: 3/9

SPRING POND

Program: 102113

Th: 1:00 - 3:30 pm

Session: 3/30

TULIPS

Program: 102116

Th: 1:00 - 3:30 pm

Session: 4/6



Get Your Feet Wet With Watercolor

All Adults

Bend Senior Center

Begin your journey learning to paint in watercolor. With just two brushes and three colors, we will 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 first class. Instructor: Jennifer Ware-Kempke.

Fee: \$20 ID \$24 OD / session

Program: 102009

Th: 1:00 - 3:30 pm

Session: 2/16

Beaded Jewelry

Ages: 15 & up

Art Station

In this beginner's class, discover styles and design of jewelry including wire wrap techniques, bead stringing and finishing techniques. Create a finished product and learn how to repair jewelry at home.

Fee: \$89 ID \$107 OD / session

Program: 111115

F: 1:00 - 3:00 pm

Session: 2/24 - 3/17

Developing the Artist's Eye

Ages: 14 & up

Art Station

Learn to draw what you see - objects, people, scenes. Practice combining shapes, refining contours and adding dimension with color and value. All ideas and skill levels welcome. Instructor: Sue Wilhelm

Fee: \$89 ID \$107 OD / session

Program: 111114

Th: 5:30 - 7:30 pm

Session: 3/2 - 30



DIY: **Mosaic Garden Mushrooms**

NEW

All Adults

Bend Senior Center

Learn the art of mosaic and create a one-of-a-kind piece of garden art. The first class will focus on design, cutting/nipping glass, and start applying pieces to your base. In the second class, you complete your piece and learn to finish it with grout. Closed-toed shoes and glasses required (regular, reading, or safety glasses). Instructor: Jessica Carleton

Fee: \$79 ID \$95 OD / session

Program: 102877

Th: 5:00 - 8:00 pm

Session: 3/2 - 9

DIY: Stained Glass Suncatcher

All Adults

Bend Senior Center

Join us for a fun workshop as we walk through the basics of creating beautiful glass art. You will have the opportunity to build from scratch a beautiful copper-foiled stained glass suncatcher. Learn glass cutting, foiling, assembly finishing and more. Instructor: Diane Burns.

Fee: \$59 ID \$71 OD / session

Program: 102469

M: 4:00 - 7:00 pm

Session: 3/13

Hand Sewn Leather Bag

All Adults

Art Station

Create a leather bag with synthetic sinew or waxed cord without metal rivets or snaps. Participants are encouraged to bring personalization objects to create a one-of-a-kind piece. Additional charge of \$50-\$100 paid to instructor for raw materials. Instructor: Rachel Evans

Fee: \$79 ID \$95 OD / session

Program: 111121

Sa: 10:00 am - 2:00 pm

Sessions: 3/18 - 25 6/3 - 10



Beginning Oil Painting

Ages: 16 & up

Art Station

Learn the fundamentals of oil painting through demonstration, discussion and practice with an overview of materials, color mixing and composition. Students supply canvases/painting panels and, if desired, #4 and #8 brushes. Instructor: Vicki Shuck

Fee: \$129 ID \$155 OD / session

Program: 111113

Tu: 1:00 - 4:00 pm

Session: 1/24 - 2/14

Tu: 5:45 - 8:45 pm

Session: 4/4 - 25

Silk Scarf Painting with Tissue Paper

All Adults

Bend Senior Center

Hand-painted silk scarves are beautiful, fashionable and unique and you will create your very own. Using a special tissue paper technique, this class teaches a different twist on painting a silk scarf for beautiful results. No painting experience necessary. \$15 supply fee due to instructor at class. Instructor: Michelle Oberg.

Fee: \$24 ID \$29 OD / session

Program: 102065

Th: 1:00 - 3:30 pm

Session: 4/20

Button Tree Painting

Ages: 14 & up

Art Station

Create a colorful mixed media wall hanging of a tree using acrylic paint, Masonite board and buttons. Instructor: Gillian Rathbun

Fee: \$39 ID \$47 OD / session

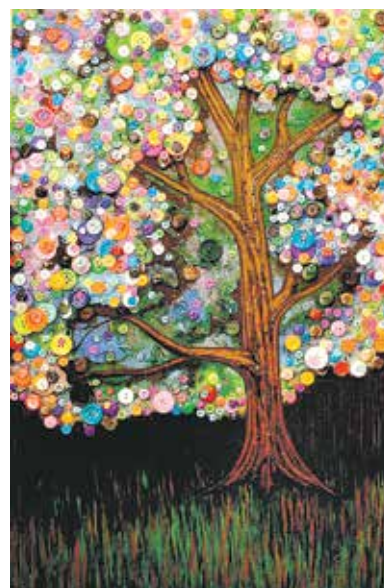
Program: 111118

W: 5:45 - 8:45 pm

Session: 4/5

Sa: 1:00 - 4:00 pm

Session: 4/29



Family Glass

Ages: 5 & up with adult

Art Station

WINTER SNOW SCENES

Work side-by-side to create 4x10 inch snow scenes that will be "tacked, fused and slumped" to allow pieces to stand on a window sill, bookshelf or table. \$30 paid to instructor for raw materials and firing cost. Fee is for adult and child. Instructor: Julia Christoferson

Fee: \$29 ID \$35 OD / session

Program: 111501

Sa: 10:00 am - 12:30 pm

Session: 1/7

VALENTINE HEARTS IN GLASS

Create small round Valentine dishes with copper foil hearts fused between two layers of glass. \$25 paid to instructor for raw materials and firing cost. Fee is for adult and child.

Fee: \$29 ID \$35 OD / session

Program: 111501

Sa: 10:00 am - 12:30 pm

Session: 2/4

HANDPRINTS IN GLASS

Create Mother's Day keepsakes with a child's handprint fused in glass. Adult and child will work together using fiber paper and a kiln casting technique to create a 5x5 piece. \$20 paid to instructor for raw materials and firing cost. Fee is for adult and child.

Fee: \$29 ID \$35 OD / session

Program: 111501

Sa: 10:00 am - 12:30 pm

Session: 5/6

SPECIAL GUEST ARTIST:
CINDY BRIGGS
 WORLD RENOWNED
 PLEIN AIR ARTIST

WATERCOLOR WORKSHOP

Ages: 16 & up

Art Station

Program: 111120

Creative Watercolor Journaling

Learn to spontaneously paint your journey with quick sketch watercolor drawing and painting. Participants to bring a selection of chosen images to paint from or use instructor-provided images. Mini creative writing sessions will also be incorporated into the day. (Supply list to be provided.) Instructor: Cindy Briggs

Fee: \$75 ID \$90 OD / session

Tu: 9:30 am - 3:30 pm

Session: 5/9

Painterly Watercolor Portraits

Design and develop a painterly portrait in watercolor utilizing color balance and temperature while painting with a variety of layered brushstrokes. Instructor will demonstrate how to fine tune and finesse painting while providing individual assistance. (Supply list to be provided.) Instructor: Cindy Briggs

Fee: \$150 ID \$180 OD / session

F/Sa: 9:30 am - 3:30 pm

Session: 5/12 - 13



ABOUT CINDY BRIGGS:

A master of translucent watercolors, Cindy Briggs is known for her sundrenched cityscapes, luminous passageways and portraits with personality. An enthusiastic watercolor instructor, she has taken her students to France, Italy, Spain, Greece, Sicily, Turkey, Croatia, Canada, and

from coast to coast to paint. She also teaches and demonstrates by invitation at regional art centers, associations and stores. Inspired by travel, she loves exploring new locations - painting her journey along the way. Students appreciate her personalized attention, encouragement to expand their individual style, and her positive teaching approach. Cindy Briggs earned a Bachelor of Arts from Brigham Young University and worked for over fifteen years as an art director for nationally recognized advertising agencies in San Francisco, Seattle and Los Angeles.



Fused Glass Series in the Artist's Studio

Ages: 16 & up

Artist's Studio

PART SHEETS AS DESIGN ELEMENTS:

Create a "10x10" plate, four coasters or little dishes from "part sheets" design elements. The class takes place at the artist's studio located in SW Bend off Century Drive. An additional charge of \$70 will be paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$39 ID \$47 OD / session

Program: 111119

M/Th: 5:30 - 8:30 pm

Session: 3/13 - 16

LAYERS IN FUSED GLASS: WORKING THICK

Learn the basics of fused glass cold working to create an 8x10 inch landscape or abstract piece of layered, decorative fused glass art. This class takes place at the artist's home studio and an additional charge of \$150 will be paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$39 ID \$47 OD / session

Program: 111119

Sa: 9:00 am - 4:00 pm

Session: 4/22 - 29

Art: Clay

Day Clay

Ages: 16 & up

Art Station

All experience levels are welcome for a six-week class to learn clay techniques. Practice hand-building, wheel throwing and design skills in this project-oriented class. Tools and the first ten pounds of clay provided; additional clay available for purchase at studio. Instructor: Helen Bommarito

Fee: \$189 ID \$227 OD / session

Program: 111100

F: 12:00 - 3:00 pm

Sessions: 1/6 - 2/17 (no class 2/3)
4/21 - 5/26

All Skills Pottery

Ages: 16 & up

Art Station

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

Fee: \$169 ID \$203 OD / session

Program: 111101

W: 6:00 - 9:00 pm

Sessions: 1/11 - 2/8 2/15 - 3/15
4/12 - 5/10

Ceramic Goblets & Carafe Set

Ages: 16 & up

Art Station

Learn to make a matching set of goblets and carafes or bottle shapes on the wheel or by hand. In later classes, decorate, carve and glaze pieces. Tools and the first ten pounds of clay provided; additional clay available for purchase at studio. Instructor: Rachel Evans

Fee: \$159 ID \$191 OD / session

Program: 111103

W/Sa: 10:00 am - 1:00 pm

Session: 2/8 - 3/1

Family Clay: Make Music with Mud

Ages: 5 & up with adult

Art Station

In this class, parent and child will work side-by-side to make flutes from clay. Discover how shape, thickness and hole placement influence the sound. Pieces will be clear glazed and fired for pick up. This class is fun and playful to allow child and parent to create together. Each registration is for adult and child. Instructor: Rachel Evans

Fee: \$55 ID \$66 OD / session

Program: 111502

Sa: 10:00 am - 1:00 pm

Sessions: 1/28 4/8

Clay Fusion Sculpture

Ages: 14 & up

Art Station

Combine clay wheel and hand-building skills to create practice pieces and a final sculpture inspired by a pivotal life event or person. All skill levels welcome for this class of personal expression and sculpture creation. Tools and the first ten pounds of clay provided; additional clay available for purchase at studio. Instructor: Sue Wilhelm

Fee: \$135 ID \$162 OD / session

Program: 111104

M: 6:00 - 9:00 pm

Session: 2/27 - 3/27

Th: 6:00 - 9:00 pm

Session: 4/20 - 5/25

Volunteer coaches needed for youth sports.

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



Culinary Arts

Smart Carb Choices for a Healthier You NEW

All Adults

Bend Senior Center

So, what about carbs? What's good and what's not if you're wanting to lose weight and/or just be healthier? Learn about enjoying the right carbohydrates as part of a healthy diet. We'll cover the glycemic index and how to read nutrition labels to make good choices. Recipes and information handouts included. Instructor: Suzanne Landry

Fee: \$49 ID \$59 OD / session

Program: 102549

Th: 5:00 - 7:30 pm

Session: 1/19

Desserts to Impress

All Adults

Bend Senior Center

Join us to make two of the easiest, most elegant desserts ever! Learn techniques to create delicious Molten Lava Cake and Crème Brûlée. Wow your family or dinner guests and look like an accomplished pastry chef with these fabulous treats. Instructor: Jessica Carleton.

Fee: \$39 ID \$47 OD / session

Program: 102879

Th: 5:30 - 7:30 pm

Session: 2/2

Knife Skills & Kitchen Shortcuts

All Adults

Bend Senior Center

Learn about kitchen knives and fundamental knife skills, professional tricks of the trade (like how to cut an onion without crying!) and enjoy tasty recipes. Learn the right knife to use for different foods, the best knives to own and how to sharpen them and use them like a pro. Practice cutting techniques including easy matchstick carrots and prepare delicious, simple vegetable dishes. Bring your best large vegetable knife and a cutting board. Instructor: Suzanne Landry.

Fee: \$49 ID \$59 OD / session

Program: 102550

Th: 5:00 - 7:30 pm

Session: 2/16



Pasta Made Easy!

All Adults

Bend Senior Center

Why buy packaged pasta when creating fresh pasta by hand is not difficult! We'll teach you dough handling techniques and cover the pasta making process - from beginning to end including a delicious dish and sauce! Bring containers to take items home. Instructor: Jessica Carleton

Fee: \$39 ID \$47 OD / session

Program: 102788

Tu: 5:00 - 8:00 pm

Session: 2/21

Caribbean Culinary Adventures NEW

All Adults

Bend Senior Center

Explore the essence of Caribbean cooking using fresh, local produce combined with tropical spices to create uniquely flavored and vibrant dishes. With the instructor's special island cooking secrets, learn how to make traditional recipes from the islands' diverse cultures. Instructor: Zoe Ditmore.

Fee: \$39 ID \$47 OD / session

Program: 102575

M: 5:30 - 7:30 pm

Session: 1/30

I Love Pickles!

Ages: 16 & up

Bend Senior Center

Go beyond pickling "cukes" to explore the lacto-fermentation process to create healthy homemade treats. In this hands-on class, create your own pickled veggies - cauliflower, carrots and more. Learn about the benefits of probiotics and incorporating them into your diet. Bring a canning jar to create your own concoction to take home. Instructor: Layla McGlone.

Fee: \$49 ID \$59 OD / session

Program: 102702

M: 5:30 - 7:30 pm

Session: 2/27

Artisan Pizza NEW

All Adults

Bend Senior Center

Mama Mia, that is-a-good-a pizza pie! Here is your chance to learn the secret behind flavorful pizza dough and creating a crispy crust in a conventional oven. Mix your own pizza dough by hand and craft your own personal artisan pizza.

Fee: \$49 ID \$59 OD / session

Program: 102552

Tu: 5:00 - 7:00 pm

Session: 3/14

Meatless Meals NEW Using Trader Joe's

All Adults

Bend Senior Center

Shopping at Trader Joe's is a popular trend. Create simple weekday meatless meals from some of the products available at Trader Joe's. Explore combining fresh ingredients with sauces and seasonings to create delicious, nutritious meals and learn how you could make that the whole family will enjoy. Instructor: Suzanne Landry

Fee: \$59 ID \$71 OD / session

Program: 102551

Th: 5:00 - 7:30 pm

Session: 3/23

Great Gnocchi NEW at Home

Ages: 16 & up

Bend Senior Center

Unlock the secrets behind one of Italy's most treasured and delicious recipes - the potato gnocchi from Northern Italy! Learn to make this treat in a step-by-step class covering everything from potato selection and shaping the dumplings to incorporating them into your cooking repertoire.

Fee: \$39 ID \$47 OD / session

Program: 102890

Th: 5:00 - 7:00 pm

Session: 4/13



Make Your Own Kimchi

All Adults

Bend Senior Center

Kimchi is a traditional fermented Korean delicacy made with vegetables, commonly cabbage. Kimchi is low-calorie, high fiber and nutrient-packed. Learn to make Napa cabbage kimchi and explore recipes that include kimchi as an ingredient. Instructor: Jessica Carleton.

Fee: \$39 ID \$47 OD / session

Program: 102880

W: 5:30 - 7:30 pm

Session: 4/5

Let's Make Cheese

All Adults

Bend Senior Center

Create yummy cheese at home! This class will introduce you to milk transformation and preservation concepts and techniques as well as cheesemaking equipment, ingredients and cultures. Get hands-on practice and make your own healthy, nutritious and tasty cheese in class.

Fee: \$39 ID \$47 OD / session

Program: 102889

W: 4:30 - 7:00 pm

Session: 5/3

With Your Child: French Macarons

Ages: 8 & up

Bend Senior Center

Celebrate Valentine's Day with your own "petit sweet" learning the basics of making French Macarons together. Learn about flavors, piping and achieving the perfect "pied" (foot). Explore different fillings to create colorful and fun versions of these treats at home. Fee includes one adult/child team - only the adult registers. Instructor: Abby Rowland.

Fee: \$59 ID \$71 OD / session

Program: 102893

M: 4:30 - 6:30 pm

Session: 2/6

Southern Baking Basics NEW

Ages: 16 & up

Bend Senior Center

Everything is better with butter! Learn the secrets of Southern bakers. Make wonderfully tender, buttery biscuits, delicious on their own or as a fruit cobbler topping, and the perfect skillet cornbread. If you have a cast iron skillet, bring it along! Instructor: Abby Rowland.

Fee: \$49 ID \$59 OD / session

Program: 102894

M: 4:30 - 7:30 pm

Session: 3/6

Intro to French Macarons

Ages: 16 & up

Bend Senior Center

It's a macaron! Not a macaroon and certainly not a macaroni, these delectably light, mini-meringues of French descent are complex but remarkably simple to make when you can see how it's done with step-by-step, hands-on instruction. The class will help you master the fundamentals of making macarons at home and explore options for filling your new favorite treat. Instructor: Abby Rowland.

Fee: \$49 ID \$59 OD / session

Program: 102891

M: 4:30 - 7:30 pm

Session: 4/10

Volunteer with youth sports and adaptive programs.

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

Cooking with Fresh Herbs and Spices NEW

All Adults

Bend Senior Center

Learn to make delicious spicy dishes and subtle herb cooking in entrees, soups, salads and veggie dishes. This is a basic 101 primer in everything you need to know about herbs and spices. Covers the difference between herbs and spices; substituting fresh herbs for dried; how to store; flavor families of spices for different cuisines; stocking your spice pantry. Enjoy many recipes using fresh herbs and spices from soups and entrees to vegetable sides and desserts. Instructor: Suzanne Landry.

Fee: \$59 ID \$71 OD / session

Program: 102557

Th: 5:00 - 7:30 pm

Session: 5/4

Dance

Adult/Teen Beginning Ballet

Ages: 14 & up

Academie De Ballet Classique

Discover your inner ballerina with this "fun-damental" ballet class. Feel young at heart and learn the basics of ballet. Wear comfortable dance wear or fitness attire. Ballet shoes are helpful, but not required.

Fee: \$96 ID \$115 OD / session

Program: 102255

M: 8:00 - 9:00 pm

Sessions: 1/9 - 2/27

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

Adult Beginning Ballet

Ages: 16 & up

Academie De Ballet Classique

Let your passion for dance show today! Students will learn ballet form and technique to progress through warm-up exercises and advance to clever choreography.

Fee: \$96 ID \$115 OD / session

Program: 102256

Tu: 12:00 - 1:00 pm

Sessions: 1/10 - 2/28
3/7 - 5/2 (no class 3/28)

Contemporary Mix - Dance

Ages: 16 & up

Academie De Ballet Classique

This open level class mixes contemporary/jazz dance to warm muscles and offers progression to inventive choreography with captivating music. Fun opportunity to build on your passion for dance.

Fee: \$96 ID \$115 OD / session

Program: 102259

M: 6:45 - 8:00 pm

Sessions: 1/9 - 2/13 2/27 - 4/10
4/17 - 5/22

Today's Square Dance Sampler NEW

Ages: 12 & up

Bend Senior Center

Square dancing is often described as friendship set to music. Meet new friends, burn some calories, and have a great time as you try out the new face of square dancing. If you danced before, you may recognize the calls, but today's style incorporates many different kinds of music including rock, modern country and jazz. No previous experience required. Please wear casual dress. Instructor: Bachelor Beaus Square Dance Club.

Fee: \$39 ID \$47 OD / session

Program: 102947

Th: 6:00 - 8:00 pm

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



Social & Club Dancing NEW

Ages: 16 & up

Bend Senior Center

For beginning dancers and those wanting to refresh their skills, this class covers the smooth moves of partner dancing so you look and feel confident on the dance floor. Learn the steps for Salsa club dancing, some crazy Jitterbug and smokin' hot Tango! No partner required and absolute beginners are always welcome. Instructor: Barry Jost.

Fee: \$49 ID \$59 OD / session

Program: 102950

M: 7:15 - 8:15 pm

Sessions: 1/9 - 30: Jitterbug
2/6 - 27: Salsa
3/6 - 27: Argentine Tango
4/3 - 24: Night Club
Two Step



Country Western Line Dancing

Ages: 16 & up

Bend Senior Center

Get on the dance floor with all of your friends! Learn a new line dance combination each week. Try out some of the popular boot scootin' dances like American Kids, Good Times and the Tush Push. No previous dance experience required.

Fee: \$49 ID \$59 OD / session

Program: 102951

M: 6:10 - 7:10 pm

Sessions: 1/9 - 30 2/6 - 27
3/6 - 27 4/3 - 24
5/1 - 22

Fiber Arts

Knitting - NEW Lacy Mesh Shawl

All Adults

Bend Senior Center

Shawls are in style! Learn an easy lace mesh pattern that creates a see-through, airy fabric that can be worn all year. Learn an easy way to increase stitches and the option of a picot-style bind-off. We will use 1 or 2 skeins of variegated sock weight yarn to create a finished product with a beautiful color-changing pattern making a great gift or stylish addition for yourself. Instructor: Kristina Romer.

Fee: \$49 ID \$59 OD / session

Program: 102014

Tu: 9:30 - 11:30 am

Session: 3/21 - 4/11



Cozy Dog Coat NEW

All Adults

Bend Senior Center

Gotta take care of those fur-babies! Keep a special pet fashionable and cozy in this cable knit dog sweater. The pattern is worked in three pieces and seamed together, using slightly more advanced knitting techniques. Learn short-row shaping, seaming pieces together and two types of cable and we will size the project to fit your pet. Seed stitch and rib patterns are also used. Prerequisite: This is not a beginner project. You must be able to cast-on, use knit and purl stitches, and bind-off. Instructor: Kristina Romer.

Fee: \$49 ID \$59 OD / session

Program: 102015

Tu: 9:30 - 11:30 am

Session: 2/21 - 3/14

Knitting - NEW Bootie Camp

All Adults

Bend Senior Center

So cute! These baby booties are the perfect project for learning to use a set of double-pointed needles for knitting in the round. Also learn a three-needle bind-off and personalize with 'sewn in' patterns. Prerequisite: you must be able to knit, purl, cast on and bind off. Instructor: Kristina Romer.

Fee: \$29 ID \$35 OD / session

Program: 102019

W: 9:30 - 11:30 am

Session: 4/26 - 5/3

Fitness: Specialized

Basics Training

All Adults

Bend Senior Center

With support from the group and instructor, this class provides safe and simple movement options so you can progress at your own pace guided by personal needs and abilities. Appropriate for those able to walk independently. Limit of ten participants per class.

Fee: \$35 ID \$42 OD / session

Program: 102775

W: 2:00 - 3:00 pm

Sessions: 1/18 - 2/22 3/22 - 4/26

More fitness classes in Adult Fitness.

Look on pages 58 - 64.



Music, Memory & Mobility

Ages: 50 & up

Bend Senior Center

A chair exercise class designed for individuals in the beginning stages of Alzheimer's or dementia. This relaxed-pace class consists of seated exercises to enhance mobility and fun games and activities to enrich the mind and memory. Caregivers encouraged to attend with participants.

Fee: \$30 ID \$36 OD / session

Program: 102779

Th: 11:30 am - 12:15 pm

Sessions: 2/2 - 3/9 4/6 - 5/11

Stand Tall - Don't Fall

Ages: 50 & up

Bend Senior Center

As we age a loss of balance can lead to fear of falling which often results in a decrease in quality of life. This multi-faceted, safe program builds new skills to maintain balance and helps to provide the confidence to remain active and healthy throughout our mature years. This class is limited to 30 and taught by certified Arthritis instructors. Prerequisite: Ability to stand unassisted for 15-20 minutes in class.

Fee: \$40 ID \$48 OD / session

Program: 102777

W: 10:00 - 11:00 am

Sessions: 1/4 - 3/8 3/22 - 5/24

Volunteer with events.

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

Games

Bridge: More Than Beginning

All Adults

Bend Senior Center

Ready to up your bridge game? Improve your game in a fun, relaxed setting with instruction and lots of supervised playing time. Prerequisite: Beginning Bridge I or experience. Book to be available for purchase (\$15) from the instructor: Judy Davidson, certified bridge teacher and director.

Fee: \$59 ID \$71 OD / session

Program: 102011

Th: 6:00 - 8:00 pm

Session: 1/19 - 3/2 (no class 2/23)

DONATE TO RECREATION SCHOLARSHIPS

Your donation provides opportunity for low income children and families to participate in safe, healthy recreation programs that enrich lives.

To contribute, contact BPR Foundation at
541-706-6127 or foundation@bendparksandrec.org.

Bend Park & Recreation
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION

Gardening

Flower Arranging 101

NEW

All Adults

Bend Senior Center

Create your own beautiful floral arrangements for your home. This workshop covers care and handling techniques, elements and principles of design and basic arranging skills. Fee includes class supplies and you will take home a finished floral creation. Instructor: Rae Aldrich.

Fee: \$39 ID \$47 OD / session

Program: 102700

Th: 3:00 pm – 5:00 pm

Session: 2/9

Terrific Terrariums

NEW

All Adults

Bend Senior Center

Creating a terrarium is fun and surprisingly easy - and they are equally easy to maintain. Learn about the plants, the lighting and the care needed to keep your terrarium happy while you create one to take home and enjoy. Fee includes class supplies. Instructor: Rae Aldrich.

Fee: \$39 ID \$47 OD / session

Program: 102770

Th: 3:00 - 5:00 pm

Session: 3/16



Succulent Dish Garden

NEW

All Adults

Bend Senior Center

Currently very trendy, succulents are really easy to grow and perfect for dish gardens! Learn about various succulents and their care and how to use your imagination to upcycle forgotten items into creative and beautiful planters. Bring a small container/dish to start your own succulent garden. Instructor: Rae Aldrich.

Fee: \$39 ID \$47 OD / session

Program: 102771

Th: 3:00 - 5:00 pm

Session: 4/13

Seed Starting & Central Oregon Vegetable Varieties

Ages: 14 & up

Bend Senior Center

Gardening successfully in Central Oregon can be a challenge. Learn how to select vegetable varieties that have a high likelihood of success. Also learn how to start vegetable seeds indoors to get a head start on our short growing season.

Fee: \$10 ID \$12 OD / session

Program: 102043

Sa: 10:30 am - 12:00 pm

Session: 4/22

Hollinshead Community Garden Opening Day

Saturday, April 29th, 9:00 am

Reservations for a vegetable garden plot at Hollinshead Park will be made in-person on April 29th. Assignment of plots begins at 9:00 am on a first-come, first-served basis with a waiting list taken as well. The line forms early and is outdoors at the garden, so dress for the weather.

To help support growing your garden, variety of gardening classes will be offered throughout the season.

For information, visit the Central Oregon Master Gardener Association website at www.gocomga.com, the OSU Extension Service-Deschutes County website at www.extension.oregonstate.edu or call (541) 548-6088.



Growing Tomatoes & Potatoes

NEW

Ages: 14 & up

Bend Senior Center

Experience the difference in taste a homegrown tomato or potato can have compared to store-bought produce. Come learn how you can successfully grow your own delicious tomatoes and potatoes in Central Oregon.

Fee: \$10 ID \$12 OD / session

Program: 102041

Sa: 10:30 am - 12:00 pm

Session: 5/13

With Your Child: Mother's Day Flowering Basket

NEW

All Adults

Bend Senior Center

Vibrant blooms and garden gifts are the perfect way to say "Happy Mother's Day" to your very special mom. Enjoy some one-on-one time with your child and create a beautiful gift together. We provide containers and you learn techniques for filling it with flowers and plants for a basket that is sure to bring smiles. Fee includes one adult/child team - only the adult registers. Instructor: Rae Aldrich.

Fee: \$49 ID \$59 OD / session

Program: 102772

Tu: 4:00 - 6:00 pm

Session: 5/9

Music & Vocal Arts

Beginning Ukulele I

All Adults

Bend Senior Center

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

Fee: \$39 ID \$47 OD / session

Program: 102016

W: 5:30 - 6:30 pm

Sessions: 1/4 - 25
2/1 - 3/1 (no class 2/22)
3/8 - 29
4/5 - 26
5/3 - 31 (no class 5/17)

Beginning Ukulele II

All Adults

Bend Senior Center

Learn more about your amazing ukulele! We will take you the next steps and emphasize new strumming and picking techniques while learning to play more advanced chords. You will soon be playing the songs you love! Instructor: Carl Ventis.

Fee: \$39 ID \$47 OD / session

Program: 102118

W: 6:45 - 7:45 pm

Sessions: 1/4 - 25
2/1 - 3/1 (no class 2/22)
3/8 - 29
4/5 - 26
5/3 - 31 (no class 5/17)



Beginning Guitar I

All Adults

Bend Senior Center

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

Fee: \$39 ID \$47 OD / session

Program: 102119

M: 4:45 - 5:45 pm

Sessions: 1/9 - 30 2/6 - 27
3/6 - 27 4/3 - 24
5/1 - 22
(no class 5/15- *adj. fee \$29 ID \$35 OD)

Beginning Guitar II

All Adults

Bend Senior Center

Expand your guitar playing knowledge and skills as you learn how to use different strum patterns. We will also incorporate picking and simple bar chords, along with a little music theory. This is a fun class that will improve your skills to help you be a more confident guitar player. Instructor: Carl Ventis.

Fee: \$39 ID \$47 OD / session

Program: 102120

M: 6:00 - 7:00 pm

Sessions: 1/9 - 30 2/6 - 27
3/6 - 27 4/3 - 24
5/1 - 22
(no class 5/15- *adj. fee \$29 ID \$35 OD)

Online Intro to Voiceovers

Ages: 16 & up

Offered online

This 90-minute video chat class offers a fun, one-on-one introduction to professional voice acting. The class covers information about the industry and participants receive professional voice evaluation. Class is led by a professional voice actor from the training company, Voices For All. Class is scheduled by student and instructor at a mutually agreed upon time using video chat technology, such as Skype, iChat or FaceTime.

Fee: \$49 ID \$59 OD / session

Program: 102205

M - Su: At your convenience

Session: 1/1 - 5/31



Parenting with Beth Bellamy

NO DRAMA DISCIPLINE: How to Calm Down, Build Connection, Coach Not Control

All Adults

Bend Senior Center

Based on the latest brain research, this class focuses on calming down so we stay connected with our children while setting limits and guiding them to increasingly mature behavior. Too much emotion when parenting interferes with a child's ability to learn, impairs development of the brain's ability to emotionally regulate, and disrupts the parent-child bond. Topics include: understanding the "emotional brain," identifying emotional triggers, self-calming tools, bonding through empathy, setting/holding limits without punishment and navigating meltdowns.

Fee: \$100 ID \$120 OD / session

Program: 102212

Tu: 6:30 - 8:30 pm

Session: 2/21 - 3/14

Photography

Nuts & Bolts of Photography

Ages: 15 & up

Tall Pine Studio

Learn the fundamental tools of photography and get away from the automatic modes of your digital camera! Topics include: exposure, metering modes, focus, aperture, shutter speed, ISO and how each affects your photographs. No experience required, but, to get the most out of the class, bring a DSLR Camera. Instructor: Kimberly Teichrow.

Fee: \$129 ID \$155 OD / session

Program: 102329

W: 6:30 - 8:30 pm

Session: 2/1 - 22

Technology

Taught by Apple Certified Support Professional at the Bend Senior Center.

iCloud Essentials

All Adults

Bend Senior Center

We will be covering all aspects of using iCloud with all your devices. Learn how to sync across devices, share with family and friends and manage backups with automatic syncing. Bring your iPhone, iPad or Mac. Instructor: Robyn Lyman

Fee: \$24 ID \$29 OD / session

Program: 102453

Th: 10:00 - 11:30 am

Session: 4/20

Mac Essentials

All Adults

Bend Senior Center

This class will introduce you to the world of Mac computers. Learn how to use the finder, desktop, dock, files, customization, printer setup and much more. Bring your Mac to class. Instructor: Robyn Lyman

Fee: \$39 ID \$47 OD/ session

Program: 102519

M: 10:00 am - 12:00 pm

Session: 1/30 - 2/6

iMovie for iPad

Ages: 16 & up

Bend Senior Center

Get ready to start making and editing videos using your iPad! This step-by-step class teaches beginning and advanced tips with iMovie to help you create professional-looking videos. Instructor: Robyn Lyman.

Fee: \$39 ID \$47 OD / session

Program: 102615

M: 6:00 - 8:00 pm

Session: 4/3 - 10



iPad Essentials

All Adults

Bend Senior Center

It's everything you need to start working on your iPad. We will cover everything from multitasking, to apps and the App Store, to creating folders, and customizing your iPad. Bring your iPad running iOS 10 with you.

Fee: \$39 ID \$47 OD / session

Program: 102517

Th: 10:00 am - 12:00 pm

Session: 3/2 - 9

iPad Beyond Essentials

Ages: 16 & up

Bend Senior Center

Take your iPad use to the next level. In this advanced hands-on class, dive deeper into the iPad's functionality and settings. Requisite: participants must be experienced iPad users and need to bring your iPad running iOS 10 to class. Instructor: Robyn Lyman.

Fee: \$39 ID \$47 OD / session

Program: 102534

Th: 10:00 am - 12:00 pm

Session: 3/16 - 23

Get to Know Your iPhone Series:

TAUGHT BY AN

APPLE CERTIFIED SUPPORT PROFESSIONAL

All Adults

Bend Senior Center

This series of classes will teach you how to be a more effective iPhone user by picking the classes you want. We will be using iOS 10.

Instructor: Robyn Lyman

Fee: \$24 ID \$29 OD / session

IPHONE: BUTTONS & INTERFACE

Learn what each button does and take a look at the main interface and how you can customize it to your liking

Program: 102535

Th: 10:00 - 11:30 am

Session: 1/5

M: 3:00 - 4:30 pm

Session: 4/17

IPHONE: CAMERA & PHOTOS

Use your iPhone to learn how to use the camera app and some tips for taking better pictures. Also learn how to edit and manage your photos.

Program: 102536

Th: 10:00 - 11:30 am

Session: 1/12

M: 3:00 - 4:30 pm

Session: 4/24

IPHONE: APP STORE & ITUNES

Explore the App Store and iTunes Store to learn about the tools available for your portable devices and what they can do.

Program: 102537

Th: 10:00 - 11:30 am

Session: 1/19

M: 3:00 - 4:30 pm

Session: 5/1

IPHONE: SAFARI & MAIL PROGRAM

Take a look at how to navigate, bookmark and more using Safari. Also learn how to use the built-in Mail application on your iPhone.

Program: 102538

Th: 10:00 - 11:30 am

Session: 1/26

M: 3:00 - 4:30 pm

Session: 5/8

IPHONE: CONTACTS & CALENDAR

Learn how to add and delete items in the Contacts and Calendar apps.

Program: 102539

Th: 10:00 - 11:30 am

Session: 2/2

M: 3:00 - 4:30 pm

Session: 5/15

IPHONE: MAPS, MESSENGER & WEATHER

Explore using the Maps app for getting directions, using the Messages app to send pictures and audio and chat with Siri to learn about the fun things that tool can do.

Program: 102540

Th: 10:00 - 11:30 am

Session: 2/9

M: 3:00 - 4:30 pm

Session: 5/22



Trips & Tours

The Out to Lunch Bunch

All Adults

Bend Senior Center

Come and enjoy a "little bite of Bend." No need to dine alone - join us for monthly visits to local eateries. We may visit an ethnic food restaurant or dine in one of Bend's oldest establishments. We're talking good food and great people! Transportation, lunch and gratuity included. Space is limited.

Fee: \$19 ID \$23 OD / session

Program: 102803

M: 11:00 am - 1:00 pm

Sessions: 2/13 3/13
4/10 5/8

Central Oregon Makers: BasX Solutions

NEW

All Adults

Bend Senior Center

Take a tour of the Redmond-based BasX Solutions, a manufacturer of custom engineered products that caters to healthcare, military and high tech industries. BasX routinely works with development of new and innovative products that are used worldwide and even developed an Ebola isolation unit. Fee includes transportation and snacks.

Fee: \$19 ID \$23 OD / session

Program: 102804

M: 12:30 pm - 3:30 pm

Session: 2/27

Community Safety: Bend Fire Department

NEW

All Adults

Bend Senior Center

Let's take a fascinating upclose look at our community's safety at the City of Bend Fire Department. We'll meet firefighters, paramedics and emergency medical technicians and see the equipment used to help keep our neighbors and us safe.

Fee: \$12 ID \$14 OD / session

Program: 102806

M: 12:30 pm - 3:30 pm

Session: 3/20



An Afternoon of Tea & Antiques

NEW

All Adults

Bend Senior Center

What a lovely way to take a stroll down memory lane! Enjoy a fun-filled afternoon antiques in downtown Bend. Step into the past as we stroll through antique stores and end the afternoon with a spot of tea at a tea shop. Fee includes transportation and tea.

Fee: \$19 ID \$23 OD / session

Program: 102807

M: 12:30 pm - 3:30 pm

Sessions: 4/3

Bend Makers: Brewery Tour & Lunch

NEW

All Adults

Bend Senior Center

Visit one of the iconic breweries in Central Oregon. Learn what makes Bend such a great place to brew beer. Is it the water, sunshine or the innovative brew masters? See for yourself! Fee includes transportation and lunch.

Fee: \$19 ID \$23 OD / session

Program: 102808

M: 11:30 am - 3:00 pm

Session: 4/24



Discover Cuba: Highlights of Havana & Varadero

All Adults

Take a once-in-a-lifetime trip with Bend Senior Center and Premier World Discovery to experience the enigmatic capital city whose nearly 500-year Old Havana is home to the largest collection of Spanish-Colonial architecture in the Americas. Cuba is a destination on the brink of historic change, while the history and culture are still to be experienced before Cuba transforms to its new identity and a modern day tourist destination for American travelers. The culture, music, hospitality and rhythm are bound to change your perspective on travel. Contact the Bend Senior Center to learn more about this trip.

Dates: 9 days

3/22 - 30 in 2017

Fee: \$5,195/each (dbl occupancy)
land/air/tax from Portland
(\$ 4595 per person double from MIA)

Call BSC for an information packet at (541) 388-1133.

**Volunteer
with events.**

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



Gardens & Mansions of New Orleans & Cajun Country

All Adults

Join the Bend Senior Center and journey to New Orleans and Cajun Country. This inclusive tour will give you a true glimpse into this incredible region, the city of New Orleans, and its history and culture. The program showcases a 7 day/6 night itinerary flying roundtrip from Portland/Redmond to New Orleans. Start your tour with a 3 night stay in the French Quarter in a supreme location. Later during the itinerary, visit Cajun Country to learn about life in Louisiana and its vast Civil War history, incredible Antebellum Mansions, industry and culture.

Dates: 8 days
5/15 - 22, 2017

Fee: \$2,250/each (dbl occupancy)
land/air/tax from Portland

Call BSC for an information packet at (541) 388-1133.



Washington D.C. & Williamsburg

All Adults

Join the Bend Senior Center and travel to Washington D.C. and Williamsburg, and learn about our Nation's Capital. Experience the Arlington National Cemetery, Richmond, Jamestown, Yorktown and colonial Williamsburg. Enjoy your time and the opportunity to see many of the area's major highlights including the World War II Memorial, the Smithsonian, Iwo Jima, Korean & Vietnam War Memorials, Capitol Hill and Embassy Row. In the evening in D.C., enjoy a D.C. Twilight Illumination Tour of the famous monuments including those dedicated to Lincoln & Jefferson. The program showcases a 7 day/6 night itinerary flying roundtrip from Portland/Redmond to Washington D.C.

Dates: 8 days
9/21 - 28, 2017

Fee: \$2,275/each (dbl occupancy)
land/air/tax from Portland

Call BSC for an information packet at (541) 388-1133.

Wellness & Lifestyle

Life Planning 101 **NEW**

All Adults

Bend Senior Center

Live each day led by your "why" in life! Start the year off with some personal exploration to reconnect you with what matters most for you. Come for a hands-on class using vision building, life planning, and personal assessment exercises and leave with simple tools to start living your life with fresh intention and purpose. Led by a Holistic Life Coach, you will be inspired, motivated and equipped to start living your "why." Instructor: Layla McGlone.

Fee: \$35 ID \$42 OD / session

Program: 102701

M: 5:30 - 7:30 pm

Session: 1/23

Anti-Inflammatory Lifestyle

Ages: 16 & up

Bend Senior Center

Learn what the buzz is on the anti-inflammatory diet. Do you know about such things as omega-3 fatty acids and phytochemicals and the influence they could have on inflammation in your body? We will cover the basic science behind an anti-inflammatory diet, provide you with recipes, sample some food and discuss daily changes you can make to the anti-inflammatory diet a part of your improved life! Instructor: Layla McGlone.

Fee: \$35 ID \$42 OD / session

Program: 102699

M: 5:30 - 7:00 pm

Session: 2/13

Detox: Renew The Best You! **NEW**

Ages: 16 & up

Bend Senior Center

Come love on you and renew - boosting your body and mind! Make a fresh start with a whole food detox and lifestyle program. We will discuss elements of daily living that can bog down our systems and how gentle foods and lifestyle practices can boost your natural energy and stamina. This class is focused on whole life alignment - not just diet protocol. Instructor: Layla McGlone.

Fee: \$35 ID \$42 OD / session

Program: 102706

M: 5:30 - 7:30 pm

Session: 3/13

Time Management: Ridding Your Life of "Busy" **NEW**

Ages: 16 & up

Bend Senior Center

Step out of the "busy-ness" trap. Explore your true priorities to make the most of your precious resource - time. This class uses hands-on activities to help to craft a new priority filter that keeps you aligned with your passions and vision for life. Discover where time wasters lurk and find simple tools you can use to live each day with fresh purpose and joy. Instructor: Layla McGlone.

Fee: \$35 ID \$42 OD / session

Program: 102698

M: 5:30 - 7:00 pm

Session: 4/24

TAKE IT
ALL IN
.....
**XC SKIING
& SNOWSHOEING**
.....
PAGES 54 - 55

live outside

You're greater outdoors.

Whether you're a bonafied nature buff or just want to step outside from time to time, a little adventure (or two) offers the exercise you're wanting while refreshing the mind. In her own grand and beautiful style, Mother Nature always has a way of making us better, both inside and out.

XC Ski & Snowshoe

Get Started XC Ski Touring

All Adults

Harmon Park

Level 2 - If you have little or no cross-country (XC) ski experience and are looking for a great introduction to this sport, we'll take you through the basics of outdoor play and get you started on the snow. The first meeting day (9:00 - 11:30 am) is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. Two on-snow sessions (9:00 am - 1:00 pm) include technique instruction, practice and Snopark outings. Transportation to outings included. Equipment not included. Leader: Eric Denzler

Fee: \$75 ID \$90 OD / session

Program: 108403

Th: 9:00 am - 1:00 pm

Sessions: 1/12 - 26

Sa: 9:00 am - 1:00 pm

Session: 1/21 - 2/4

Continuing XC Ski

All Adults

Harmon Park

Level 2+ - For those who have taken the "Get Started XC Ski Touring" class or who have a bit of previous cross-country ski experience, we'll continue to work on skill development and get out for a variety of short ski tours. Transportation to outing included. Equipment not included. Sign up for one day or multiple days. Leader: Eric Denzler

Fee: \$26 ID \$31 OD / session

Program: 108474

Th: 9:30 am - 2:00 pm

Sessions: 1/5, 2/2, 2/16, 3/2, 3/16

Sa: 9:30 am - 2:00 pm

Sessions: 2/11, 2/25, 3/11

Be ready to go in the snow.

XC skiing and snowshoeing are aerobic activities, so it's important that participants come with some basic strength and physical conditioning.

Get Started Snowshoeing

All Adults

Harmon Park

Level 2 - If you have little or no snowshoe experience and are looking for a great introduction to this sport, we'll take you through the basics of outdoor play and get you started on the snow. The first meeting day (9:00 - 11:30 am) is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. One on-snow session (9:00 am - 1:00 pm) includes technique instruction, practice and an outing in the mountains. Transportation to outing included. Equipment not included. Outing will be about two miles on snowshoes.

Fee: \$50 ID \$60 OD / session

Program: 108402

Tu: 9:00 am - 1:00 pm

Sessions: 1/10 - 17

One-day Fitness Snowshoe

All Adults

BPRD District Office

Level 2 - Take the next step after you've started 'shoeing and join a group for some snowshoe hikes to build strength, stamina and general fitness while enjoying outings in the snowy woods. Snowshoe hikes generally around two - three miles with fitness stops along the way. Transportation to outings included. Equipment not included.

Fee: \$22 ID \$26 OD / session

Program: 108415

W: 9:30 am - 2:30 pm

Sessions: 1/18, 2/1, 2/15, 3/1



Thursday Yetis Snowshoe

All Adults

BPRD District Office

Level 3 - For those comfortable on snowshoes, these outings are filled with fresh air, snow and perspective. You'll make friends, feel fit and have fun. Distance ranges from four to six miles. Transportation to outings included. Equipment not included. Leader: Leslie Olson.

Fee: \$69 ID \$83 OD / session

Program: 108424

Th: 9:00 am - 3:30 pm

Sessions: 1/26 - 2/9 2/16 - 3/2
3/9 - 23



Hike, Walk & Snowshoe Ratings

Use the following guide to select outdoor programs that fit your abilities. Times and distances may vary from indicated and at times be more or less strenuous than implied. In all cases, access to advanced medical help may be limited or delayed.

LEVEL 1: Moderate walks. Walking surface typically developed (paved, gravel or other), although uneven surfaces, hills or stairs may be encountered, as on a walking tour of gardens or at a large museum. Prerequisite: Participants should have the ability to walk one mile continuously in 30 minutes without physical difficulty.

LEVEL 2: Outings on trails. Hiking trails typically maintained, but with occasional rocks, roots and other obstacles requiring balance. May be rough, hilly or at higher altitudes. Prerequisite: Participants should have the ability to walk up Pilot Butte at an easy pace without physical difficulty.

LEVEL 3: Outings typically in more remote and rugged locations. Hiking trails may not be well maintained, may be very rough, steep and at altitude. Prerequisite: Participants should have the ability to hike up Pilot Butte at an energetic pace without physical difficulty.



The Bend Park & Recreation District is an equal opportunity recreation provider under Special Use Permit with the Deschutes National Forest and the Prineville District of the BLM.

Important Outdoor Program Information

Registration: Be sure to match your experience and ability level to the course description rating level before signing up for a program. **Please do not wait until the last minute to register or activities may be full or cancelled if minimum enrollment has not been met.**

Drop-ins: Drop-ins are accepted when space is available on many outdoor programs. Drop-in fees vary by program.

Program Info & Destinations: Clothing and equipment recommendations, destination calendars and other information are available on the website, at the front desk of the BPRD District office and at the Bend Senior Center. Proposed destinations may change due to weather or other circumstances. Arrive at least ten minutes before the start time. Programs typically conclude before the scheduled ending time. However, occasionally we arrive back later than planned.

Food & Water: Participants are responsible for bringing and carrying their own food and water for outings unless otherwise indicated.

Message Phone: In the event of inclement weather, call (541) 389-7275 after 8:00 am (M-F) on the morning of your program to find out if your program has been cancelled. You may also leave a message for your trip leader on the morning of your program.

Leadership: BPRD outdoor leaders are trained in CPR and Wilderness First Aid skills or higher and have gone through BPRD van driver training. Trip leaders carry a first aid kit and cell phone.

Transportation: Round-trip transportation is provided to and from the day's destination in the District's 15-passenger vans.

Questions? Concerns?: Contact the Outdoor Program Coordinator at EricD@bendparksandrec.org or (541) 706-6116.

Walking & Hiking

Spring Fitness Hikes

All Adults

BPRD District Office

Level 2 - Shorter hikes covering 3 to 5 miles in a day at a moderate pace with fitness stops along the way. This is a great way to get some good exercise and build general fitness while seeing a variety of scenic trails and beautiful locations around Central Oregon. Transportation to hikes included.

Fee: \$22 ID \$26 OD / session

Program: 108718

Tu: 9:30 am - 2:30 pm

Sessions: 4/11 Lava Island Falls
4/18 Smith Rock St. Park
4/25 Chimney Rock Trail
5/2 Suttle Tie Trail
5/9 Metolius River Trail
5/16 Skeleton Cave Trail
5/23 Lake Creek Trail

Tuesday Rainbow Seekers

Ages: 50 & up

BPRD District Office

Level 2 - The Rainbow Seekers explore Central Oregon's easy to moderate trails at a very comfortable pace. Hikes range from five to seven miles. Join the camaraderie of a group of folks that enjoy socializing while out hiking. Winter hikes are generally snow-free, when possible. Transportation to hikes included. Leader: Dean Dobbs

Fee: \$72 ID \$86 OD / session

Program: 108740

Tu: 9:00 am - 3:30 pm

Sessions: 1/17 - 2/7 2/14 - 3/7
3/14 - 4/4 4/11 - 5/2
5/9 - 30



History & Geology Hikes

All Adults

BPRD District Office

Level 2 - Broaden your understanding of Central Oregon's cultural heritage and geologic history while enjoying some physical activity. Featuring a different location each hike, the adventures may range from three to seven miles. Transportation to hikes included. Leader: Leslie Olson and Bob Timmer.

Fee: \$30 ID \$36 OD / session

Program: 108925

W: 8:00 am - 5:00 pm

Sessions: 4/12 Painted Hills Geology
4/26 Glass Butte Geology
5/10 Clarno Fossil Geology



High Desert Naturalist

All Adults

BPRD District Office

Level 2 - Go with the season! Each outing will focus on a different aspect of our regional environment - flowers, geology, wetlands, birds, whatever may present itself in the spring. Be ready for an interesting outing each week to learn about a different aspect of the world around us. Hikes range from five to seven miles. Transportation to outings included. Leader: Leslie Olson.

Fee: \$50 ID \$60 OD / session

Program: 108926

M: 8:30 am - 4:00 pm

Sessions: 4/3 - 10 4/17 - 24
5/1 - 8 5/15 - 22

Trailpacers

All Adults

BPRD District Office

Level 3 - Get a weekly dose of good exercise, great companionship and gorgeous Central Oregon scenery. Hikes are typically six to ten miles at a steady pace with some moderate elevation gain. Transportation to hikes included. Leader: Leslie Olson.

Fee: \$69 ID \$83 OD / session

Program: 108715

Th: 8:30 am - 4:00 pm

Sessions: 4/6 - 20 4/27 - 5/11
5/18 - 6/1

Boating & Scuba

Kayak Roll Session

All Ages

Juniper Swim & Fitness Center

Bring your clean boat to the warm, indoor pool to practice and refine your roll skills. Please tape the end of your boat paddles.

Fee: \$12 ID \$14 OD per session

Program: 405100

Su: 4:15 - 6:00 pm

Tu: 7:15 - 9:00 pm

Dates: 1/8 - 6/4

Basic Skills Kayaking

Ages: 16 & up

Tumalo Creek Kayak & Canoe

Join Tumalo Creek Kayak and Canoe as we introduce and practice the skills every new paddler needs to be safe and efficient on the water. In this introductory course you will learn about boat dynamics, paddling equipment, and basic paddling strokes. You will even have the opportunity to practice basic assisted and self rescues. All gear provided.

Fee: \$75 ID \$90 OD / session

Program: 108960

Sa: 10:00 am - 2:00 pm

Sessions: 4/1, 4/8, 4/15, 4/22,
4/29, 5/13

Daytrippers:

Looking for more fabulous tours or day trips?

BPRD is hosting several different day outings this winter and spring.

See page 52.



Intro to Whitewater Kayaking

Ages: 16 & up

Tumalo Creek Kayak & Canoe

A complete, multi-day introduction to the exciting sport of whitewater kayaking, this course covers essential safety techniques. Our ACA certified instructors are in the water with you to challenge yourself while you learn. Run a Class II river on the final day. Equipment provided.

Fee: \$245 ID \$294 OD / session

Program: 108962

F: 5:30 - 8:00 pm

Sa: 8:00 am - 4:00 pm

Su: 8:00 am - 6:00 pm

Sessions: 4/7 - 9 4/21 - 23
5/12 - 14 5/26 - 28

Deschutes River Tour - Half Day

Ages: 16 & up

Tumalo Creek Kayak & Canoe

Just 20 minutes from Bend, the Upper Deschutes River is completely undeveloped and pristine. Choose between paddling a kayak or canoe (equipment provided). We'll paddle upstream towards Benham Falls, passing ancient lava flows and colorful aspen groves as we explore tranquil lagoons and side channels.

Fee: \$75 ID \$90 OD / session

Program: 108966

F: 10:00 am - 2:00 pm

Sessions: 5/12, 5/19, 5/26

PADI Discover Scuba Diving NEW

All Adults

Juniper Swim & Fitness Center

Got a sense of adventure? Come learn what it's like to breathe underwater with Fins Scuba & Water Sports. This introductory class will let you try scuba to see if you like it before you decide to commit to a PADI Open Water Certification program. Learn basic skills and safety rules to carry over to your scuba certification course should you take the next step. All equipment and workbook provided. Some independent workbook study required prior to start of class. Please register at least seven days in advance of class.

Fee: \$99 ID \$119 OD / session

Program: 108935

Sa: 1:30 - 4:00 pm

Sessions: 2/25, 3/11, 4/15

Outdoor Safety

CPR & First Aid Training: Emergency First Response NEW

Ages: 12 to Adult

Fins Scuba & Water Sports

Emergency First Response training focuses on building confidence and increasing your willingness to respond when faced with a medical emergency: no-heartbeat, spinal injury, shock, breathing emergencies or serious bleeding. Along with CPR/AED training, learn first aid skills for dealing with common illness and injury situations before medical services arrive. Please register in advance for required home study; workbook provided for your use.

Fee: \$99 ID \$119 OD / session

Program: 108890

W: 6:30 - 10:00 pm

Sessions: 2/8, 3/8, 4/5

Wilderness First Aid

Ages: 16 & up

Hollinshead Barn

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

Fee: \$225 / session

Program: 408360

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

Sessions: 3/18 - 19 6/3 - 4

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to address difficult medical situations. Presented by the WMI. Includes CPR.

Fee: \$735 / session

Program: 408364

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

Session: 4/4 - 13

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This training is specifically designed to recertify the Wilderness First Responder certification. Includes CPR.

Fee: \$310 / session

Program: 408362

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

Sessions: 2/11 - 13 3/11 - 13

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

Session: 3/31 - 4/2

FREE

Discover Nature Days!

**PRESENTED BY
THE CHILDREN'S FOREST
OF CENTRAL OREGON
PARTNERS**

Get outside and discover with your little explorers! Join us for art, science and play while learning about the natural world and exploring local parks.

AGES: 4 - 10 with Parent

**SNOW EXPLORERS
AT SKYLINERS LODGE**

with Discover Your Forest

**Saturday, March 18
10:00 am - Noon**

**MONARCHS &
MILKWEED
AT MILLER'S
LANDING PARK**

with Discover Your Forest
and Sunriver Nature Center

**Saturday, April 15
10:00 am - Noon**

**THE INVISIBLE
TRACKER
AT SHEVLIN PARK**

with Wildheart Nature
School

**Saturday, May 13
10:00 am - Noon**

**FUR AND FEATHERS
AT CLINE FALLS
STATE PARK**

with High Desert Museum
& The Environmental
Center

**Saturday, June 10
10:00 am - Noon**

Learn more and register
(encouraged) at
[childrensforestco.org/
discover-nature-days](http://childrensforestco.org/discover-nature-days)
or 541-383-5592.



**FREE
WINTER
KICK OFF**
January 2 - 8
&
SPRING THAW
April 3 - 9


**VOLUNTEER
IN
FITNESS**
.....
CONTACT KIM
(541) 706-6127


keep moving

Good for you.

At Bend Park & Recreation District, we're focused on offering fitness that feels right, both on the inside and out. Come join in more than 275 enjoyable, energizing group fitness classes per week led by our professional and motivating staff. Get moving, get fit and we'll get you feeling your best.

Two great fitness facilities!

Juniper Swim & Fitness Center 
800 NE 6th St
p. (541) 389-POOL (7665)

Bend Senior Center 
1600 SE Reed Market Rd
p. (541) 388-1133

Look for the JSFC and BSC icons with class descriptions for the class locations.

Pass information on pages 18 - 19.
A variety of passes are available for you to enjoy drop-in classes and activities at both locations.

275+ Weekly Fitness Classes

All ages and fitness levels are welcome and you can start at any time. Classes are offered on a first-come, first-served basis.

WEEKLY SCHEDULES: All classes are held on a weekly basis. Check schedules online at www.bendparksandrec.org. You can even download to your own calendar.

SAME INSTRUCTORS: All locations feature the same great instructors so you can find the facility that suits your needs.

PASSES / FEES: Lots of pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 18 - 19.

ADVISED: We strongly recommend checking with your physician before starting any exercise program.



Follow us on Facebook!

Look for Juniper Swim & Fitness Center, Bend Senior Center, The Pavilion and Bend Park & Recreation District.



Low Impact • Light Intensity

Fit 4U Fitness Programs

Fit4U! Specially designed for those wanting a lower impact and light intensity workout as well as those ages 50+, these exercise classes offer something for every fitness level - from just starting out to a regular fitness enthusiast! Increase your mobility, strength, cardio endurance, flexibility and core stability. Not only will you improve and maintain your fitness, you'll make friends and have fun!

Look for the  icon with class descriptions on pages 60 - 64.



Get Started!

Whether you are new to fitness or making a return, our expansive schedule of classes and personal training services offer something for everyone! All our fitness classes are ongoing and offered on a first-come, first-served basis. Please come to your first class ten minutes early for an orientation. Questions? Call our helpful staff for assistance at (541) 389-7665.

FREE

Try out our Get Started classes for FREE during our special seasonal offerings shown at right.

Classes include Get Started in Yoga, Pilates, Indoor Cycling, Water Running and Weight Training.



Personal Training: Individual & Group

Perfect for your fitness goals! Want help with your fitness routine? Or do you have a set goal in mind for your conditioning? A big adventure or event coming up? Perhaps you're stuck in a rut? We have a diverse group of trainers to help you achieve success with many services beyond traditional weight training and the flexibility to meet your needs.

Individual Training Rates: Session: 1 hour
Introductory Session (1.5 hour): \$75
Ongoing Single Session: \$60
3 Session Package: \$171 (\$57 each)
6 Session Package: \$324 (\$54 each)

Partner Training Rates per person:

Introductory Session: \$56
Ongoing Single Session: \$45
3 Session Package: \$128 (\$43 each)
6 Session Package: \$243 (\$41 each)

Group Training: 40% off Individual Rate

Are you and some friends training for a race or event? We offer small group trainings of 3 or more people to make it more affordable and fun with your buddies!

Mini Personalized Consultations: \$25

This 30 minute session is designed for those that are not quite sure where to start. Do I need a trainer? Which classes should I take? We'll get you the information you need.

Visit our website at
juniperswimandfitness.com
for trainer bios and fitness options.

Call (541) 389-7665 and
set up your time with a trainer.

CLASSES,
WORKSHOPS
&
CLINICS

**WINTER
KICK OFF**
January 2 - 8
&
SPRING THAW
April 3 - 9

FREE



JUNIPER SWIM & FITNESS CENTER & BEND SENIOR CENTER:

Get connected, stay engaged
and be inspired!

Our team of fitness instructors and
community experts will present various
topics including:

- **GET STARTED CLASSES**
- **MINI PERSONALIZED
CONSULTATION SESSIONS**
- **"WINTER" WATER WALKING**
- **NUTRITION CLINICS**
- **GET STARTED RUNNING**
- **LIQUID 10 K**
- **TRIATHLON TRAINING**
- **FOAM ROLLER**
- **ASK A PT**
- **TRX TRAINING**
- **BABY & ME FITNESS**
- **LATE AFTERNOON &
EVENING CLASSES
AT BEND SENIOR CENTER**

See schedule of clinics and classes at
juniperswimandfitness.com



Indoor Cycling:

Benefits: Indoor cycling is a non-impact, cardio workout for everyone! You do not have to be a cyclist to enjoy indoor cycling. Classes are fun and social and can be easily modified to meet your needs and goals. Want to cycle on your own? You are also welcome to use the bikes when classes are not in session.

Get Started in Cycling JSFC

Interested in trying indoor cycling? This session is designed to assist with bike set up, teach modifications and give new riders the skills and confidence to take a class.

Cycle JSFC

Full of variety, intervals, spin-ups, hill climbs and general cardio.

Fit 4 U Cycle JSFC

Non-impact workout with music and modified intensity level. Perfect for all levels, especially active, older adults.

Baby & Me Cycle JSFC

New moms and dads, bring baby and get back in shape while connecting with other parents. Baby can sit in a car seat, stroller, blanket, or other bouncy-type seat, while you ride. Babies welcome from six weeks to crawling.

Family Night Cycle JSFC

Games, music, shows, so fun! Drop in anytime! Non-Instructed.

HIIT Cycle JSFC

Keep your cycling practice active this winter! High Intensity Interval Training workout that delivers significant improvements in speed, endurance and lactate threshold.

Express Cycle JSFC

Time crunched? All the variety of a regular cycle class but in a condensed format. A great start to indoor cycling.

Extended Cycle JSFC

Longer format class to build up endurance and work those legs. All the great variety of a regular cycle class but 90-minutes to push yourself to the next level.

Express Cycle/TRX Circuit JSFC

Get your cardio going with a pumping express cycle; then keep your workout going with a circuit style workout; complete with lunges, core, TRX and more!

Rhythm Ride JSFC

An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your coach who leads the pack through hills, flats, mountain peaks, time trials and intervals.

Rhythm Ride/ Strength & Core JSFC

Rhythm Ride and more! Adds a double whammy by finishing up with off-the-bike strength and functional core training.

World Music Cycle JSFC

South African Kwaito, Bollywood and Italian chart hits mixed with selections from Europe, Africa and the Middle East! Navigate hills, flats and intervals- plus a bit of geographic trivia as you get a great workout!

Interval Tempo Cycling JSFC

Longer intervals with short recovery. Intensity will be highly aerobic.

Cycle Sprints JSFC

Foundational sprint training. High intensity, no impact!

Cycle for Athletes JSFC

Fun and Fit for everyone! Get your game on and be a player without ever having to do a race.

Cardio - Dance Conditioning:

Benefits: These classes will get your heart pumping and you movin' and groovin' as instructors keep you motivated.

Get Started in Cardio Dance JSFC

Come check out and learn the basic steps for all the various cardio dance programs that we currently offer. Classes are set to all genres of music. Check the online schedules for details for each weeks offering.

Zumba® Gold BSC

Modified for the older participant and beginners, this class has zesty Latin music, easy-to-follow moves and an invigorating atmosphere.

Cardio Dance Fusion JSFC BSC

Come experience the Cardio Dance formats. Set to all genres of music with a taste of the various formats.

Zumba® JSFC BSC

A Latin-inspired, dance-fitness class that incorporates Latin and International music. Fun and easy to follow, this class is for dancers as well as non-dancers!

(Also see Aqua Zumba, page 63.)



Beginning Line Dance BSC

Designed for beginners as well as those that know basics and want to progress. Easy progression to variety of music.

Nia® JSFC BSC

A guts and grace workout that blends dance, martial arts and yoga to provide cardiovascular, whole body conditioning that's as much fun as it is good for your body, mind and soul.

Beach Body® Mash Up JSFC

Cardio Intervals Insanity! P90X and PiYo to lengthen/strengthen, Country Heat for the dance fun! Wow, all the best of Beach Body®!

Bliss™ Dance Workout JSFC BSC

A super fun dance workout that fuses all dance genres in one class! Groove to hip hop, jazz, Latin, modern, lyrical, Middle Eastern and more.

Bliss™ Hip Hop JSFC

Super high energy, music-fueled workout that delivers a fierce cardio-blast while dancing to the best hip hop, funk and club beats! Phenomenal fun, serious sweat!

Bliss™/Zumba® JSFC

Come for the full hour and get your cardio dance on! Make the most of your tight schedule with a Bliss Dance Workout for the first 30 minutes, followed by Zumba for the final 30. Whether it's a full hour or just 30 minutes, your body will thank you.

Cardio - Fitness:

Benefits: Kick your cardio into high gear with high intensity steps to help you get your sweat on and burn those extra calories.

Fitness Variety

Offers cardio, aerobic, muscle strengthening, flexibility and balance exercises aimed to enhance muscle and bone strength, balance, joint range of motion and mobility.

Cardio Circuit

This fast and fun class is designed for active adults focusing on exercises for agility, strength, flexibility, and balance. Using weights, bands, balls, mats, and your own body weight.

Cardio Ball

Light, low impact cardio and core conditioning integrating exercise balls, chairs and light weights. Bring your own fitness ball.

Indoor Cardio Walking

Alternating cardio walking with toning for quick, safe, fat-burning and body-toning results. With no complex or fancy footwork, these are easy-to-follow workouts.

Walk With Ease - Seated Exercises

Tailored to people with mobility issues, all exercises are in a seated position to help increase flexibility, gain strength and have fun.

Cardio Conditioning:

Classes are full of variety, challenge, and fun! Cardio intense interval training; step, kickboxing, cardio dance combined with muscle endurance exercises utilizing body weight, weights, resistance bands, and body bars.

- FIT
- Core Strength/Cardio Challenge
- Step Conditioning

Need child care while you work out?

With Kids' Corner, we've got you covered.

Learn more on page 27.



Turbo Kick®

This addictive workout combines shadow boxing, kickboxing, sports drills, dancing, yoga and simple dance moves in a party atmosphere where getting fit is the side effect of having fun.

P90X Live

Using the science of muscle confusion, P90X Live constantly switches things up to help you break through fitness plateaus. Cardio, resistance and strength training, plyometrics, ab work and more! Modifications are offered continually, all fitness levels welcome!

Strength Training & Conditioning:

Benefits: Start lifting and get strong! Use weights, bands, tubes, weighted bars and steps to improve strength, bone density and endurance.

Get Started in Weight Training

Great for those new to weight training. Learn how to safely and effectively use weights and resistance. Trainers will demonstrate a basic program using machines and free weights and help you find classes to meet your goals.

Fitness Center Orientation

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. We strongly recommend attending an orientation before using the fitness center and in some cases it may be required. Fitness center trainings are offered weekly and are free.

Fitness Center Teen Time & Under 18 Use

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

Adult Circuit Workout

Coached workout with a series of stations to get your whole body fit!

Fitness Center Workout

Challenge yourself with a series of exercise stations to get your whole body fit. Exercises are modifiable to fit your needs.

Strength, Tone & Mightier Bone

Strength and weight training with flexibility and resistance exercises for muscle mass and endurance. Designed to assist those with osteoporosis.

Stretch & Strength

Start your day out right with proper techniques of strength training and stretching. Using a variety of equipment such as bands, weighted balls, weights and body weight. Sustained stretching will be woven throughout the class.

Personalized Circuit Training

Individualized exercises to fit your needs and goals. Includes warm up, exercises for strength, flexibility, balance and cool down.

Strength & Conditioning

Improve strength, range of motion, flexibility, balance and hand-eye coordination.

Functional Conditioning

Instructors will lead you through exercises designed to improve your daily function using weights, balls and resistance tubing. Connect with your peers and make new friends.

Functional Fusion

Combines Pilates, ballet barre, yoga, functional conditioning and circuit training, preparing you to excel in all kinds of exercise by improving strength, balance, endurance and flexibility. It's the full body workout!!

VOLUNTEER IN FITNESS

Contact Kim at
kim@bendparksandrec.org
or (541) 706-6127

Fit 4U Functional Fitness BSC

Use of bands, straps, weights to increase flexibility, balance, and core strength. Helps to improve overall strength in all activities in your life.

Fit 4U Beginning Barre BSC

Class combines ballet conditioning, Pilates and yoga to help strengthen, lengthen and tone your muscles. Focuses on alignment and core strength. Improves balance, coordination and posture.

Barre Body JSFC BSC

Graceful head-to-toe strength and toning that follows elements of ballet and fundamentals of Pilates. Improve your balance and posture.

Barre Yoga JSFC BSC

Strengthen and stretch in this slower-paced fitness-style class incorporating yoga/Pilates poses adapted for greater ease and comfort of joints. Bands, barre, balls, mats and light hand weights may be used as we strengthen and stretch.

Cardio Barre JSFC

Let's sweat! This class uses fundamentals of ballet, yoga and Pilates, fusing them in an easy-to-follow, fast-paced manner to create a heart pumping class. Mixing simple choreography, ballet moves and weight-bearing exercise to create a toned physique.

Total Body Conditioning JSFC

Music will inspire you, the instructor will motivate you and the workout will make you sweat! Great cross training classes:

- TB Strength & Core
- TB TRX Circuit
- TB CF Conditioning
- TB Winter Conditioning



Yoga:

Benefits: Yoga is a beautiful form of fitness that connects your whole being, both mind and body. Increase flexibility and strength with focused breath awareness as you journey through your practice.

Fit 4U Get Started in Yoga JSFC

A great class to experience yoga and all of its benefits.

Fit 4U Yoga Fundamentals BSC

Designed to help new students feel more comfortable in their yoga practice or for the more experienced wanting assistance with position and alignment.

Fit 4U Seated Yoga JSFC BSC

Practice is done seated in chairs or on a mat using modifications for each pose.

Fit 4U Gentle Yoga JSFC

A gentle practice that moves through a slow flow. Easy to follow poses.

Fit 4U Stretch & Relax BSC

Gentle stretching to relieve tension, increase flexibility and improve range of motion. Take time to relax, it feels great!

Fit 4U Hatha Yoga BSC

A practice of mindful movement to increase flexibility, strength and stamina while reducing stress. Ideal for beginner or intermediate levels.

Fit 4U Yoga Flow BSC

This class is focused on mindful, fluid movement guided by the breath. Includes longer held stretches to release tension.

Prenatal Yoga JSFC

Journey through this magical time together as you maintain fitness and well-being. Physician's or midwife's approval required before first class.

Baby & Me Yoga JSFC

Journey back into shape with baby at your side. Make new connections and build friendships. Babies are welcome from 6 weeks to walking.

Vinyasa Yoga JSFC

Flowing form of yoga incorporating: sun salutations, breathing techniques and connecting poses to create flow in your practice.

Fit 4U Yin Yoga JSFC

Stretches the connective tissue in the lower body. Poses are passive and are held for several minutes.

Vin/Yin Yoga JSFC

Flowing form of yoga incorporating: sun salutations, breathing techniques and connecting poses to create flow in your practice.

Fit 4U Restorative Yoga JSFC

A passive, meditative practice that moves at a much slower, relaxed, pace giving more time to lengthen tired muscles. Focuses on stretches of the hips, shoulders and back.

Fit 4U Restorative Flow Yoga JSFC BSC

Begins with a slow Vinyasa Flow, then moves into a passive restorative practice.

Fit 4U Sivananda Yoga JSFC

A deeply rejuvenating form of yoga that incorporates flexibility, strength and balance while teaching techniques for heightened breath awareness and relaxation.

Sunrise Yoga JSFC

A Kundalini style class that incorporates breathing, chanting and movement. Start your day feeling comfortable, peaceful and ready for whatever the day holds.

Flexible Strength Through Yoga JSFC

A fitness-style yoga class that continuously stretches and strengthens the body.

Power Vinyasa Yoga JSFC

A challenging practice that produces extraordinary results, this class is about personal discovery as it builds strength and flexibility.

Kundalini Yoga JSFC

Kundalini yoga is the yoga of awareness and consciousness. This dynamic class will heighten your awareness to your breath and how Prana, or life force, can lead you to a committed practice.

Advanced Hatha Vinyasa Yoga JSFC

Cultivate deep awareness to poses, attention to alignment, understanding of breath and bandha. A true exploration of the mind and body. Intended for the experienced practitioner with a minimum of one year of continuous vinyasa practice with little to no physical injury or limitation.

Intro to Ashtanga JSFC

Learn the classical sequence of asanas from which Vinyasa was born.

Yoga Core JSFC

Incorporate challenging poses that engage the Bandhas and fire the core into your yoga practice. With the focus on length, strength and total body toning, you will become flexibly strong and lean.

Yoga for Athletes JSFC

Enhance your performance and physical and mental awareness. Provides a holistic cross-training approach by opening tight muscles and conditioning the core.

Pilates:

Benefits: A method developed over 70 years ago to enhance posture and overall fitness. Learn to move your body from your core powerhouse.

Pilates Mat JSFC BSC

The first 15 minutes of the class starts with Pilates' fundamentals and flows right into the series of Pilates exercises.

Yoga & Pilates Mat JSFC

Techniques and benefits of both disciplines. Yoga will increase flexibility and balance; Pilates increases core strength and lengthens the muscles.

PiYo® JSFC

Challenging, low impact, athletic workout combining dynamic strength training and conditioning with Pilates and yoga-inspired muscle-sculpting exercises and flexibility training all set to current upbeat music. No previous Pilates or yoga experience required!

Pilates for Core JSFC

Props are used to strengthen from the core throughout the whole body.

Private & Semi-Private Yoga & Pilates Sessions

The personalized attention you want to help achieve your individual goals.

Fee: \$25/30 minute or \$50/60 minute session.

Tai Chi & Qigong:

Fit 8 Movement Tai Chi BSC

Slow, circular movements to gently exercise muscles and improve range of motion. Relies on internal awareness to generate a feeling of overall health and vitality.

24 Movement Tai Chi BSC

Further your practice of Tai Chi to improve balance, movement, vitality and well-being.

Qigong BSC

Want better health, increased vitality? Qigong is an ancient Chinese exercise that increases and stimulates energy in the body. The eight movements of this qigong are repeated slowly making it easy to learn and practice.

Water Exercise:

Benefits: Cross train in the water! Water exercise uses the natural buoyancy, support and resistance of water to improve cardio fitness and strengthen and tone muscles with little to no impact on the joints. Classes are great for all levels as everyone can use the water's resistance to work at their own intensity level. No swimming skills needed but you should be comfortable in deep water. Floatation belts provided to keep you upright. Water shoes are recommended.

Fit 4 Water Workout JSFC Deep/Shallow

Total body workout for all ages and fitness levels. Offers cardio, core strength, muscle toning and stretching in a low to non-impact workout that is energizing and fun! Come to either shallow or deep water. M/W/F 10:30 am class geared toward 60 +.

Fit 4 Water Variety JSFC Deep/Shallow

Combination of cardio and water resistance training while traveling from deep to shallow.

Aqua Zumba® JSFC

This fun cardio dance class with Latin vibe takes place in the shallow end of the pool.



Aqua Fit & Fun JSFC

Wow! Motivating music and a total body work out! All levels welcome. Just come and have fun moving and grooving. Takes place in the shallow and deep ends of the pool.

1 - 2 - 3 HIIT it! JSFC

High intensity interval training in the pool that gives the toughest workout you will ever love!

Water Running Deep JSFC

Run, ski, stride and move against the resistance of the water in this high intensity, interval workout. Each stride will help you become a more effective and efficient runner with zero impact.

Fluid Running™ JSFC

A no-frills, moderate-to-high intensity running workout where you are tethered to a lane line so you can experience dynamic resistance. Note: Not recommended for prenatal students. New students, come early! First 15 minutes is a get started orientation.

Prenatal Water Exercise JSFC

Prenatal participants are welcome in any of the water fitness programs for great exercise! An orientation is required before beginning as well as a doctor's or midwife's approval.

Water provides the freedom and support to help make exercising safe and effective during pregnancy. Water exercises can help you have a more pleasant pregnancy and prepare for labor.

Prenatal/Baby & Me Fitness

Prenatal Fitness JSFC

Fee: Current Full Access Pass or drop-in fee.

If you are expecting, you are welcome to join in any fitness class. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.

In addition, there are classes that incorporate specifically designed, gentle-paced cardio with strength and stretching exercises that follow the American Congress of Obstetrics and Gynecology guidelines. Weekly classes in:

PRENATAL YOGA (page 62)

WATER EXERCISE (at left)

Contact our customer service team at (541) 389-7665 if you have questions or to schedule a personalized, pre-class orientation.

WEEKLY CLASSES:

Baby & Me Cycle JSFC

Baby & Me Yoga/Core JSFC

Ages: 6 weeks to walking

Fee: Current Full Access Pass or drop-in fee.

Details available on pages 60 and 62. Weekly schedules online at www.bendparksandrec.org.



Specialized Fitness

Therapeutic Next Step Program JSFC

Safely move beyond physical therapy and take the next step to recovery. Both water and/or land exercise programs can be developed to meet your needs. Our specialists will work with you to build up your body's function after rehab. Through both land and water exercises, those affected by medical considerations can improve fitness, prevent subsequent health complications, and look forward to a better tomorrow.

The following classes require a one-time assessment before starting. Call us at (541) 389-7665 to schedule an appointment.

Fee: \$75

Backhab JSFC

Water provides a great environment to move without pain. Strengthen back muscles and increase mobility through core stabilization and flexibility. A program will be specifically designed for you.

Stroke & Individualized Water Fitness JSFC

Have you completed your physical therapy and want to continue your recovery? Our program will help you make the next step. A program will be specifically designed for you.

Fit 4U Moving to Music: An Arthritis Exercise Program BSC

A lively, fun chair exercise class with upbeat, varied music to help you move more freely and without pain. Taught by certified Arthritis instructor.



Fit 4U Mobility thru Water JSFC

Consists of a series of gentle exercises which focus on improving strength, flexibility, balance, range of motion, and cardiovascular fitness. Friendly, supportive group increases your self-esteem, socialization, and emotional well-being. People who exercise regularly look and feel better. Designed by the Arthritis Foundation, this is a great program for people with arthritis and chronic conditions. Please contact Carolyn at (541) 706-6189 for personalized assistance in finding the right class for you.

Specialized Fitness: at Bend Senior Center

Benefits: Focused fitness and wellness classes addressing the specific needs of the adults over 50 and/or those with challenging health conditions.

NOTE: The following classes require registration and are not included with a pass.

Stand Tall - Don't Fall BSC

Ages: 50 & up

As we age a loss of balance can lead to fear of falling which often results in a decrease in quality of life. This multi-faceted, safe program builds new skills to maintain balance and helps to provide the confidence to remain active and healthy throughout our mature years. This class is limited to 30 and designed by certified Arthritis instructors. Prerequisite: Ability to stand unassisted for 15-20 minutes in class.

Fee: \$40 ID \$48 OD / session

Program: 102777

W: 10:00 - 11:00 am

Sessions: 1/4 - 3/8 3/22 - 5/24

Basics Training BSC

All Adults

New to group exercise or returning after a long time? Let's help start your Exercise Engine! This supportive small class (limit to 10 participants) will provide safe and simple movement options where individuals progress at their own pace guided by personal needs and abilities. Appropriate for those able to walk independently.

Fee: \$35 ID \$42 OD / session

Program: 102775

W: 2:00 - 2:50 pm

Sessions: 1/18 - 2/22 3/22 - 4/26

Music, Memory & Mobility BSC

Ages: 50 & up

Bend Senior Center

A relaxed paced, chair exercise class designed for individuals with some cognitive issues including the beginning stages of Alzheimer's or dementia. Class will consist of seated exercises to enhance mobility with fun games and activities to enrich the mind and memory. Caregivers are invited to attend with student at no charge.

Fee: \$35 ID \$42 OD / session

Program: 102779

Th: 11:30 am - 12:15 pm

Session: 2/2 - 3/9 4/6 - 5/11



PLAY BALL!
.....
**SOFTBALL
LEAGUE**
.....
PAGE 67

never stop playing

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 be exercising, making friends and either learning a new skill or keeping an old one alive. And that is the real version of the fountain of youth.

Fencing

Beginning Epee Fencing

Ages: 16 & up

High Desert Fencing

Grace and strategy combined into physical chess, it's the Olympic sport of competitive epee fencing. We will cover footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership and waiver (\$10 additional) required at first class.

Fee: \$85 ID \$102 OD / session

Program: 102087

Tu: 5:30 - 7:00 pm

Sessions: 1/17 - 3/7 4/4 - 5/23

Intermediate Fencing

Ages: 13 & up

High Desert Fencing

Have you taken beginning fencing and still want more? This class allows fencers of all ages to continue developing fencing skills with foils, epees and sabers. We will use lessons, drills and situational bouts as well as lots of time fencing to help everyone develop their technique and tactics. All fencing equipment is provided.

Fee: \$85 ID \$102 OD / session

Program: 102186

Th: 5:30 - 7:00 pm

Session: 1/19 - 3/9 4/6 - 5/25

Ice Sports & Skating

Curling League

All Adults

Open to curlers of all experience (or inexperience) levels, this league gives players the chance to learn and hone their skills. Games are played once a week and all equipment provided. Space is limited, so register your team of four early!

Registration: 12/12 or until full

Fee: \$400 per team

Program: 110331

Su: Late afternoon
- Evenings

Seasons: 1/29 - 3/12

Be a coach!

Volunteer coaches needed for youth sports.

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



Adult Learn To Play Hockey

Ages: 15 & up

Here's your chance to learn to play hockey! Discover your inner Gretzky in our program specifically designed to introduce adults with little or no skating and/or hockey experience to the sport. You'll develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Rental skates provided. Equipment requirements include: athletic support, shin pads, hockey pants, elbow pads, helmet, gloves and stick.

Fee: \$84 ID \$100 OD / session

Program: 110321

F: 9:15 - 10:30 pm

Seasons: 2/3 - 3/17

Adult Learn to Skate: Level 1

Ages: 16 & up

Come learn how to skate! Discover or re-discover your ice feet as you learn how to glide and develop your stroke. Practice balance, edgework and advance in your technique through skills and drills.

Fee: \$60 ID \$72 OD / session

Program: 110111

Day: Time:	Session 1	Session 2
Tu: 5:40 - 6:15 pm	1/17 - 2/14	2/21 - 3/21
Sa: 9:00 - 9:35 am	1/21 - 2/18	2/25 - 3/25

Let's skate!

Public skate sessions and specialized ice times for hockey and curling on page 22.

Adult Learn to Skate: Level 2

Ages: 16 & up

Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for stroking, balance and edgework.

Fee: \$60 ID \$72 OD / session

Program: 110112

Day: Time:	Session 1	Session 2
Tu: 5:40 - 6:15 pm	1/17 - 2/14	2/21 - 3/21
Sa: 9:00 - 9:35 am	1/21 - 2/18	2/25 - 3/25

Martial Arts

Women's Kickboxing

Ages: 13 & up

Smith Martial Arts

Beginners welcome! Kick and punch your way to tip-top shape with this fun and energetic class. We will be learning mitt/bag drills, bodyweight exercises, resistance training, kickboxing technique and self-defense. Includes free Smith Martial Arts t-shirt. Bring your own boxing gloves. If needed, boxing gloves available for purchase from the instructor.

Fee: \$110 ID \$132 OD / session

Program: 102305

Tu/Th: 5:30 - 6:15 pm

Session: 1/24 - 2/16 2/21 - 3/16
3/21 - 4/13 4/18 - 5/11

Pickleball

Introduction to Pickleball

All Adults

Pine Nursery Park

In these sessions designed for the beginning pickleball player, you'll learn rules, scoring and basic court positioning. After one session, you'll be ready to participate in organized play. Equipment available to borrow; wear non-marking court shoes. If a class is full, please sign up on the waiting list.

Fee: \$17 ID \$20 OD / session

Program: 103575

W: 5:45 - 7:15 pm

Sessions: 4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31



Advanced Beginner Pickleball

All Adults

Pine Nursery Park

The next step for beginners! Perfect your basic stroke techniques, strategies and proper court positioning.

Fee: \$12 ID \$14 OD / session

Program: 103576

Tu: 1:30 - 2:30 pm

Sessions: 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30

Pickleball Intermediate Drill & Play

All Adults

Pine Nursery Park

Consisting of fast-moving, strategy-based drills that will improve your technique, shot selection and court positioning, this clinic will help get you to the next level and add to your skills.

Fee: \$12 ID \$14 OD / session

Program: 103573

W: 4:30 - 5:30 pm

Sessions: 4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, 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) 706-6121.

Pickleball Advanced Drill & Play

All Adults

Pine Nursery Park

The most advanced, fast-paced drill session available! Instructors play in fast-moving, strategy-based drills that will improve your shot technique, reaction time, shot selection and court positioning. Perfect your skills with other advanced players while you work on all aspects of your game.

Fee: \$12 ID \$14 OD / session

Program: 103574

Th: 4:15 - 5:15 pm

Sessions: 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25



Assisted Play / NEW Social Mixer

All Adults

Pine Nursery Park

Perfect for those looking to get more playing experience! Come play, meet new players and have lots of fun! With on-court assistance as needed, you'll receive help with pickleball rules, scoring and basics. Play traditional games with partner rotation led by instructor.

Fee: \$8 ID \$10 OD / session

Program: 103578

Tu: 2:30 - 3:30 pm

Sessions: 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30

Cardio Pickleball

All Adults

Pine Nursery Park

Come improve your footwork, fitness and pickleball skills all at the same time! Try the newest offering from BPRD and IPTPA certified pro Lisa Palcic. Set to music, this class will inspire you to have more fun in your game! Improve your speed on the court, develop efficiencies in your footwork and movement while improving your eye-hand coordination and game skills.

Fee: \$12 ID \$14 OD / session

Program: 103579

Th: 5:30 - 6:30 pm

Sessions: 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25

Soccer

Adult Recreational Soccer League

All Adults

Big Sky Sports Complex

New this season, women's and coed divisions! Get outside and play some soccer! For both beginning and experienced soccer players, this league provides soccer game experience emphasizing recreation, camaraderie and fun. Created from a pool of registered players, teams consist of players of varying experience and skill levels.

Fee: \$44 ID \$53 OD / season

Program: 103180

Registration deadline: 3/26

WOMEN'S DIVISION NEW

Su: 12:00 - 6:00 pm

COED DIVISION

Su: 12:00 - 6:00 pm

Season: 4/9 - 6/4 (No games 5/28)



Adult Softball Leagues

Men's, Women's, Coed & Senior

All Adults

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

Season: Mid-April through mid-August
Days/Times: Game days and times will vary
Locations: Skyline Sports Complex & Pine Nursery Sports Complex

Requirements: Minimum 12 players needed per team. Any and all teams interested in joining a league must have a representative present at the appropriate meeting listed below. Teams who miss the meeting may not get an opportunity to play this season.

Space in each league is limited!

PRE-SEASON MEETING SCHEDULE:

League	Date	Time	Team Fee
Senior Metro	Th: 3/23	5:15 pm	TBA
Women's Metro	Th: 3/23	6:00 pm	TBA
Coed Metro	Th: 3/23	6:45 pm	TBA
Men's Metro	Th: 3/23	7:30 pm	TBA
Coed Rec	W: 4/5	6:00 pm	\$360
Men's Rec	W: 4/5	6:45 pm	\$360

MEETING LOCATION:

BPRD District Office, 799 SW Columbia St.

Be a coach!

Volunteer coaches needed for youth sports.

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

13TH ANNUAL BEND PARK & RECREATION FOUNDATION

Gopher Broke SCRAMBLE

SUPPORTING RECREATION SCHOLARSHIPS FOR CHILDREN AND FAMILIES

THANK YOU!

Thank you to the generous sponsors, donors, players and volunteers who played a part in making the 13th annual Gopher Broke Scramble a tremendous success! The tournament raised more than \$15,000 to support low income children and families with participating in recreation programs through Bend Park & Recreation District.

CORPORATE SPONSORS

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Broken Top Club
Brown Owl
Curb BQ
Dawg House II
Deschutes Brewery
Downtown Bend Business Association
Dump City Dumplings
The Hideaway
Looney Bean
Mountain High Old Back Nine Golf Course
Oregon Spirt Distillers
Pasta House
Pour House
Pro Golf
River's Edge Golf Course
Spoken Moto
Spork
Victorian Café
Widgi Creek Golf Club



SUPPORTING RECREATION SCHOLARSHIPS

Volleyball

Adult Volleyball Leagues

All Adults

Pilot Butte Middle School

Form a team in the women's league and/or coed league! Women's league is 6-on-6 self-officiated; coed is self-officiated reverse quads. League standings will be kept; playoffs held at the end of the season. Shirts awarded to league champs. Team sign-up only.

Fee: \$315 / team

Program: 103185

Registration: 1/15 or until full

WOMEN'S DIVISION

W: 7:30 - 10:00 pm

Season: 2/1 - 4/12 (No matches 3/29)

COED DIVISION

Th: 7:30 - 10:00 pm

Season: 2/2 - 4/13 (No matches 3/30)

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball. This is a drop-in program.

Fee: \$3 ID \$3 OD / session

Program: 104311

M: 6:00 - 8:00 pm

Session: 1/23 - 5/22 (no class 2/20)

FOCUSED
ON FUN
.....
KIDS
ADVENTURE
DAYS
.....
PAGE 70

limitless play

With Inclusion, Everybody Benefits!

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

*The only disability
in life is
a bad attitude.
~ Scott Hamilton*

Youth Therapeutic Recreation

Teen Adventure Club

Ages: 13 - 21
Harmon Park

Looking for an exciting, active afternoon of adventure and fun with your friends? Join the club! We're talking games, field trips around Central Oregon, community events and much more. This program is for teens with disabilities. If your teen requires one-on-one assistance, please inform us at least one week prior to the beginning of the program.

Fee: \$35 ID \$42 OD / session
Program: 104333

Sa: 1:30 - 5:00 pm
Sessions: 1/21 2/11
3/11 4/29

Kids Swimming Night

Ages: 6 - 13
Juniper Swim & Fitness Center
Splish, Splash! Come enjoy a night at the pool with all your friends!

Fee: \$12 ID \$15 OD / session
Program: 104242
F: 6:30 - 8:30 pm
Session: 3/17

Kids Movie Night

Ages: 6 - 13
Bend Senior Center
Join us as we enjoy an evening together watching a movie and eating popcorn.

Fee: \$15 ID \$18 OD / session
Program: 104668
F: 6:30 - 8:30 pm
Session: 5/5

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

Contact Kim at (541) 706-6127.

Payment Assistance

1) The "Fun with Friends" Plan:

This plan has been developed exclusively for Therapeutic Recreation participants. For those who want to participate in several programs, the cost of paying for them all at once can be overwhelming. To make it easier, we allow you to secure your spot on the roster while paying a fixed rate every month. To qualify you must:

- Sign up for AT LEAST four different program sessions.
- Take the total fee and divide by five months. Pay that fee by the 5th of each month.
- If you do not pay the monthly fee, you will forfeit your spot in the program and it will be given to someone on the wait list.
- You must write "Attention Cheryl" on registration and all pay plan checks.
- If you need assistance or have any questions, please call Cheryl at (541) 706-6121.

2) Third Party Payees: We accept payment from the following third party payees:

- Deschutes County Mental Health
- Central Oregon Resources for Independent Living
- Bend-La Pine Schools

If a third party is paying for your programs, your registration must be accompanied by a letter from the third party payee stating the amount that is authorized to be billed.

3) Needs Based Assistance: Needs based assistance is available to cover a percentage of program fees for those who qualify. See page 17 for details.

Friday Fun Night

Ages: 6 - 12

Bend Senior Center

Kids, have a blast while your parents enjoy a kid-free night on the town. Kids enjoy an special evening together. At Sun Mountain Fun Center, we'll be in the arcade and with the bumper cars. For the Pizza Party, we'll enjoy games and crafts while eating pizza. This program is available to kids with disabilities and their siblings/ friends. You must pre-register; sorry, no drop-ins.

Fee: \$15 ID \$18 OD / session

Program: 104240

F: 6:30 - 8:30 pm

Sessions: 2/17 Sun Mountain
4/21 Pizza Party

Kids Adventure Days

Ages: 6 - 13

Harmon Park

Kids, save the cartoons for later and join us for exciting activities in and around Bend. Activities may include, sledding, skating, adapted biking, bowling, arts and crafts and games. This program is available to kids with disabilities and their siblings/friends.

Fee: \$35 ID \$42 OD / session

Program: 104444

Sa: 9:30 am - 1:00 pm

Sessions: 1/21 2/11
3/11 4/29



Adult Therapeutic Recreation

Ice Skating & Hot Chocolate

Ages: 16 & up

The Pavilion

It just doesn't get better than ice skating in the fresh winter air! Join us for an evening of ice skating at the Pavilion followed by hot chocolate by the fire pit.

Fee: \$20 ID \$24 OD / session

Program: 104309

F: 6:30 - 8:30 pm

Session: 1/27

Saturday Adventures

NEW

Ages: 16 & up

Norton Avenue Apartments

Fresh air! Fresh fun! Join in these special Saturday adventures as we explore Central Oregon's outdoors. "Winter Wonderland" will feature a venture to the mountain for snowshoeing and/or sledding. The "Spring Hike" will be a beautiful hike on one of the trails along the Deschutes or McKenzie rivers.

Fee: \$25 ID \$30 OD / session

Program: 104270

Sa: 10:00 am - 2:00 pm

Sessions: 1/28 Winter Wonderland
4/15 Spring Hike

Hang Time

Ages: 16 & up

Norton Avenue Apartments

Don't let the wintertime blues get you in a slump, cure the blahs with a little Hang Time. From arts and crafts to playing games or movie night, there will be plenty of fun for everyone.

Fee: \$30 ID \$36 OD / session

Program: 104650

F: 6:00 - 7:30 pm

Sessions: 2/3 3/3
4/28

Adult Therapeutic Recreation Registration By Survey

In an effort to make the registration process accessible to everyone, BPRD-TR is using a survey to increase the likelihood that many of you will be selected to enroll in several of your top choices for Winter/ Spring programs.

The online survey is available at http://www.bendparksandrec.org/recreation_programs/therapeutic_recreation/ and will be open from December 12, 2016 - January 1, 2017. You will be notified by January 5 of your classes and arrangements for payment must be received by January 10 or your spot will be forfeited. After January 10, any unfilled classes will be open for anyone to register. If at any time you have questions, please contact Cheryl Kelley at 541-706-6121 or cheryl@bendparksandrec.org.



Brunch & A Matinee

Ages: 18 & up

Norton Avenue Apartments

Join us for brunch at IHOP and a matinee at the Sisters Movie House. Times subject to change based on movie times.

Fee: \$50 ID \$60 OD / session
Program: 104401
Sa: 10:00 am - 2:00 pm
Session: 2/4

Valentine's Day Dance

Ages: 16 & up

Hollinshead Barn

Get ready for the annual Valentine's Day Dinner & Dance. Put on your finest outfit and prepare yourself for an exciting and elegant event. We'll pick you up at the Kearney and Norton Ave. Apartments at 6:00 pm and chauffeur you to Hollinshead Barn for a delicious, romantic meal. Following dinner, head to the dance floor and groove the night away.

Fee: \$25 ID \$30 OD / session
Program: 104220
F: 6:00 - 9:00 pm
Session: 2/10

U of O Women's Basketball Game NEW

Ages: 18 & up

Norton Avenue Apartments

Join in the fun as we head to Eugene for the day to cheer on the University of Oregon's Women's Basketball Team!

Fee: \$60 ID \$72 OD / session
Program: 104102
Su: 7:30 am - 4:30 pm
Session: 2/12

Winterfest

Ages: 18 & up

Norton Avenue Apartments

Join us as we explore the festivities of Winterfest in the Old Mill.

Fee: \$20 ID \$24 OD / session
Program: 104101
Sa: 11:00 am - 2:30 pm
Session: 2/18

Night at the Pool

Ages: 16 & up

Norton Avenue Apartments

We will enjoy Friday evenings swimming and playing games at Juniper Swim & Fitness Center followed by an ice cream social each evening.

Fee: \$20 ID \$24 OD / session
Program: 104133
F: 6:30 - 8:30 pm
Sessions: 2/24 3/10



Tulip Festival NEW

Ages: 18 & up

Norton Avenue Apartments

The Wooden Shoe Tulip Festival in Woodburn is an opportunity to enjoy all things that make spring in the Northwest. Stroll through forty acres of stunning beauty while you experience expansive views of vineyards, distant mountains and a few mud puddles. Fresh flowers, food and fun for all.

Fee: \$50 ID \$60 OD / session
Program: 104388
Sa: 8:00 am - 5:00 pm
Session: 4/8

Portland Zoo Trip

Ages: 18 & up

Norton Avenue Apartments

Lions, tigers and bears, oh my! Elephants, penguins and monkeys, oh joy! Add some animals into your life with a day trip to the Portland Zoo.

Fee: \$75 ID \$90 OD / session
Program: 104389
Sa: 8:00 am - 6:00 pm
Session: 4/22

Spring Fiesta Dance NEW

Ages: 16 & up

Hollinshead Barn

Join us for the festivities as we celebrate Cinco de Mayo with a Mexican-themed meal, piñata and, of course, dancing!

Fee: \$25 ID \$30 OD / session
Program: 104221
Sa: 5:00 - 8:00 pm
Session: 5/6

Arts & Crafts

Fantastic Fleece

Ages: 14 & up

Twin Knoll Transition Co-Op

Nothing better than cozy fleece on a cold winter day! Come learn how to make projects using fleece material. Projects may include hats, pillows, scarfs and more. Can you say "toasty?"

Fee: \$50 ID \$60 OD / session
Program: 104688
W: 6:30 - 8:00 pm
Session: 2/22 - 3/8

Creative Fridays

Ages: 14 & up

Bend Senior Center

Come express yourself through a variety of fun, creative activities while you learn new skills and enjoy time with friends. Activities may include painting, drawing, pottery and more. Transportation from Norton Avenue Apartments available if needed.

Fee: \$45 ID \$54 OD / session
Program: 104170
F: 4:30 - 6:00 pm
Sessions: 2/3 3/3 4/28

Design & Color Your 2017 Calendar NEW

Ages: 14 & up

Twin Knoll Transition Co-Op

Not only is coloring fun and a great creative outlet, it's a great way to relieve stress, decompress and relax. Come design and color your very own calendar for yourself or to give as a gift.

Fee: \$40 ID \$48 OD / session
Program: 104003
W: 6:30 - 8:00 pm
Session: 1/25 - 2/15

Giving the Gift of Art

Ages: 14 & up

Twin Knoll Transition Co-Op

Join together as we create a class mural and wall hanging to donate to a fundraising auction for Full Access of Bend.

Fee: \$40 ID \$48 OD / session

Program: 104551

W: 6:30 - 8:00 pm

Session: 3/15 - 4/12

Art Camp & Pizza Party NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Creativity comes in many forms! Join in as we get creative with a day of art projects and pizza-making. A feast for the eyes and the appetite!

Fee: \$35 ID \$42 OD / session

Program: 104399

Sa: 10:00 am - 3:00 pm

Session: 3/18

Fused Glass Projects NEW

Ages: 14 & up

Twin Knoll Transition Co-Op

Come learn how to make projects using glass that will be melted down and turned into fabulous art.

Fee: \$60 ID \$72 OD / session

Program: 104004

W: 6:30 - 8:00 pm

Session: 4/19 - 5/10

Cooking

Warm & Hearty Meals NEW

Ages: 16 & up

Twin Knoll Transition Co-Op

Learn to make meals that will "stick to your bones" to help keep you warm for the winter. Transportation available from Norton Ave. Apartments if needed.

Fee: \$125 ID \$150 OD / session

Program: 104590

W: 4:30 - 6:30 pm

Session: 1/25 - 3/8

TR Cook-off NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Are you an aspiring chef and want to test your skills in our first TR Cook-off. Join a team of three cooks to prepare an appetizer, main dish and dessert for our judges. Each team will enjoy the meal they prepared for the judges.

Fee: \$30 ID \$36 OD / session

Program: 104230

Sa: 11:00 am - 2:00 pm

Session: 3/4

My Favorite Recipes

Ages: 16 & up

Twin Knoll Transition Co-Op

Share your love of cooking! Each week we will make a favorite recipe chosen from each participant.

Fee: \$125 ID \$150 OD / session

Program: 104300

W: 4:30 - 6:30 pm

Session: 3/15 - 5/10



Fitness & Sports

Zumba

Ages: 14 & up

Bend Senior Center

Get ready to shake, shimmy and salsa your way to a healthier you! Dance away the winter to a fun, energetic blend of dance music. This class is an easy, "feel happy" way to work out on your own or with friends. Transportation limited for this program to the first 10 - 12 participants depending on wheelchair needs in the bus. Contact Kate at 541-410-6240 if you require transportation.

Fee: \$60 ID \$72 OD / session

Program: 104191

Tu: 4:30 - 5:45 pm

Sessions: 1/24 - 3/7 3/14 - 5/9

Get Fit

Ages: 16 & up

Norton Avenue Apartments

Whether you are training for the Special O's or want to drop a few pounds to feel your best, Get Fit is your program. Be challenged to reach your personal fitness goals and to live a healthier lifestyle. We'll use a variety of training methods to increase your strength, flexibility and endurance including swimming, circuit training and weight lifting.

Fee: \$80 ID \$96 OD / session

Program: 104299

Tu/Th: 6:00 - 7:30 pm

Sessions: 1/24 - 3/9 3/14 - 5/11

Swim Lessons NEW

Ages: 18 & up

Juniper Swim & Fitness Center

Do you want to improve your swimming skills? We will focus on using your abilities to increase your strength and endurance while improving your swim techniques.

Fee: \$50 ID \$60 OD / session

Program: 104310

Tu: 2:15 - 3:30 pm

Session: 3/14 - 5/9

Aqua Zumba

Ages: 14 & up

Juniper Swim & Fitness Center

If you like Zumba and enjoy the water, then Aqua Zumba is for you! An exciting and easy way to work out by yourself or with some friends! Please advise prior to program if you will need transportation; bus space is limited.

Fee: \$60 ID \$72 OD / session

Program: 104005

Th: 2:15 - 3:30 pm

Session: 3/16 - 5/11

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball. This is a drop-in program.

Fee: \$3 ID \$3 OD / session

Program: 104311

M: 6:00 - 8:00 pm

Session: 1/23 - 5/22 (no class 2/20)

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, 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) 706-6121.



Discovery through play.

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

Busy Buddies Preschool

Includes weekly swim lessons & yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee:

2 days/week: \$158 ID \$189 OD

(payment is due by the 5th of each month.)

Registration fee: \$20 non-refundable registration fee is due at the time of enrollment.

Program: 205601

M/W: 1:15 - 4:00 pm

- or -

Tu/Th: 1:15 - 4:00 pm

Dates: Now - June 15

Art

Art Play Group

Ages: 2 - 5 with adult

Art Station

Come and make a mess with us! Play-based art activities will develop creative thinking, spark curiosity and inspire independence and experimentation. Each session will include different activities. Child must be accompanied by adult. Instructor: Jessica Dawley

Fee: \$19 ID \$23 OD / session

Program: 111300

M: 9:00 - 10:30 am

Sessions: 1/9 3/13
5/15

M: 1:00 - 2:30 pm

Sessions: 2/13 4/10
6/5

Art StART

Ages: 2 - 3 with adult
4 - 6

Art Station

Inspire a love for art! Discover beginner art fundamentals and mediums in a fun, hands-on creative environment. Children ages 2-3 must be accompanied by adult. Instructor: Eileen Noe & Korey Horsell

Fee: \$49 ID \$59 OD / session

Program: 111302

ELEMENTS OF ART

Explore learning about line, shape, color, texture and more! Participants will be exposed to the basic elements that are used by artists.

M: 9:00 - 10:00 am

Session: 1/23 - 2/13 Ages 2 - 3

Th: 1:00 - 2:00 pm

Session: 1/19 - 2/9 Ages 4 - 6

PRESCHOOL PICASSO

Encourage an appreciation of art with an introduction to Picasso's styles and techniques. Build creativity while making art pieces and engaging in art-inspired sensory play.

M: 9:00 - 10:00 am

Session: 4/17 - 5/8 Ages 2 - 3

M: 10:30 - 11:30 am

Session: 4/17 - 5/8 Ages 4 - 6



JOURNEY OF ART

Focus on the journey of the creative process! Each class will allow each child to be imaginative and create a unique masterpiece of self-expression.

Th: 9:00 - 10:00 am

Session: 2/9 - 3/2 Ages 2 - 3

Th: 10:30 - 11:30 am

Session: 2/9 - 3/2 Ages 4 - 6

SENSORY ART

It's time to stimulate the senses! Experience the sight, smell, taste, hearing and touch through different art activities.

Th: 9:00 - 10:00 am

Session: 4/20 - 5/11 Ages 2 - 3

Th: 10:30 - 11:30 am

Session: 4/20 - 5/11 Ages 4 - 6

BACK TO NATURE

Find inspiration in nature! Create artwork and play while interacting with nature.

Th: 9:00 - 10:00 am

Session: 5/18 - 6/8 Ages 2 - 3

Th: 10:30 - 11:30 am

Session: 5/18 - 6/8 Ages 4 - 6



Winter Wonderland

Ages: 3 - 5

Harmon Park, Hobby Hut

Brrr! Winter is here! Join in on a blizzard of fun arts and crafts activities to celebrate this exciting season.

Fee: \$30 ID \$36 OD / session

Program: 106025

Tu: 10:00 - 11:00 am

Session: 1/17 - 31

Digging for Dinosaurs

Ages: 3 - 5

Harmon Park, Hobby Hut

These long lost creatures are intriguing to explore and discover the world of dinosaurs through hands on activities, arts and crafts.

Fee: \$30 ID \$36 OD / session

Program: 106026

Tu: 10:00 - 11:00 am

Session: 2/14 - 28

Book SmART

Ages: 4 - 6

Art Station

Art inspired by a storybook! Students read a art-themed picture book to inspire creativity before exploring a variety of materials including paint, pastels, glue, scissors, markers and more. Instructor: Jessica Dawley

Fee: \$55 ID \$66 OD / session

Program: 111301

F: 10:00 - 11:00 am

Sessions: 3/3 - 24 4/21 - 5/12

Butterflies & Blossoms

Ages: 3 - 5

Harmon Park, Hobby Hut

With inspiration from our favorite childhood books, this class will help bring the stories to life using arts and crafts that are sure to fascinate.

Fee: \$35 ID \$42 OD / session

Program: 106027

Tu: 10:00 - 11:00 am

Session: 4/4 - 25

The World Around Me

Ages: 3 - 5

Harmon Park, Hobby Hut

This will be an opportunity for children to learn about and develop their five senses. They will be exploring the world around them through hands-on experiments and crafts focusing on their various senses.

Fee: \$30 ID \$36 OD / session

Program: 106028

Tu: 10:00 - 11:00 am

Session: 5/9 - 23

Art: Family

Family Clay: Make Music with Mud

Ages: 5 & up with adult

Art Station

In this class, parent and child will work side-by-side to make flutes from clay. Discover how shape, thickness and hole placement influence the sound. Pieces will be clear glazed and fired for pick up. This class is fun and playful to allow child and parent to create together. Each registration is for adult and child. Instructor: Rachel Evans

Fee: \$55 ID \$66 OD / session

Program: 111502

Sa: 10:00 am - 1:00 pm

Sessions: 1/28 4/8



Family Glass

Ages: 5 & up with adult

Art Station

WINTER SNOW SCENES

Work side-by-side to create 4x10 inch snow scenes that will be "tacked, fused and slumped" to allow pieces to stand on a window sill, bookshelf or table. \$30 paid to instructor for raw materials and firing cost. Fee is for adult and child. Instructor: Julia Christoferson

Fee: \$29 ID \$35 OD / session

Program: 111501

Sa: 10:00 am - 12:30 pm

Session: 1/7

VALENTINE HEARTS IN GLASS

Create small round Valentine dishes with copper foil hearts fused between two layers of glass. \$25 paid to instructor for raw materials and firing cost. Fee is for adult and child.

Fee: \$29 ID \$35 OD / session

Program: 111501

Sa: 10:00 am - 12:30 pm

Session: 2/4

HANDPRINTS IN GLASS

Create Mother's Day keepsakes with a child's handprint fused in glass. Adult and child will work together using fiber paper and a kiln casting technique to create a 5x5 piece. \$20 paid to instructor for raw materials and firing cost. Fee is for adult and child.

Fee: \$29 ID \$35 OD / session

Program: 111501

Sa: 10:00 am - 12:30 pm

Session: 5/6

Dance

Born to Dance

Ages: 2 - 4

Academie De Ballet Classique

Your child will love this Ballet for tots class as they envision being princesses, princes and horses. Children will learn ballet steps and how to say them in French.

Fee: \$60 ID \$72 OD / session

Program: 106351

M: 3:45 - 4:15 pm

Sessions: 1/9 - 2/13
2/27 - 4/10 (no class 3/27)

Tu: 10:00 - 10:30 am

Sessions: 1/3 - 2/7 2/14 - 3/21

Come Dance with Me

Ages: 3 - 4

Academie De Ballet Classique

Children will feel engaged with this playful approach to dance with age-appropriate ballet exercises. Your little dancer will travel through a fantasy-based curriculum using basic French ballet terminology and natural movement such as skipping and jumping.

Fee: \$60 ID \$72 OD / session

Program: 106346

M: 12:00 - 12:30 pm

Sessions: 1/9 - 2/13
2/27 - 4/10 (no class 3/27)



Fantasy Ballet

Ages: 4 - 6

Academie De Ballet Classique

Using imagination and creative dance exercises, little ones can dance away with fantasy ballet! Dress in ballet or dance attire, ballet socks and shoes.

Fee: \$80 ID \$96 OD / session

Program: 106343

M: 4:00 - 4:45 pm

Session: 1/9 - 2/13

M: 6:00 - 6:45 pm

Sessions: 1/9 - 2/13 2/27 - 4/10

Swans Ballet

Ages: 4 - 7

Academie De Ballet Classique

This fantasy inspired class will spark your littlest dancers' imagination. The creative environment will help each dancer develop simple ballet skills and encourage proper technique while introducing fun props and music.

Fee: \$80 ID \$96 OD / session

Program: 106348

Th: 5:15 - 6:00 pm

Sessions: 1/5 - 2/9
2/16 - 3/30 (no class 3/23)

Sa: 2:30 - 3:45 pm

Sessions: 1/7 - 2/11
2/18 - 4/1 (no class 3/25)

Games

Indoor Recess

Ages: 3 - 5

The Pavilion

This class will get your little one moving. During indoor recess, our energetic staff will help your child discover a variety of sports and games that will help to develop their social skills along with coordination and team work.

Fee: \$30 ID \$36 OD / session

Program: 110600

W: 12:15 - 1:30 pm

Session: 5/10 - 31



Kindermusik

Sing & Play

Ages: 1 - 2 with parent/guardian

Cascade School of Music

Get ready to sing, play and move with your little one in this high-energy music class. Focused on your child's beginning sounds and movements, this class helps build the muscles necessary to stand and walk as well as the vocal skills for early speaking and singing. Includes materials.

Fee: \$75 ID \$90 OD / session

Program: 106164

M: 9:30 - 10:15 am

Session: 1/2 - 23

Tu: 9:30 - 10:15 am

Session: 1/3 - 24

Th: 9:30 - 10:15 am

Session: 1/5 - 26

Wiggle & Grow

Ages: 2 - 3 with parent/guardian

Cascade School of Music

Your child will love singing, dancing and playing instruments with you and new friends! You'll love helping your child with developing gross and fine motor skills, turn-taking, social skills and active listening.

Fee: \$75 ID \$90 OD / session

Program: 106166

M: 10:45 - 11:30 am

Session: 1/2 - 23

W: 10:45 - 11:30 am

Session: 1/4 - 25

Th: 10:45 - 11:30 am

Session: 1/5 - 26

Family Class

Ages: 1 - 4 with parent/guardian

Cascade School of Music

Enjoy favorite Kindermusik songs and activities in an exciting way, family class where each child is welcomed and family "together time" is celebrated and cherished.

Fee: \$75 ID \$90 OD / session

Program: 106167

M: 3:00 - 3:45 pm

Session: 1/2 - 23

Laugh & Learn

Ages: 3 - 4

Cascade School of Music

Each session combines your preschooler's natural love of music, storytelling and imaginative play with activities that introduce music concepts and foster independence, social and emotional skills, language growth and self-control. Includes materials.

Fee: \$75 ID \$90 OD / session

Program: 106340

Th: 3:00 - 3:45 pm

Session: 1/5 - 26

Move & Groove

Ages: 4 - 5

Cascade School of Music

We engage your child in music and movement activities that also promote language, social and emotional skills, early math and early literacy, physical coordination, creativity and more. Plus, your child will learn basic music vocabulary and notation, all setting the stage for future school success and formal music. Class fee includes materials.

Fee: \$75 ID \$90 OD / session

Program: 106341

Tu: 3:00 - 3:45 pm

Session: 1/3 - 24



Music

Suzuki Guitar NEW

Bend Guitar Lessons

Taught by Central Oregon's only certified Suzuki guitar instructor, this class introduces youth to the joy of learning the Suzuki way! This highly successful method is internationally recognized for it's early childhood focus. Parents share in the process of learning with their children by attending class and coaching practice at home with Suzuki-inspired activities. Parent/guardian participation required. Instrument not included. Equipment and materials are provided.

Fee: \$90 ID \$108 OD / session

Ages: 3 - 4 with parent/guardian

Program: 106061

Th: 3:00 - 3:45 pm

Session: 1/5 - 26

Tu: 11:15 am - 12:00 pm

Session: 4/4 - 25

Ages: 5 - 6 with parent/guardian

Program: 106062

Th: 4:00 - 4:45 pm

Session: 1/5 - 26

Tu: 4:45 - 5:30 pm

Session: 4/4 - 25

FREE

Discover Nature Days!

PRESENTED BY
THE CHILDREN'S FOREST
OF CENTRAL OREGON
PARTNERS

Get outside and discover with your little explorers! Join us for art, science and play while learning about the natural world and exploring local parks.

AGES: 4 - 10 with Parent

SNOW EXPLORERS AT SKYLINERS LODGE

with Discover Your Forest

Saturday, March 18
10:00 am - Noon

MONARCHS & MILKWEED AT MILLER'S LANDING PARK

with Discover Your Forest
and Sunriver Nature Center

Saturday, April 15
10:00 am - Noon

THE INVISIBLE TRACKER AT SHEVLIN PARK

with
Wildheart Nature School

Saturday, May 13
10:00 am - Noon

FUR AND FEATHERS AT CLINE FALLS STATE PARK

with High Desert Museum
& The Environmental
Center

Saturday, June 10
10:00 am - Noon

Learn more and register
(encouraged) at
[childrensforestco.org/
discover-nature-days](http://childrensforestco.org/discover-nature-days)
or (541) 383-5592.



Outdoors

Family Full Moon Hikes NEW

Ages: 2 - 12
with parent/guardian

Sunriver Nature Center
& Observatory

Explore the night in the heart of Sunriver! Join us for a full moon hike through various habitats. We never know what we'll see - from bats to beavers, owls to porcupines. This nature center has got it all. Come for one adventure or all!

Fee: \$12 ID \$15 OD / session
per person

Program: 106016

Daily: 8:00 - 9:00 pm

Th: 1/12

F: 2/10

Su: 3/12

M: 4/10

Nature Break NEW

Ages: 4 - 10

Sunriver Nature Center
& Observatory

Hands-on science activities, arts and crafts with outdoor time and live animals - talk about fun-filled nature experiences! Join a professional Naturalist for jam-packed days of nature exploration that's more fun than three slaps of a beaver's tail!

Fee: \$120 ID \$144 OD / session

Program: 106015

M - F: 10:00 am - 12:00 pm

Session: 3/27 - 3/31

Fee: \$24 ID \$29 OD / session

Daily: 10:00 am - 12:00 pm

Session: M: 3/27

Tu: 3/28

W: 3/29

Th: 3/30

F: 3/31

Science & Learning

Mini Medical School

Ages: 3 - 6

Harmon Park, Hobby Hut

Little Medical School brings medicine, science and the importance of health to children in an exciting way. Lessons include "What's in the doctor's bag?" "All about the heart" and more!

Fee: \$89 ID \$107 OD / session

Program: 106054

W: 10:00 - 10:45 am

Session: 2/1 - 3/8

More programs for little guys and gals at:

Youth Swimming, pages 30 - 33

Youth Sports, pages 95 - 105

Martial Arts, page 100



The serious business of play.

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

Art: Afterschool & Evenings

Action Figures

Ages: 9 - 12

Art Station

Create action figures using wire and other materials while learning about human body movement and scale. Instructor: Charlene Santucci

Fee: \$35 ID \$42 OD / session

Program: 111214

Tu: 4:00 - 5:30 pm

Session: 1/3 - 10



Art Night Out

Ages: 6 - 12

Art Station

Everybody wins! You get to enjoy a night out while your kids explore their creative side. Each class is a new opportunity for children to explore different art techniques in the multi-media studio. Instructor: Jessica Dawley

Fee: \$29 ID \$35 OD / session

Program: 111227

F: 6:00 - 9:00 pm

Sessions: 1/13 2/10
3/10 4/7
5/12

Doodling

Ages: 6 - 12

Art Station

Have fun doodling and learning to draw using one's imagination. Loosen up drawing 'muscles' and be creative through doodling. Instructor: Carolyn Parker

Fee: \$39 ID \$47 OD / session

Program: 111215

Th: 4:00 - 6:00 pm

Session: 1/5 - 12



Fun with Clay

Ages: 6 - 12

Art Station

This project-oriented class is a great afterschool release. Students will practice new techniques each class. Instructor: Helen Bommarito

Fee: \$109 ID \$131 OD / session

Program: 111216

M: 4:00 - 5:30 pm

Session: 1/30 - 3/13 (No class 2/20)

Tu: 4:00 - 5:30 pm

Session: 1/31 - 3/7

The Original Selfie

Ages: 9 - 15

Art Station

Take the selfie to a new level with this self-portrait class. Each week, students create unique self-portraits using a variety of materials and inspiration from different artists. Use oil and chalk pastels, watercolors and collage materials to create the perfect you. Instructor: Jessica Dawley

Fee: \$75 ID \$90 OD / session

Program: 111222

M: 4:00 - 6:00 pm

Sessions: 2/27 - 3/20 4/24 - 5/15



Dr. Seuss-Inspired Sculpture

Ages: 8 - 12

Art Station

Along with his amazing books and illustrations, Dr. Seuss created magical 3D art. Students will create a Dr. Seuss-style wall sculpture out of paper mache while being introduced to his sculptures. Instructor: Charlene Santucci

Fee: \$59 ID \$71 OD / session

Program: 111219

Tu: 4:00 - 5:30 pm

Session: 2/28 - 3/21

Fashion Illustration in Nature

Ages: 9 - 15

Art Station

Identify the elements of art such as color, pattern, textures, shapes, and the forms that are inherent in animal plants and insects. After finding inspiration in your source, illustrate outfits detailing these elements in a unique way. Instructor: Gillian Rathbun

Fee: \$69 ID \$83 OD / session

Program: 111224

W: 6:00 - 8:00 pm

Sessions: 3/8 - 22 4/12 - 26

ReUse & ReThink

Ages: 6 - 12

Art Station

See potential in an item that would otherwise be thrown away! Recognize patterns, shapes and textures in recycled materials and use them to achieve desired results. Using all recycled materials, different projects will be created in each class and feature cut paper and collage combined with paint and oil pastels. Examples include newsprint trees and magazine birds and flowers. Instructor: Kathy Schoderbek

Fee: \$84 ID \$101 OD / session

Program: 111218

W: 2:30 - 4:30 pm

Session: 2/8 - 3/1

Life's a Zoo

Ages: 9 - 12

Art Station

Come play with clay! This class will focus on a variety of hand building techniques while you make and decorate your own silly animals and creatures. Instructor: Diane Burns

Fee: \$79 ID \$95 OD / session

Program: 111220

Tu: 4:00 - 5:30 pm

Sessions: 4/4 - 5/2 5/9 - 6/6

Artist Elements

Art Station

Artist Elements classes are designed to strengthen art skills and an appreciation for art. Participants will learn about art fundamentals, terms and techniques to improve art skills and develop creativity.



Developing Your Artist Eye

Ages: 8 - 12

Art Station

Learn to draw what you see - objects, people, scenes. Practice combining shapes, refining contours, and adding dimension with color and value. Get comfortable with a variety of media. Exercises result in artwork while building skills and leading to the next steps in expressing yourself. All ideas and skill levels welcome. Instructor: Sue Wilhelm

Fee: \$89 ID \$107 OD / session

Program: 111203

M: 6:00 - 8:00 pm

Session: 1/23 - 2/20

Henri Rousseau Jungle Painting

Ages: 6 - 12

Art Station

Create a painting that is inspired by Henri Rousseau. Draw lions, tigers and tropical birds and learn some interesting techniques to make them pounce from your painting.

Fee: \$45 ID \$54 OD / session

Program: 111203

W: 2:30 - 4:30 pm

Session: 3/15 - 22

The Power of Color!

Ages: 8 - 12

Art Station

Explore the power of color! Learn about this important element by mixing, painting, collage and learning about the color wheel. Understand and observe how and why artists use color to convey their ideas and emotions.

Fee: \$75 ID \$90 OD / session

Program: 111203

W: 2:30 - 4:30 pm

Session: 5/3 - 24

Young Masters

Ages: 7 - 12

Art Station

Develop your drawing and painting skills while observing from the great masters such as Georgia O'Keeffe, Van Gogh, Monet and more.

Fee: \$75 ID \$90 OD / session

Program: 111203

Th: 4:00 - 5:30 pm

Session: 4/20 - 5/18

Home School Academy

Art Station



Big Bold Paintings!

Ages: 8 - 12

Paint LARGE! Make some big pieces of art using bold colors and black outline and experience a new way of painting.

Fee: \$49 ID \$50 OD / session

Program: 111202

M: 9:00 - 10:30 am

Session: 3/6 - 20

Ethnic Art

Ages 6-12

Learn about art from around the world! Students will be introduced to diverse cultures and art and create pieces in the introduced styles.

Fee: \$59 ID \$71 OD / session

Program: 111202

Tu - Th: 9:00 - 11:00 am

Session: 1/17 - 19

Kids & Clay

Use your imagination and creativity using different pottery skills. Learn to use the pottery wheel, make hand built creations and finish by glazing your projects. Instructor: Diane Burns

Fee: \$79 ID \$95 OD / session

Program: 111202

Tu: 1:30 - 3:00 pm

Session: 1/10 - 2/7 Ages: 5 - 8

Session: 2/14 - 3/14 Ages: 9 - 12

Let It Snow!

Ages: 7 - 12

Make artwork that celebrates snow including detailed snowflakes and several snow scenes featuring winter trees and a cool, snowy silhouette. Observe how snow falls and lands, study photographs from Wilson Bentley, explore symmetry and play with cool colors.

Fee: \$59 ID \$71 OD / session

Program: 111202

W: 10:00 am - 12:00 pm

Session: 2/8 - 22

Creative Storm

Art Station

Ages: 8 - 12

Explore how to portray both the beauty and power of weather through art. We will look at different weather events such as lightning storms, tornados and hurricanes and create artwork using various materials to depict these natural phenomena. In addition, we will discuss how to show heat, cold, wind, rain and movement in artwork.

Fee: \$59 ID \$71 OD / session

Program: 111202

W: 10:00 am - 12:00 pm

Session: 4/12 - 26

Button Tree Painting

Ages: 9 - 13

Art Station

Using acrylic paint, Masonite board and colorful buttons, students create a unique wall hanging of a tree. Practice drawing trees, draw your design, paint a background, then use buttons to fill the space and create a colorful mixed media project. Instructor: Gillian Rathbun

Fee: \$39 ID \$47 OD / session

Program: 111226

W: 1:00 - 4:00 pm

Session: 4/5

Sa: 9:00 am - 12:00 pm

Session: 4/29

3D Wall Sculpture

Ages: 6 - 12

Art Station

With Frank Stella's bas-relief wall sculptures as inspiration, students will create three-dimensional wall art with an emphasis on pattern, shape, design and color.

Fee: \$49 ID \$59 OD / session

Program: 111221

W: 2:30 - 4:00 pm

Session: 4/12 - 26

Storybook Clay

Ages: 9 - 12

Art Station

Take an exciting literary adventure and be inspired by the story to create your own original clay creatures. Caterpillars, monsters, elephants and fish, oh my!

Fee: \$79 ID \$95 OD / session

Program: 111217

Tu: 4:00 - 5:30 pm

Session: 5/9 - 6/6



Playing with Paper Mache

Ages: 6 - 10

Art Station

Create a fantasy or realistic creature with recycled materials. Your creature will become a fabulous work of art through adhering paper mache, paste, paint and embellishments. Instructor: Charlene Santucci

Fee: \$49 ID \$59 OD / session

Program: 111223

Tu: 4:00 - 5:30 pm

Session: 5/16 - 30

Jewelry Design

Ages: 9 - 14

Art Station

In this beginner-level class, discover styles and design of jewelry. Learn wire wrap techniques, bead stringing and finishing techniques. Students will complete finished products and gain the knowledge of their own jewelry repair at home. Instructor: Helen Bommarito

Fee: \$89 ID \$107 OD / session

Program: 111225

W: 6:00 - 8:00 pm

Session: 5/17 - 6/7

Art: No School Days

No School Days Art Play

NO SCHOOL

Ages: 7 - 11

Harmon Park - Hobby Hut

No School Days are a great time for fun, friends, curiosity and creative thinking. We'll explore new projects and materials each day with activities such as paper mache, origami, felting and painting. Outdoor games and playground breaks balance out the day. Bring a sack lunch, snack and water bottle each day.

Fee: \$55 ID \$66 OD / session

Program: 106202

Times: 9:00 am - 3:30 pm

Sessions: Friday: 2/3
Monday: 2/20
Monday: 3/27
Tuesday: 3/28
Wednesday: 3/29
Thursday: 3/30
Friday: 3/31
Thursday: 4/13
Friday: 4/14

Pueblo Clay Creations

NO SCHOOL

Ages: 6 - 12

Art Station

Spend the day learning about the art of the Pueblo Indians of the American Southwest. Create awesome Pueblo-style ceramic projects and learn a variety of techniques. Instructor: Helen Bommarito

Fee: \$69 ID \$83 OD / session

Program: 111205

F: 9:00 am - 4:00 pm

Session: 2/3



3 Dimensional Painting

NO SCHOOL

Ages: 6 - 12

Art Station

Your paintings become three-dimensional with unique adventures in multi-media construction: in the box, outside the box, peek-a-boo surfaces and fun pizza box art. Instructor: Sue Wilhelm

Fee: \$65 ID \$78 OD / session

Program: 111206

F: 9:00 am - 4:00 pm

Session: 2/3

Th - F: 1:00 am - 4:00 pm

Session: 3/27 - 28

It's a Beautiful World

NEW

NO SCHOOL

Ages: 6 - 11

Sky View Middle School

Experience traveling to different parts of the world without leaving Bend! We will explore Asia, Africa, Polynesia and other magnificent countries as we create pieces of art and keepsakes that represent each region. Pair this class with Pop Star Dance Camp to make your fun last all day!

Fee: \$80 ID \$96 OD / session

Program: 106046

M - Th: 9:30 am - 12:00 pm

Session: 3/27 - 30

Art-rageous Camp

NO SCHOOL

Ages: 6 - 12

Art Station

Discover your creative side with painting, pastels, drawing and mixed media. Let's all play in the studio - the possibilities are endless. Instructor: Jessica Dawley

Program: 111228

Daily: 9:00 am - 4:00 pm

Sessions: M: 1/16
\$65 ID \$78 OD / sessionM: 2/20
\$65 ID \$78 OD / session

W - F: 3/29 - 31

\$190 ID \$228 OD / session

Comic Book Creations

NO SCHOOL

Ages: 6 - 12

Art Station

Create your own comic story! Learn the basics of drawing comics including shape and design. Do a story board with your own original plot and discover the process to creating your own comic. Instructor: Carolyn Parker

Fee: \$119 ID \$143 OD / session

Program: 111207

Th/F: 9:00 am - 4:00 pm

Session: 4/13 - 14

Explore, Inspire, Create

NEW

NO SCHOOL

Ages: 7 - 11

Cascade Middle School

Join Diane Burns as we explore techniques in painting, pastels, drawing, mixed media and clay. This class encourages children to discover their creative voice. Please bring a healthy lunch and snacks. Instructor: Diane Burns

Fee: \$55 ID \$66 OD / session

Program: 106011

Daily: 9:00 am - 3:30 pm

Sessions: Th: 4/13

F: 4/14

Fishy Clay

NO SCHOOL

Ages: 6 - 12

Art Station

Use your imagination to create under-the-sea projects. This class will introduce several hand building techniques while creating textured fish, mermaids, sea monsters and more! Instructor: Gillian Rathbun

Fee: \$135 ID \$162 OD / session

Program: 111208

Th/F: 9:00 am - 4:00 pm

Session: 4/13 - 14

Family Glass

Ages: 5 & up with adult
Art Station

WINTER SNOW SCENES

Work side-by-side to create 4x10 inch snow scenes that will be "tacked, fused and slumped" to allow pieces to stand on a window sill, bookshelf or table. \$30 paid to instructor for raw materials and firing cost. Fee is for adult and child. Instructor: Julia Christoferson

Fee: \$29 ID \$35 OD / session
Program: 111501

Sa: 10:00 am - 12:30 pm
Session: 1/7

VALENTINE HEARTS IN GLASS

Create small round Valentine dishes with copper foil hearts fused between two layers of glass. \$25 paid to instructor for raw materials and firing cost. Fee is for adult and child.

Fee: \$29 ID \$35 OD / session
Program: 111501

Sa: 10:00 am - 12:30 pm
Session: 2/4

HANDPRINTS IN GLASS

Create Mother's Day keepsakes with a child's handprint fused in glass. Adult and child will work together using fiber paper and a kiln casting technique to create a 5x5 piece. \$20 paid to instructor for raw materials and firing cost. Fee is for adult and child.

Fee: \$29 ID \$35 OD / session
Program: 111501

Sa: 10:00 am - 12:30 pm
Session: 5/6

Art: Saturdays

Family Clay: Make Music with Mud

Ages: 5 & up with adult
Art Station

In this class, parent and child will work side-by-side to make flutes from clay. Discover how shape, thickness and hole placement influence the sound. Pieces will be clear glazed and fired for pick up. This class is fun and playful to allow child and parent to create together. Each registration is for adult and child. Instructor: Rachel Evans

Fee: \$55 ID \$66 OD / session
Program: 111502

Sa: 10:00 am - 1:00 pm
Sessions: 1/28 4/8

Cartooning with Carolyn

Ages: 8 - 14

Art Station

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

Fee: \$59 ID \$71 OD / session
Program: 111209

Sa: 1:00 - 4:00 pm
Sessions: 2/11 - 18 4/1 - 8

Vibrant Valentines

Ages: 8 - 12

Art Station

Create colorful mixed media Valentines using watercolor, dictionary pages and metallic pens. Students will play and paint with watercolors while learning a variety of techniques. Instructor: Alisa Huntly

Fee: \$29 ID \$35 OD / session
Program: 111210

Sa: 9:30 am - 12:00 pm
Session: 2/11



Gyotoku Fish Printing

Ages: 6 - 12

Art Station

Gyotaku, or "fish rubbing," is the traditional method of Japanese fish printing, dating from the mid-1800s. This form of nature printing may have been used by fisherman to record their catches and has become an art form on its own. Students will create nature prints on a variety of surfaces working up to a large print on beautiful rice paper. Instructor: Gillian Rathbun

Fee: \$35 ID \$43 OD / session
Program: 111212

Sa: 9:00 am - 12:00 pm
Sessions: 2/25 3/4

Saturday Fun with Clay

Ages: 6 - 12

Art Station

Discover and explore new ways of expressing yourself in clay! Your theme is your choice. Using your imagination, construct and glaze a variety of clay projects from start to finish. We will work on creating functional art pieces, experiment with using two different colors of clay to create a bowl or mug and also work on creating that "thing" that you always wanted to make! Instructor: Diane Burns

Fee: \$79 ID \$95 OD / session
Program: 111213

Sa: 9:30 am - 12:00 pm
Session: 5/6

Water Otters

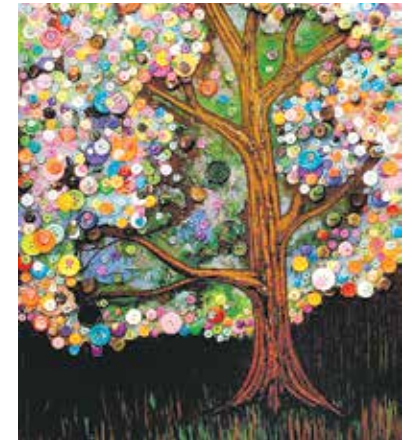
Ages: 8 - 12

Art Station

Splash and play to create adorable mixed media otter paintings. Through watercolor using various techniques, your playful otter will come alive. Instructor: Alisa Huntly

Fee: \$45 ID \$54 OD / session
Program: 111211

Sa: 10:00 am - 12:00 pm
Session: 5/20 - 27



Button Tree Painting

Ages: 9 - 13

Art Station

Using acrylic paint, Masonite board and colorful buttons, students create a unique wall hanging of a tree. Practice drawing trees, draw your design, paint a background, then use buttons to fill the space and create a colorful mixed media project. Instructor: Gillian Rathbun

Fee: \$39 ID \$47 OD / session
Program: 111226

W: 1:00 - 4:00 pm
Session: 4/5

Sa: 9:00 am - 12:00 pm
Session: 4/29



Cooking & Baking

Make Your Own Root Beer

Ages: 7 - 12

Cascade Middle School

Little root beer brewers! Learn how to bottle and cap a six-pack of root beer to take home in this fun hands-on class. All materials provided and each child will bring home their own six bottles of root beer with specially designed labels.

Fee: \$25 ID \$30 OD / session

Program: 106101

Sa: 10:00 - 11:30 am

Sessions: 4/15 5/13

Valentine Treats

NEW

Ages: 8 - 12

Cascade Middle School

Put some love into your baking this winter as we learn how to create tasty treats and decorate cookies that your family and sweetheart will enjoy! Bring a storage container to take your treasures home in.

Fee: \$35 ID \$42 OD / session

Program: 106030

Sa: 9:00 - 11:00 am

Session: 2/11

Brunch!

NEW

Ages: 8 - 12

Cascade Middle School

Eggs, bacon, potatoes! Learn how to make your favorite breakfast and brunch dishes and be able to cook for your friends and family. Bring a storage container to take your items home in.

Fee: \$35 ID \$42 OD / session

Program: 106031

Sa: 9:00 - 11:00 am

Session: 3/4

Cinnamon Rolls

NEW

Ages: 8 - 12

Cascade Middle School

Oh yum! Learn how to bake cinnamon rolls from scratch and top with homemade frosting.

Fee: \$30 ID \$36 OD / session

Program: 106032

Sa: 9:00 - 11:00 am

Session: 4/1

Pizza & Calzones

Ages: 8 - 12

Cascade Middle School

Mama Mia! Learn how to make your own pizza dough and top it or fill it with your favorite ingredients!

Fee: \$30 ID \$36 OD / session

Program: 106033

Sa: 11:00 am - 1:00 pm

Session: 5/6

Yeast Breads

Ages: 11 - 13

Cascade Middle School

This hands-on class will teach each baker how to make different kinds of wonderful-tasting yeast breads. Come learn in class and then take your new skills home to impress your friends and family. Bring containers for leftovers.

Fee: \$75 ID \$90 OD / session

Program: 106130

Tu: 3:00 - 4:30 pm

Session: 2/7 - 28



Dance

Ballet FunDamentals

Ages: 8 - 12

Academie De Ballet Classique

Come and learn ballet fundamentals that will boost your confidence and enjoyment of other dance forms.

Fee: \$96 ID \$116 OD / session

Program: 106350

W: 4:00 - 5:00 pm

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

Acro Dance

NEW

Ages: 6 - 12

Academie De Ballet Classique

Try something new! In this creative dance class, learn a blend of graceful acrobatic elements and dance moves. No gymnastics experience required.

Fee: \$96 ID \$116 OD / session

Program: 106132

Tu: 6:40 - 7:40 pm

Sessions: 1/3 - 2/7 2/14 - 3/21

Fantasy Ballet

Ages: 4 - 6

Academie De Ballet Classique

Using imagination and creative dance exercises, little ones can dance away with fantasy ballet! Dress in ballet or dance attire, ballet socks and shoes.

Fee: \$80 ID \$96 OD / session

Program: 106343

M: 4:00 - 4:45 pm

Session: 1/9 - 2/13

M: 6:00 - 6:45 pm

Sessions: 1/9 - 2/13 2/27 - 4/10

Jazzy Kids

Ages: 5 - 8

Academie De Ballet Classique

Come experience a high-energy jazz class for beginning dancers. Learn all the cool moves you see on TV and in movies. Choreograph your own dance to perform for your friends at session's end.

Fee: \$96 ID \$116 OD / session

Program: 106349

Sa: 1:30 - 2:30 pm

Sessions: 1/7 - 2/11 2-18 - 4/1

Volunteer with kids!

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



Ballet Dance Camp

Ages: 5 - 8

NO SCHOOL

Academie De Ballet Classique

An exciting start to ballet! Together, we'll develop fundamentals of classical dance and creative movement in a lively environment. Based on the Russian method with an individual approach to promote an understanding of music, increased flexibility, swan arms and improved coordination.

Fee: \$96 ID \$116 OD / session

Program: 106352

W - F: 9:00 - 11:30 am

Session: 3/29 - 31

Pop Star Dance Camp

NEW

NO SCHOOL

Ages: 7 - 11

Sky View Middle School

Come and join us for a fun filled camp during spring break! Kids will learn songs, new dance moves and craft things they will use for their performance at the end of the week! Pair this class with It's a Beautiful World craft class to make a fun-filled day

Fee: \$100 ID \$120 OD / session

Program: 106045

M - Th: 12:30 - 3:00 pm

Session: 3/27 - 30

Learning Workshops

Babysitter's Training

NO SCHOOL

Ages: 11 - 15

American Red Cross, Service Master Location

Complete this course in just one day and begin babysitting the next. Includes what you need to know and what every parent wants in a safe and responsible babysitter. Become a great role model and learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch. Materials included.

Fee: \$85 ID \$102 OD / session

Program: 106180

F: 8:30 am - 3:30 pm
NO - SCHOOL

Session: 2/3 4/14

Sa: 8:30 am - 3:30 pm

Sessions: 2/18 3/11
4/22

4-H: That's a Wrap! Digital Movie

NEW

Ages: 9 - 13

Cascade Middle School

Stretch your design and tech muscles to make your own short film! Learn to brainstorm a plot, make a storyboard and operate an iPad video camera. Then pull it all together to shoot and edit a short movie using free software.

Fee: \$100 ID \$120 OD / session

Program: 106401

Tu: 4:00 - 5:30 pm

Session: 1/17 - 2/7

Girl Power: Spring Break

NO SCHOOL

Ages: 9 - 13

Sortor Bushido Kai Karate

Gain confidence, improve self-esteem, and increase body awareness. With a fun filled mix of yoga, self-defense training, tumbling and falling drills. Develop mindfulness with activities and crafts that encourage positive thoughts, actions and enhance a mind body spirit connection. Bring a snack and a water bottle. Wear comfortable workout style clothes. Instructor: Andrea Newcomb

Fee: \$150 ID \$180 OD / session

Program: 106009

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

Session: 3/27 - 31

KPOV Radio Camp: Spring Break

NO SCHOOL

Ages: 10 - 14

KPOV Radio

Have a great time as you learn to be a radio DJ, interview a friend and tell a story with sound effects, music and humor. The produced show will be broadcast on 88.9 and you'll get a CD copy to take home!

Fee: \$105 ID \$126 OD / session

Program: 106119

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

Session: 3/27 - 31



Little Veterinarian School

NEW

Ages: 6 - 11

Silver Rail Elementary

Explore the exciting world of veterinarians and caring for animals. Using interactive demonstrations, crafts and games, learn how to take care of a pet and even try out the instruments that real veterinarians use.

6-WEEK AFTERNOON SESSION:

Fee: \$89 ID \$107 OD / session

Program: 106052

Th: 4:00 - 5:00 pm

Session: 2/2 - 3/9

NO-SCHOOL DAYS SESSION:

NO SCHOOL

Fee: \$89 ID \$107 OD / session

Program: 106055

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

Session: 4/13 - 14

Conversational Spanish

Ages: 6-11

Highland Elementary

Catch up on your Spanish or learn something new. We will play games and do stimulating activities all while conversing in an immersion environment to explore culture, food, arts and storytelling in Spanish.

Fee: \$70 ID \$84 OD / session

Program: 106103

Tu: 4:00 - 5:00 pm

Sessions: 1/3 - 2/14
2/21 - 4/11 (no class 3/28)
4/18 - 5/30

Sports NEW Medical School

Ages: 7 - 11

Highland Elementary

Explore the exciting world of sports medicine, physicians and more. Using interactive demonstrations, crafts and games, learn how doctors do an assessment, treat common sports injuries and more.

Fee: \$89 ID \$107 OD / session

Program: 106053

Th: 4:00 - 5:00 pm

Session: 4/20 - 5/25

Music & Voice

Suzuki Guitar NEW

Bend Guitar Lessons

Taught by Central Oregon's only certified Suzuki guitar instructor, this class introduces each child to the joy of learning the Suzuki way! This highly successful method is internationally recognized for it's childhood focus. Parents share in the process of learning with their children by attending class and coaching practice at home with Suzuki-inspired activities. Equipment and materials are provided.

Fee: \$90 ID \$108 OD / session

Ages: 5 - 6 with Parent Participation

Program: 106062

Th: 4:00 - 4:45 pm

Session: 1/5 - 26

Tu: 4:45 - 5:30 pm

Session: 4/4 - 25

Ages: 7 - 8 with Parent participation

Program: 106060

Th: 5:00 - 5:45 pm

Session: 1/5 - 26

Tu: 5:45 - 6:30 pm

Session: 4/4 - 25



Little Singers

Ages: 6 - 8

Cascade School of Music

If your child likes to sing, they'll love this creative singing class! We'll explore and develop the sense of musical pulse through body percussion, singing and rhythm activities.

Fee: \$145 ID \$174 OD / session

Program: 106163

W: 2:30 - 3:20 pm

Session: 2/8 - 5/24 (no class 3/22)

Rhythm FUNdamentals

Ages: 6 - 9

Cascade School of Music

Every musician needs a solid foundation in rhythm! This class enlists a variety of fun percussion instruments to build essential rhythmic skills and rhythm reading ability. An excellent preparation for formal instrumental study.

Fee: \$145 ID \$174 OD / session

Program: 106168

W: 3:30 - 4:20 pm

Session: 2/8 - 5/24 (no class 3/22)

Teens! Volunteer with BPRD.

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

Showtime! NEW Singing Broadway

Ages: 8 - 11

Cascade School of Music

Who doesn't love the great modern Broadway tunes? We'll pick material from fun shows like "Annie," "Beauty and the Beast" and "The Wizard of Oz" to learn and sing. No experience necessary, no auditions.

Fee: \$145 ID \$174 OD / session

Program: 106160

Th: 4:15 - 5:30 pm

Session: 2/9 - 5/25

Rock U!

Ages: 9 - 16

Cascade School of Music

Play in a real rockin' band! Open to electric guitars, basses, drums and keyboards with basic proficiency. Learn classic rock tunes and write and play your own music. Placement by auditions only. Auditions will be hosted on 1/28. Please call (541) 382-6866 to schedule an audition after registering. Practice times are selected based on what works best for each band.

Fee: \$285 ID \$335 OD / session

Program: 106585

Audition Day, Saturday, 1/28, times vary.

Potential Practice Times:

Tu: 7:00 - 8:15 pm

Subject to change based on auditions.

Performance date: 6/10

Session: 2/9 - 5/25 (no class 3/27 - 30)

Musician's Path: Year One

Cascade School of Music

Children choose their instrument and join in a small group class where students make friends while making music! Formal music study, musical field trips, and performances round out this engaging program.

Mandatory Parent Orientation Meeting:

**Sunday, February 5th,
6:30 - 8:00 pm
at Cascade School of Music.**

Fee: \$295 ID \$345 OD / session

Program: 106581

Payment options available.
Call Katie at (541) 706-6114.

PIANO PATH (KEYBOARD)

Grades: 2 - 4

W: 2:30 - 3:20pm

Session: 2/8 - 5/24
(no class 3/29)

VIOLIN PATH

Grades: 2 - 3

Tu: 5:00 - 5:50 pm

Session: 2/7 - 5/23
(no class 3/28)

GUITAR PATH

Grades: 4 - 6

W: 4:30 - 5:20 pm

Session: 2/8 - 5/24
(no class 3/29)

DRUMS PATH

Grades: 4- 6

F: 5:00 - 5:50 pm

Session: 2/10 - 5/26

FREE Outdoors

Discover Nature Days!

PRESENTED BY
THE CHILDREN'S FOREST
OF CENTRAL OREGON
PARTNERS

Get outside and discover
with your little explorers!
Join us for art, science and
play while learning about the
natural world and exploring
local parks.

AGES: 4 - 10 with Parent

**SNOW EXPLORERS
AT SKYLINERS LODGE**
with Discover Your Forest

Saturday, March 18
10:00 am - Noon

**MONARCHS &
MILKWEED
AT MILLER'S
LANDING PARK**

with Discover Your Forest
and Sunriver Nature Center

Saturday, April 15
10:00 am - Noon

**THE INVISIBLE
TRACKER
AT SHEVLIN PARK**

with Wildheart Nature
School

Saturday, May 13
10:00 am - Noon

**FUR AND FEATHERS
AT CLINE FALLS
STATE PARK**

with High Desert Museum
& The Environmental
Center

Saturday, June 10
10:00 am - Noon

Learn more and register
(encouraged) at
[childrensforestco.org/
discover-nature-days](http://childrensforestco.org/discover-nature-days)
or 541-383-5592.

Family NEW Full Moon Hikes

Ages: 2 - 12
with parent/guardian

**Sunriver Nature Center
& Observatory**

Explore the night in the heart of
Sunriver! Join us for a full moon
hike through various habitats.
We never know what we'll see
- from bats to beavers, owls to
porcupines. This nature center has
got it all. Come for one adventure
or all!

Fee: \$12 ID \$15 OD / session
per person

Program: 106016

Daily: 8:00 - 9:00 pm

Th: 1/12

F: 2/10

Su: 3/12

M: 4/10

Kids-On-The-Move

Grades: K - 5 FREE
**Lava Ridge &
Ensworth Elementary**

Join your friends for some active
play and outdoor adventures that
will get your heart pumping! Each
day after school, the focus will be
on fun, fitness and nutrition! Most
activities will be outdoors so dress
appropriately. Sponsored by BPRD,
the Children's Forest of Central
Oregon, and Mosaic Medical.

Fee: FREE

Program: 107901

M: 3:30 - 5:00 pm
- AND -

W: 2:00 - 4:30 pm

Session: 2/27 - 6/7 Lava Ridge

Tu-Th: 3:30 - 5:00 pm

Session: 2/28 - 6/8 Ensworth



Nature Journaling NEW

Nature is a great place to explore
our creativity! We will spend
time outdoors, collecting natural
objects that represent all of the
different patterns, shapes, and
colors that make up our world.
Using nature as our guide, we
will learn how to draw, describe,
and write about what we see
- creating a journal that can be
used to record nature for weeks to
come! Perfect for aspiring artists
and scientists alike! Supplies
included.

Fee: \$55 ID \$66 OD / session

Program: 106014

Skyliner's Lodge

Sa: 9:00 am - 3:30 pm

Ages: 6 - 8

Sessions: 2/11 3/11

Ages: 9 - 11

Sessions: 2/4 3/4

**Sunriver Nature Center
& Observatory**

Sa: 9:00 am - 3:30 pm

Ages: 6 - 8

Sessions: 4/8 5/13

Ages: 9 - 11

Sessions: 4/1 5/6

Nature Chasers: Wild Skills Camp

Ages: 9 - 12

Shevlin Park NEW

A BLAST of a nature camp! Kids'
imaginations and adventurous
spirits are set free in the outdoors
as they learn important survival
skills. Focused on shelter, water,
food and warmth, the learning
environment is 100% hands-
on. Activities may include fire
starting, finding water, building
snow cave shelters, navigating in
the desert, planning for survival
and more. The great outdoors is
the classroom and there's no long
boring lectures. Whether your
child is a nature newbie or an
experienced outdoors-kid, they'll
come away with new experiences
and a nature knowledge base
to last a lifetime. A whole lot of
outdoors awesomeness!

Fee: \$200 ID \$240 OD / session

Program: 107701

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

Session: 3/27 - 30

Nature Break: Spring Break NEW NO SCHOOL

Ages: 4 - 10

**Sunriver Nature Center
& Observatory**

Hands-on science activities, arts
and crafts with outdoor time
and live animals - talk about fun-
filled nature experiences! Join a
professional Naturalist for jam-
packed days of nature exploration
that's more fun than three slaps of
a beaver's tail!

Fee: \$120 ID \$144 OD / session

Program: 106015

M - F: 10:00 am - 12:00 pm

Session: 3/27 - 31

Fee: \$24 ID \$29 OD / session

Daily: 10:00 am - 12:00 pm

Session: M: 3/27

Tu: 3/28

W: 3/29

Th: 3/30

F: 3/31

Cascade WILDS

Ages: 6 - 13

Ponderosa Elementary

Experience the heart of spring in the woods as you immerse yourself into the magnificent Central Oregon forest and hone your tools of awareness and survival. This is a exciting way to grow your comfort and self-reliance in nature through games, skills, challenges and stories that are empowering and enriching.

Fee: \$125 ID \$150 OD / session

Program: 106640

Tu: 4:00 - 5:30 pm

Session: 4/4 - 5/2



4-H: A Taste of Adventure

NEW

Cascade Middle School

Let's ramp up our health for spring! Each week we'll learn about preparing and enjoying a healthy snack, followed by an active adventure together. From hiking to yard games to an obstacle course, we will nourish and move our bodies in fun ways.

Program: 106405

Th: 4:00 - 5:30 pm

Ages: 9 - 13

Session: 4/6 - 5/4

Fee: \$125 ID \$150 OD / session

Ages: 5 - 8

Session: 5/18 - 6/8

Fee: \$100 ID \$120 OD / session



Parenting with Beth Bellamy

NO DRAMA DISCIPLINE: Calm Down, Build Connection, Coach, Not Control

All Adults

Bend Senior Center

Based on the latest brain research, this class focuses on calming down so we can stay connected with our children while setting limits and guiding them to increasingly mature behavior. Too much emotion when parenting interferes with a child's ability to learn what you're trying to teach along with the long-term development of their brain's ability to emotionally regulate and the security of the parent-child bond. Topics include: understanding the "emotional brain," identifying emotional triggers, self-calming tools; bonding through empathy, setting/holding limits without punishment and navigating meltdowns.

Fee: \$100 ID \$120 OD / session

Program: 102212

Tu: 6:30 - 8:30 pm

Session: 2/21 - 3/14

Quidditch

Quidditch

NEW

NO SCHOOL

Ages: 8 - 11

Mount your broomsticks, please!

The fast-growing sport of Quidditch is an epic adventure of seekers, chasers and the golden snitch. Be on the team to score the most points by getting the quaffle ball through the opposing team's goal, or catch the golden snitch to end the game. Additional Quidditch focused games, crafts and activities are included. No experience necessary - everyone is welcome to play!

EARLY RELEASE WEDNESDAY QUIDDITCH

Juniper Elementary

Fee: \$35 ID \$42 OD / session

Program: 106012

W: 12:00 - 4:00 pm

Session: 4/5

QUIDDITCH CAMP

Highland Elementary

Fee: \$89 ID \$107 OD / session

Program: 106013

Th/F: 9:00 am - 3:30 pm

Session: 4/13 - 14

Science & Technology

Demolition Derby

NEW

NO SCHOOL

Ages: 8 - 12

Highland Elementary

Ever wonder how things are put together? Learn how things are made by taking them apart! Dismantle and demolish as we use hand tools and logic to "de-engineer" common household appliances. Pull out the screws, remove the covers, unwind the electricals and see just what's inside. Who knew destruction could be such great learning and fun? Hand tools provided. Participants need to bring a pair of garden or light work gloves that fit their hands.

Fee: \$30 ID \$36 OD / session

Program: 107718

F: 1:00 - 4:00 pm

Session: 2/3

Th: 1:00 - 4:00 pm

Session: 4/13

Drone Racer

NEW

NO SCHOOL

Ages: 8 - 12

Highland Elementary

Ladies and gentlemen, start your drones! Have you ever wanted to fly a drone? Do you have what it takes to be a drone racer? Learn the basics of flying your very own mini-drone from remote controls, flying level, hovering and turning to maneuvering and seeing what all your drone can do. Then use your newly-acquired skills to try flying your drone through an obstacle course, and maybe even some timed races between pilots! At the end of class, you get to take your drone home with you.

Fee: \$70 ID \$84 OD / session

Program: 107720

Th: 9:00 am - 12:30 pm

Session: 4/13

F: 9:00 am - 12:30 pm

Session: 2/3

Science Rocks with BPRD

**BROUGHT TO YOU
BY THE BPRD SCIENCE
TEAM OF THE MASTER
& DR. NOPE**

Offered on No School Days
throughout the year.

Bring your sense of fun and
adventure along with a water
bottle, lunch and healthy
snack.

Space Explorers For a Day

NO
SCHOOL

Ages: 6 - 11

Highland Elementary

Make rockets and land a rover
on Mars. End the day with a
planetarium show where we will
explore all there is to know of
space! Bring a lunch, water bottle
and an empty two-liter bottle.

Fee: \$50 ID \$60 OD / session

Program: 106700

F: 9:00 am - 3:00 pm

Session: 2/3



Light & Lasers: Spring Break

NO
SCHOOL

Ages: 6 - 11

Juniper Elementary

Discover the way light and lasers
behave by making telescopes,
kaleidoscopes and more! Explore
lasers in the Laser Dome then
take home your creations to
continue your own scientific
explorations. Bring a lunch and
water bottle.

Fee: \$50 ID \$60 OD / session

Program: 106702

M: 9:00 am - 3:00 pm

Session: 3/27



Dinosaur Day: Spring Break

NO
SCHOOL

Ages: 6 - 11

Juniper Elementary

Explore the world of paleontology
by creating fossils and examining
teeth and other clues about how
the dinosaurs lived. You'll get
to take home lots of exciting
keepsakes to share with your
family! Bring a lunch and water
bottle.

Fee: \$50 ID \$60 OD / session

Program: 106701

Tu: 9:00 am - 3:00 pm

Session: 3/28

Crazy Chemistry: Spring Break

NO
SCHOOL

Ages: 6 - 11

Juniper Elementary

Fizz! Bang! Pop! Create crazy
concoctions while learning some
basic chemistry in a safe, fun way.
Explore the dynamics of solids,
liquids and gases using hands-on
experiments. Bring a lunch and
water bottle.

Fee: \$50 ID \$60 OD / session

Program: 106707

W: 9:00 am - 3:00 pm

Session: 3/29

Secret Agent For a Day: Spring Break

NO
SCHOOL

Ages: 6 - 11

Juniper Elementary

How do they make all those
cool gadgets? Join us to make
your own and learn the science
of stealth and disguise. Bring a
lunch and water bottle.

Fee: \$50 ID \$60 OD / session

Program: 106703

Th: 9:00 am - 3:00 pm

Session: 3/30

Fantastic Flight

NO
SCHOOL

Ages: 6 - 11

Highland Elementary

Calling all future aviators! Learn
how airplanes, helicopters and
hot air balloons work as we do
hands-on investigations about
things that fly. Bring a lunch and
water bottle.

Fee: \$50 ID \$60 OD / session

Program: 106705

Th: 9:00 am - 3:00 pm

Session: 4/13

Alternative Energy

NO
SCHOOL

Ages: 6 - 11

Highland Elementary

Power up in so many ways! Join
us as we do some fun hands-on
practical applications of solar,
wind and water power. Bring
lunch and water bottle.

Fee: \$50 ID \$60 OD / session

Program: 106706

F: 9:00 am - 3:00 pm

Session: 4/14



Engineering Lab

NO SCHOOL

Sylvan Learning Center

Students use their engineering brains to design, build and test simple machines and bridge structures. Join us on a non-school day to explore the STEM world!

Fee: \$49 ID \$59 OD / session

Program: 106109

ENGINEERING LAB 100

Ages: 6 - 8

M: 12:00 - 2:00 pm

Session: 1/16

Th: 1:00 - 3:00 pm

Session: 4/13 (NWX Location)

ENGINEERING LAB 200

Ages: 8 - 11

F: 12:00 - 2:00 pm

Session: 2/3

Th: 1:00 - 3:00 pm

Session: 4/13 (NWX Location)

ENGINEERING LAB 300

Ages: 10 - 12

Sa: 12:00 - 2:00 pm

Session: 6/3

Coding 101

Ages: 8 - 11

Sylvan Learning Center, Main

Students use a netbook to create fun, animated, interactive projects and video games! This course inspires life-long 21st century skills like problem-solving, logic, collaboration, basic coding skills and more!

Fee: \$199 ID \$239 OD / session

Program: 106117

W: 5:00 - 6:30 pm

Session: 2/15 - 3/15

Robotics 101

Ages: 7 - 10

Sylvan Learning Center, Main

Build awesome robots that come to life! Use LEGO® technology to build and animate robots and gain an early love for STEM education by using your creativity and problem-solving skills.

Fee: \$199 ID \$239 OD / session

Program: 106118

W: 5:00 - 6:30 pm

Session: 1/4 - 2/8

Bot Lab

Ages: 9 - 12

Sylvan Learning Center

Just can't get enough bots! Use programming from computer software to bring themed robots to life! Bot Lab is designed to promote STEM education, keep learning fun, encourage creativity, and challenge you to problem-solve and work logically!

Fee: \$49 ID \$59 OD / session

Program: 106120

BOT LAB 100

Ages: 7 - 10

M: 12:00 - 2:00 pm

Session; 2/20

Th: 10:00 am - 12:00 pm

Session: 4/13 (NWX Location)

Sa: 12:00 - 2:00 pm

Session: 4/29

BOT LAB 200

Ages: 9 - 12

Sa: 12:00 - 2:00 pm

Session: 1/28

Th: 10:00 am - 12:00 pm

Session: 4/13 (NWX Location)

Sa: 12:00 - 2:00 pm

Session: 5/20



Engineering 201

Ages: 8 - 11

Sylvan Learning Center, Main

Use LEGO® and K'Nex® to plan, create and improve simple machines and bridge designs to expand your engineering brain. Learn fundamental engineering concepts like pulleys, levers, suspension, torque and more in this completely hands-on class!

Fee: \$199 ID \$239 OD / session

Program: 106116

W: 5:00 - 6:30 pm

Session: 4/5 - 5/10

4-H: Engineering Mighty Machines NEW

Ages: 6 - 9

Highland Elementary

Use WeDo 2® kits to bring science to life through hands-on projects. Learn the basics of mechanical engineering, programming and design skills with sophisticated motors, sensors and an easy-to-learn graphic interface. Great starting point for beginner programmers and LEGO® enthusiasts.

Fee: \$80 ID \$96 OD / session

Program: 106402

Th: 4:00 - 5:15 pm

Session: 1/19 - 2/9

4-H: Engineering of Robotics

Ages: 9 - 12

Buckingham Elementary

Take on new challenges such as programming your robot to greet an alien, go around the Moon and to clean up your room! Gain an introduction to basic engineering principles such as problem solving, mechanical design and computer programming by bringing a robot to life! Work together in pairs using an EV3 computer "brain," various sensors and LEGO® components to build a custom creation that will do your bidding.

Fee: \$125 ID \$150 OD / session

Program: 106403

Tu: 4:00 - 5:30 pm

Session: 2/21 - 3/21

4-H: A Slice of Science NEW

Ages: 9 - 12

Silver Rail Elementary

Don't miss these amazing adventures in science! From the most bizarre to the most fascinating, explore the mysteries of our universe through science. Discover the three laws of motion in action through car crashes and stomp rockets. Simulate a drone launch and explore the mysteries of man's best friend, the bat.

Fee: \$125 ID \$150 OD / session

Program: 106404

Th: 4:00 - 5:30 pm

Session: 2/23 - 3/23

No School Days



Grades: K - 5

Miller Elementary & Silver Rail Elementary

Operation Recreation meets the needs of the working parent and the fun seeking child! This program operates on non-school days. Children enjoy a variety of enrichment activities and daily field trips.

KIDS INC families: If you're interested in this program, it does require a separate registration from KIDS INC.

Fee: \$42 ID \$50 OD per day

Program: 101401

Weekdays: 7:00 am - 6:00 pm

Sessions:	Friday:	2/3
	Monday:	3/27
	Tuesday:	3/28
	Wednesday:	3/29
	Thursday:	3/30
	Friday:	3/31
	Thursday:	4/13
	Friday:	4/14

NO SCHOOL

Before & Afterschool



Grades: K - 5

WHY KIDS INC?

CONVENIENT: Great program for working parents with convenient locations at several elementary schools.

HEALTHY LIFESTYLE: Active games and play promote movement and fitness. Daily healthy snacks are offered every afternoon.

TEAMWORK: Opportunities for socialization, leadership and confidence through cooperative games and group activities.

SKILL BUILDING: Creative, theme-based enrichment activities that challenge the children and encourage problem solving.

PROFESSIONAL STAFF: Dedicated to the care and safety of your child. Staff are engaged and interacting with participants while being good role models and mentors. All staff are trained in youth development, CPR/first aid and receive background checks.

School Locations:

AMITY CREEK
(am only)
BEAR CREEK
BUCKINGHAM
ELK MEADOW
ENSWORTH
HIGH LAKES

HIGHLAND
JEWELL
JUNIPER
LAVA RIDGE
MILLER
PINE RIDGE
PONDEROSA
SILVER RAIL

HOURS OF OPERATION:

Before School: 7:00 - 8:30 am

Afterschool: 3:30 - 6:00 pm

Early Release Wednesday:
2:00 - 6:00 pm

WESTSIDE SCHOOLS:

*PM Care for Amity, Westside Village & Highland students register for Highland KIDS INC.

REGISTRATION FEE:

\$20 AM / \$20 PM per child
for each program - Non-refundable

MONTHLY FEES:

AM Fee: \$59/month

PM Fee: \$139/month

AM and PM fee is a single price regardless of number of days used.

FOR MORE INFORMATION:

Call (541) 389-7275.



Grades: K - 5

School Locations:

HIGH LAKES
HIGHLAND
MILLER

HOURS OF OPERATION:

M/T/Th/F: 3:30 - 4:30 pm

(no program Wednesday afternoon)

REGISTRATION FEE:

\$20 per child - Non-refundable

MONTHLY FEES: \$35/month

FOR MORE INFORMATION:

Call (541) 389-7275.

Features opportunities for self-guided physical activity, socialization and play time under the supervision of staff.

Note: This is a drop-in program, we will not notify you if your child does not arrive at program. Kids who attend will be required to sign in and be signed out upon pickup.

ENRICHMENT WEDNESDAYS

At Your School:

Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session
Sessions: 1/4 - 2/15 2/22 - 4/12 (no class 3/29)
Fee: \$80 ID \$96 OD / session
Session: 4/19 - 6/7

BEAR CREEK ELEMENTARY

All Programs: 406601

Quidditch NEW

Grades: K - 5

Mount your broomsticks, please! The rules of the game will be explained and then we will blast off on an epic adventure of seekers, chasers and the golden snitch.

Session: 1/4 - 2/15

French Immersion

Grades: 3 - 5

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 2/22 - 4/12 (no class 3/29)

Creative Clay

Grades: K - 5

Join in the fun as we make a different clay project every week like small creatures, figurines and beautiful ceramic art.

Session: 4/19 - 6/7

BUCKINGHAM ELEMENTARY

All Programs: 406602

Young Heroes NEW

Grades: K - 5

Act just like your favorite Super Heroes! We will engage in various activities and games that promote body awareness and agility movement while promoting respect, compassion and kindness to others.

Session: 1/4 - 2/15

Quidditch NEW

Grades: K - 5

Mount your broomsticks, please! The rules of the game will be explained and then we will blast off on an epic adventure of seekers, chasers and the golden snitch.

Session: 2/22 - 4/12 (no class 3/29)

Nature Discovery

Grades: K - 5

It's a big world out there with so much nature to explore! Join Sunriver Nature Center staff and discover creepy crawlies, feathered friends, pond creatures and more!

Session: 4/19 - 6/7



ELK MEADOW ELEMENTARY

All Programs: 406603

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

Session: 1/4 - 2/15

Spanish Immersion

Grades: K - 5

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

Session: 2/22 - 4/12 (no class 3/29)

Creative Computer Coding

Grades: 3 - 5

We will be storyboarding, brainstorming, and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

Session: 4/19 - 6/7

Fun, Funky, Fresh Dance

Grades: K - 5

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

Session: 4/19 - 6/7

ENSWORTH ELEMENTARY

All Programs: 406604

Awesome Animal Art

Grades: K - 5

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

Session: 1/4 - 2/15

Martial Arts

Grades: K - 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 2/22 - 4/12 (no class 3/29)

Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session

Sessions:

1/4 - 2/15

2/22 - 4/12 (no class 3/29)

Fee: \$80 ID \$96 OD / session

Session:

4/19 - 6/7

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

Session: 4/19 - 6/7

HIGH LAKES ELEMENTARY

All Programs: 406605

Super Squad NEW

Grades: K - 5

Join the Super Squad and create costumes of your favorite super hero or form your own. During your super hero training, we'll make super hero training cards, power rings, wrist communicators, masks and more!

Session: 1/4 - 2/15

Awesome Animal Art

Grades: K - 5

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

Session: 2/22 - 4/12 (no class 3/29)

Young Heroes NEW

Grades: K - 5

Act just like your favorite Super Heroes! We will engage in various activities and games that promote body awareness and agility movement while promoting respect, compassion and kindness to others.

Session: 4/19 - 6/7

HIGHLAND ELEMENTARY

All Programs: 406606

French Immersion

Grades: K - 2

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 1/4 - 2/15

Cascade WILDS

Grades: 1 - 5

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

Session: 1/4 - 2/15

Top Hat Tap Dance NEW

Grades: K - 5

Heel tap, hop step, tada! Learn to boogie woogie and the basic skills of tap dancing. We'll make our own tap shoes and top hat to show off to friends and family on the last class.

Session: 2/22 - 4/12 (no class 3/29)

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

Session: 2/22 - 4/12 (no class 3/29)



Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 4/19 - 6/7

Super Squad NEW

Grades: K - 5

Join the Super Squad and create costumes of your favorite super hero or form your own. During your super hero training, we'll make super hero training cards, power rings, wrist communicators, masks and more!

Session: 4/19 - 6/7

JEWELL ELEMENTARY

All Programs: 406607

The Art of Science

Grades: K - 5

Using everyday ingredients, nature and creativity, young children will have the opportunity of seeing science turn into masterpieces they can take home.

Session: 1/4 - 2/15

Nature Discovery

Grades: K - 5

It's a big world out there with so much nature to explore! Join Sunriver Nature Center staff and discover creepy crawlies, feathered friends, pond creatures and more!

Session: 2/22 - 4/12 (no class 3/29)

Martial Arts

Grades: K - 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 4/19 - 6/7

Volunteer with kids!

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

Early Release Wednesdays: 2:00 – 3:30 pm			
Fee:	\$70 ID \$84 OD / session	Sessions:	1/4 - 2/15 2/22 – 4/12 (no class 3/29)
Fee:	\$80 ID \$96 OD / session	Session:	4/19 – 6/7

JUNIPER

ELEMENTARY

All Programs: 406608

Nature Discovery

Grades: K – 5

It's a big world out there with so much nature to explore! Join Sunriver Nature Center staff and discover creepy crawlies, feathered friends, pond creatures and more!

Session: 1/4 - 2/15

Young Heroes

NEW

Grades: K – 5

Act just like your favorite Super Heroes! We will engage in various activities and games that promote body awareness and agility movement while promoting respect, compassion and kindness to others.

Session: 2/22 – 4/12 (no class 3/29)

Awesome

Animal Art

Grades: K – 5

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

Session: 4/19 – 6/7



LAVA RIDGE

ELEMENTARY

All Programs: 406609

Sportsters

Grades: K – 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end session with a mini field day.

Session: 1/4 - 2/15

Creative

Computer Coding

Grades: 3 – 5

We will be storyboarding, brainstorming, and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

Session: 2/22 – 4/12 (no class 3/29)

French Immersion

Grades: K – 2

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 4/19 – 6/7

MILLER

ELEMENTARY

All Programs: 406610

Martial Arts

Grades: K – 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 1/4 - 2/15

Spanish Immersion

Grades: K – 5

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

Session: 1/4 - 2/15

Fun, Funky,

Fresh Dance

Grades: K – 5

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

Session: 2/22 – 4/12 (no class 3/29)

Sportsters

Grades: K – 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end session with a mini field day.

Session: 2/22 – 4/12 (no class 3/29)

Quidditch

NEW

Grades: K – 5

Mount your broomsticks, please! The rules of the game will be explained and then we will blast off on an epic adventure of seekers, chasers and the golden snitch.

Session: 4/19 – 6/7



ENRICHMENT WEDNESDAYS

YOUTH ACTIVITIES



For Kids' Sake

Bend Park & Recreation District and Bend La Pine Public Schools work cooperatively so that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.



Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session

Sessions:

1/4 - 2/15

2/22 - 4/12 (no class 3/29)

Fee: \$80 ID \$96 OD / session

Session:

4/19 - 6/7



PINE RIDGE ELEMENTARY

All Programs: 406611

Top Hat Tap Dance NEW

Grades: K - 5

Heel tap, hop step, tada! Learn to boogie woogie and the basic skills of tap dancing. We'll make our own tap shoes and top hat to show off to friends and family on the last class.

Session: 1/4 - 2/15

Creative Clay

Grades: K - 5

Join in the fun as we make a different clay project every week like small creatures, figurines and beautiful ceramic art.

Session: 2/22 - 4/12 (no class 3/29)

Spanish Immersion

Grades: K - 5

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

Session: 4/19 - 6/7

PONDEROSA ELEMENTARY

All Programs: 406612

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 1/4 - 2/15

Creative Computer Coding

Grades: K - 5

We will be storyboarding, brainstorming, and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

Session: 1/4 - 2/15

Super Squad NEW

Grades: K - 5

Join the Super Squad and create costumes of your favorite super hero or form your own. During your super hero training, we'll make super hero training cards, power rings, wrist communicators, masks and more!

Session: 2/22 - 4/12 (no class 3/29)

Sportsters

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end session with a mini field day.

Session: 4/19 - 6/7

SILVER RAIL ELEMENTARY

All Programs: 406613

Fun, Funky, Fresh Dance

Grades: K - 5

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

Session: 1/4 - 2/15

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 2/22 - 4/12 (no class 3/29)

Top Hat Tap Dance NEW

Grades: K - 5

Heel tap, hop step, tada! Learn to boogie woogie and the basic skills of tap dancing. We'll make our own tap shoes and top hat to show off to friends and family on the last class.

Session: 4/19 - 6/7



Everybody wins.

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

All Sports Camps

All Sport Camp - Spring Break NO SCHOOL

Grades: 1 - 5

Cascade Indoor Sports

Join us for a great day of sports camp! We'll be playing all of your favorite games: soccer, kickball, tag, Ultimate Frisbee, flag football, volleyball, dodgeball, Capture the Flag, floor hockey, garbage ball and more! Campers must bring running shoes, appropriate clothing, water bottle and snack each day.

Fee: \$40 ID \$48 OD / session

Program: 103310

Daily: 8:30 am - 12:30 pm

M: 3/27

Tu: 3/28

W: 3/29

Th: 3/30

Indoor Recess

Ages: 3 - 5

The Pavilion

Let's get your little one moving! During indoor recess, our energetic staff will help your child discover a variety of sports and games that will help to develop their social skills along with coordination and team work.

Fee: \$30 ID \$36 OD / session

Program: 110600

W: 12:15 - 1:30 pm

Session: 5/10 - 31

Volunteer with youth sports and adaptive programs.

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

Baseball & Softball

Bitty Baseball League

Ages: 4 - 5 (as of 4/1/17)

The Pavilion

A good introduction for the younger player, Bitty Baseball will focus on skill development, teamwork and fun. Teams meet for practice and scrimmages for 60 minutes each Saturday. Team t-shirt and hat included. This program is dependent on volunteer coaches. If you are interested in coaching this season, head to our website and complete a BPRD Volunteer Application.

Fee: \$48 ID \$58 OD / season

Registration deadline: 3/17 or until full

Season: 4/29 - 6/3 (No session 5/27)

Sa: 9:00 am - 1:00 pm

Program: 110764 Age 4

110765 Age 5



Girls Softball League

Ages: 6 - 14 (as of 1/1/17)

Locations to be determined

What a great way to play, make friends and grow your game! The season swings into action with a players' clinic. Teams practice twice a week; most games during the week. Includes uniform top, shorts and socks. This program is dependent on volunteer coaches. If you are interested in coaching this season, please head to our homepage and complete a BPRD Volunteer Application.

Registration deadline: 3/9
or until full

Season: 4/3 - 6/5

AGES: 8 & UNDER

Fee: \$70 ID \$84 OD / season

Program: 103132

AGES: 10 & UNDER

Fee: \$79 ID \$95 OD / season

Program: 103133

AGES: 12 & UNDER

Fee: \$79 ID \$95 OD / season

Program: 103134

AGES: 14 & UNDER

Fee: \$79 ID \$95 OD / season

Program: 103135

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

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

Pre-Season Softball Clinics

Ages: 8 - 14

Bend FieldHouse

Get ready for the upcoming season and improve your game! All sessions are held indoors under the direction of local high school coach Mike Carpenter.

Fee: \$49 ID \$59 OD / session

Program: 103136

Su: 1:00 - 2:30 pm

Session: 3/5 - 19

Girls Fast Pitch Softball Pitching Clinics

Ages: 9 - 14

Harmon Park

Smokin' fast balls and tricky sliders! Get ready for the upcoming season and improve your pitching skills under the direction of local high school coach Mike Carpenter. Self-select Novice or Experienced clinics. Participants must bring someone to act as their "catcher" during each session.

Fee: \$25 ID \$30 OD / session

Program: 103137

NOVICE:

Su: 4:00 - 5:00 pm

EXPERIENCED:

Su: 5:00 - 6:00 pm

Session: 4/9 - 5/7 (No session 4/16)

Basketball

COBO Basketball Camp

Grades: 3 - 5

Pilot Butte Middle School

No school? Cool, come play ball! These camps are geared towards the elementary age player and are under the direction of COBO Director Craig Reid and his staff.

Fee: \$29 ID \$35 OD / session

Program: 103108

M: 9:00 am - 12:00 pm

Session: 1/16

F: 9:00 am - 12:00 pm

Session: 2/3

M: 9:00 am - 12:00 pm

Session: 2/20



Bend Hoops Bitty Ball Camp

Grades: 1 - 2

Bend Hoops

This camp is geared towards the youngest elementary age player. Bend Hoops director, Byron Jensen, and his staff will lead this no school day camp using age appropriate equipment.

Fee: \$25 ID \$30 OD / session

Program: 103110

M: 10:00 - 11:30 am

Session: 2/20



Fencing

Beginning Foil Fencing

Ages: 9 - 12

High Desert Fencing

Learn to sword fight like an Olympic fencer. We will cover basic footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership and waiver (\$10 additional) required at first class.

Fee: \$65 ID \$78 OD / session

Program: 106188

Tu: 4:30 - 5:30 pm

Sessions: 1/17 - 3/7 4/4 - 5/23

Beginning Epee Fencing

Ages: 13 & up

High Desert Fencing

Learn the Olympic sport of competitive epee fencing. Participants will learn the basic footwork, blade work and tactics in order to enjoy the sport in a safe and fun manner. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts or jeans please). US Fencing annual membership and waiver (\$10 additional) required at the first class.

Fee: \$85 ID \$102 OD / session

Program: 106187

Tu: 5:30 - 7:00 pm

Sessions: 1/17 - 3/7 4/4 - 5/23

Intermediate Fencing

Ages: 9 & up (All Ages who have taken Beginning Fencing)
High Desert Fencing

Have you taken beginning fencing and still want more? This course allows Olympic-style fencers to continue to have fun developing fencing skills with foils, epees and sabers. We will use lessons, drills and situational bouts as well as lots of time fencing to develop technique and tactics. All fencing equipment provided. If your last class was before Fall 2015, a new US Fencing annual membership and waiver (\$10 additional) is required at first class. Participants only need to bring enthusiasm and energy, but wear a t-shirt, sneakers and athletic pants (no shorts, jeans or pants with pockets please).

Fee: \$85 ID \$102 OD / session
 Program: 106186
 Th: 5:30 - 7:00 pm
 Sessions: 1/19 - 3/9 4/6 - 5/25



Golf

PGA Junior Golf League

Ages: 8 - 13

Lost Tracks Golf Club & River's Edge Golf Club

Designed to bring a team sport atmosphere to the game of golf, this youth golf league provides a structured environment for kids of all skill levels. Compete and have fun while playing golf with your friends and classmates! Includes team jersey, golf balls and bag tags. Instruction on Wednesdays; league play on Saturdays. Participants must provide their own clubs. Space is limited; registration available until the program is full.

Fee: \$155 ID \$186 OD / season

Program: 103700 - Lost Tracks

W/Sa: 4:00 - 5:00 pm

Program: 103702 - River's Edge

W/Sa: 1:45 - 2:45 pm

- OR -

W/Sa: 3:00 - 4:15 pm

Season: 4/19 - 6/10 (No league 5/27)

Youth Golf Lessons

Ages: 9 - 12

Awbrey Glen Golf Club

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

Fee: \$82 ID \$98 OD / session

Program: 103701

F: 4:00 - 5:15 pm

Sessions: 4/14 - 28 5/5 - 19

Ice Sports

Youth Hockey League

Ages: 7 - 14

Let's play hockey! It's the first BPRD-organized youth hockey league! We're talking hockey skill development and game action for both boys and girls. Note: Some prior skating and/or hockey experience is recommended before signing up for this league. Players provide their own equipment. Required equipment includes: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads.

Fee: \$135 ID \$162 OD / session

Program: 110203

W: 5:30 - 7:45 pm
 (Practice)

F: 4:00 - 7:00 pm
 (Games)

Season: 2/1 - 3/17

Youth Learn to Play Hockey

Ages: 4 - 14

Our "Learn to Play" program is designed to introduce players with little or no skating and/or hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Protective equipment kits are available to rent for \$50 while participating in Learn to Play Hockey. Kits include: pants, shin pads, elbow pads, shoulder pads, helmet with face mask, gloves and stick. Rental skates are also available.

Fee: \$84 ID \$100 OD / session

Program: 110201

M: 4:15 - 5:15 pm

Session: 1/30 - 3/13

W: 4:15 - 5:15 pm

Session: 2/1 - 3/15



Ice Skating

Parent & Seal Pup: Skate Together

Ages: 3 - 4

Step onto the ice and help your young "Seal Pup" find his or her ice feet! Together you will learn how to skate by singing songs, playing games and spending time together on the ice. Participants are welcome to stay to skate during the Parent/Tot skate session after class.

Fee: \$35 ID \$42 OD / session

Program: 110100

Tu: 9:45 - 10:15 am

Sessions: 1/3 - 17 1/24 - 2/7
 2/14 - 28 3/7 - 21

Th: 9:45 - 10:15 am

Sessions: 1/5 - 19 1/26 - 2/9
 2/16 - 3/2 3/9 - 23

Ice Skating Camp

NO SCHOOL

Ages: 8 - 11

Super cool! Spend your no-school days at the ice rink! We'll learn skating skills and play fun games on and off the ice. We'll get creative with art projects and make new friends in a fun, festive environment.

Fee: \$35 ID \$42 OD / session

Program: 110116

Daily: 9:00 am - 12:00 pm

SPRING BREAK:

Tu: 3/28

Th: 3/30



Skate Lesson **FREE** Assessment:

Unsure which class to register your child in? Take the guesswork out - come to a free skate skill assessment to ensure your child is in the right class. Come by The Pavilion:

Saturday, Jan. 7, 11:00 am

Or call (541) 389-7588 to arrange an appointment.

Learn to Skate: Youth Lessons

Ages: 4 - 15

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

Fee: \$60 ID \$72 OD / session

Our skating lessons are:

- **Age Appropriate:** Classes grouped by ages 4 - 5, 6 - 8, 9 - 11, 12 - 15 and 16+.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Small:** Maximum class size of 5 for KinderSkate and 7 for other youth levels.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

BONUS - FREE PRACTICE!

Registered participants skate for free at Open Skate sessions Tuesdays through Thursdays (rental skates not included).

REGISTRATION TIP: Pre-requisites for each class are listed in the class description at register.bendparksandrec.org. We encourage skaters to master each skill level before progressing to the next level.

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

KinderSkate I & II

Ages: 4 - 5

KinderSkate I: Learn how to stand, march, dip and swizzle on the ice with fun songs and games. Protective headgear required.

Program: 110105

KinderSkate II: The journey continues! Kinders will practice long glides across the ice, backward wiggles and snowplow stops. Protective headgear required. Prerequisite: Successful completion of KinderSkate I.

Program: 110106

Level 1: Snow Bunnies

Ages: 6 - 11

Get started figure skating! This is the introductory class for beginning figure skaters. Learn how to march, swizzle, glide and even bunny hop on the ice.

Program: 110101

Level 2: Penguins

Ages: 6 - 11

Forward on! Learn one-foot glides, backward swizzles, two-foot turns and moving snowplow stops. Prerequisite: Successful completion of Level 1 lessons.

Program: 110102

Level 3: Arctic Foxes

Ages: 6 - 11

Time to be nimble, just like a fox! Learn how to use your blade to get the most out of your stroke and turns. We will work on a circle, learning swizzle pumps that lead into crossovers and two-foot spins. Prerequisite: Successful completion of Level 2 lessons.

Program: 110103

Level 4: Polar Bears

Ages: 6 - 11

Find your strength and grace on the ice! Polar Bears will work on mastering crossovers, turns and proper stroking techniques. Prerequisite: Successful completion of Level 3 lessons

Program: 110104

Levels 1 - 4: Teen

Ages: 12 - 15

Learn new moves on the ice! Master the basic skills of figure skating including balance, turns and crossovers. Advance through the levels at your own speed.

Level 1: 110107

Level 2: 110108

Level 3: 110109

Level 4: 110110

ONE-DAY- A-WEEK LESSONS

TUESDAYS

Jan. 17 - Feb. 14

KinderSkate I & II	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10, 4:55 pm
Level 2: Penguins	4:10, 4:55, 5:40 pm
Level 3: Arctic Foxes	5:40 pm
Level 4: Polar Bears	5:40 pm

Feb. 21 - Mar. 21

KinderSkate I & II	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10, 4:55 pm
Level 2: Penguins	4:10, 4:55 pm
Level 3: Arctic Foxes	4:55, 5:40 pm
Level 4: Polar Bears	4:55, 5:40 pm

THURSDAYS

Jan. 19 - Feb. 16

KinderSkate I & II	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10, 4:55 pm
Level 2: Penguins	4:10, 4:55, 5:40 pm
Level 3: Arctic Foxes	5:40 pm
Level 4: Polar Bears	5:40 pm
Levels 1 - 3: Teens	5:40 pm

Feb. 23 - Mar. 23

KinderSkate I & II	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10 pm
Level 2: Penguins	4:10, 4:55 pm
Level 3: Arctic Foxes	4:55, 5:40 pm
Level 4: Polar Bears	4:55, 5:40 pm
Levels 1 - 4: Teens	5:40 pm

SATURDAYS

Jan. 21 - Feb. 18 / Feb. 25 - Mar. 25

KinderSkate I & II	9:45, 10:30 am
Level 1: Snow Bunnies	9:45, 10:30 am
Level 2: Penguins	9:45, 10:30 am
Level 3: Arctic Foxes	9:00 am
Level 4: Polar Bears	9:00 am

Each lesson is 35 minutes long. Start times listed.

Lacrosse

Girls Spring Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex

Girls, this camp is all about you and the best way to get ready for your upcoming season! Local high school girls' coaches and their female staff are committed to teaching all ability levels the skills and techniques required to know and enjoy lacrosse. Equipment provided or bring your own goggles and stick. If needed, equipment will be issued 30 minutes prior to the first session.

Fee: \$43 ID \$52 OD / session

Program: 103127

Tu - Th: 4:00 - 5:30 pm

Session: 3/21 - 23

Boys Spring Lacrosse Camp

Grades: 1 - 8

Summit High School

Get ready for the upcoming season! Taught by Summit High School coaches and players, this camp will tune you up for your games ahead. Equipment provided or bring your own helmet, stick and gloves. If needed, equipment will be issued on Monday, March 20, 4:30 - 5:30 pm at the old fire station building at Big Sky Park.

Fee: \$45 ID \$54 OD / session

Program: 103126

Registration deadline: 3/19 or until full

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

Session: 3/21 - 23

Boys Lacrosse Skills Days

Grades: 1 - 8

Summit High School

This camp is the perfect way to start the season! Choose to attend one day or both! Learn new skills and drills while playing with your friends. The Summit High School coaching staff is comprised of experienced players and some of the best coaches from around the area. They are energetic, positive and enjoy teaching this exciting sport to kids.

Single Day Fee: \$22 ID \$26 OD

Both Days Fee: \$38 ID \$46 OD

Program: 103106

Su: 10:00 am - 12:00 pm

Session: 4/9 & 4/23



Lacrosse League

Grades: 1 - 8

Locations to be determined

It's no wonder why lacrosse is so popular - it's exciting, fast-paced and just great fun! A wonderful off-season complement to many other sports, this program emphasizes skill development, participation, teamwork, sportsmanship and fun. Leagues will be divided by the categories below. Teams meet twice a week and play an eight-game schedule. Goggles or helmet, stick and mouth guard provided. **Players in coed and boys divisions must provide their own shoulder pads, elbow pads and gloves.**

Fee: \$78 ID \$94 OD / season

Registration deadline: 3/2

Season: 4/3 - 6/2

COED

Program: 103011 Grades 1 - 2

BOYS

Program: 103012 Grades 3 - 4

Program: 103013 Grades 5 - 6

Program: 103014 Grades 7 - 8

GIRLS

Program: 103015 Grades 3 - 5

Program: 103016 Grades 6 - 8

Volunteer lacrosse coaches needed.

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

Lacrosse team sponsorships available.

For more information, call Russ Holliday at (541) 706-6108.

Martial Arts

Lil' Dragons

Ages: 3 - 5

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. Uniform included.

Fee: \$59 ID \$71 OD / session

Program: 106519

M/W: 4:15 - 4:45 pm

Sessions: 2/1 - 27
3/1 - 22 (Adj. Fee: \$52 ID \$63 OD)
4/3 - 26 5/1 - 24

Tu/Th: 4:15 - 4:45 pm

Sessions: 2/2 - 28 3/2 - 23
4/4 - 27 5/2 - 25

Girl Power: Spring Break

NO SCHOOL

Ages: 9 - 13

Sortor Bushido Kai Karate

Gain confidence, improve self-esteem, and increase body awareness. With a fun filled mix of yoga, self-defense training, tumbling and falling drills. Develop mindfulness with activities and crafts that encourage positive thoughts, actions and enhance a mind body spirit connection. Bring a snack and a water bottle. Wear comfortable workout style clothes. Instructor: Andrea Newcomb

Fee: \$150 ID \$180 OD / session

Program: 106009

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

Session: 3/27 - 31



Hollywood Stunt Training

Ages: 8 - 15

Smith Martial Arts

Get insider training in stunts and screen fighting, from veteran Hollywood stunt fighter and fight choreographer. Class demonstrates how to properly hit, work angles, choreograph a fight scene and react for the camera. Fun and fast-paced, class is for beginners and those with martial arts experience.

Fee: \$85 ID \$102 OD / session

Program: 106507

Sa: 11:30 am - 3:30 pm

Sessions: 1/28 2/25
3/11 4/8
5/6

Kids MMA

Ages: 6 - 12

Smith Martial Arts

Learn mixed martial arts skills and techniques including boxing, kickboxing, takedowns, grappling, submissions and conditioning. With safety and fitness emphasized, this program is for beginners and kids with prior training. Includes t-shirt.

Fee: \$95 ID \$114 OD / session

Program: 106508

Tu/Th: 4:30 - 5:15 pm

Sessions: 1/24 - 2/16 2/21 - 3/16
3/21 - 4/13 4/18 - 5/11

Juniors Karate

Ages: 6 - 13

Odyssey Martial Arts

Discover what martial arts is all about! Students will acquire control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

Fee: \$79 ID \$95 OD / session

Program: 106518

M/W: 5:00 - 5:45 pm

Sessions: 2/1 - 27
3/1 - 22 (Adj. Fee: \$69 ID \$83 OD)
4/3 - 26 5/1 - 24

Tu/Th: 5:00 - 5:45 pm

Sessions: 2/2 - 28
3/2 - 23 (Adj. Fee: \$69 ID \$83 OD)
4/4 - 27 5/2 - 25

Quidditch

Quidditch

NEW

NO SCHOOL

Ages: 8 - 11

Mount your broomsticks please! The fast-growing sport of Quidditch is an epic adventure of seekers, chasers and the golden snitch. Be on the team to score the most points by getting the quaffle ball through the opposing team's goal, or catch the golden snitch to end the game. Additional Quidditch focused games, crafts and activities are included. No experience necessary, everyone is welcome to play!

EARLY RELEASE WEDNESDAY QUIDDITCH

Juniper Elementary

Fee: \$35 ID \$42 OD / session

Program: 106012

W: 12:00 - 4:00 pm

Session: 4/5

QUIDDITCH CAMP

Highland Elementary

Fee: \$89 ID \$107 OD / session

Program: 106013

Th/F: 9:00 am - 3:30 pm

Session: 4/13 - 14



Rugby

Middle School Flag Rugby League

Boys & Girls, Grades: 6 - 8

Locations to be determined

The newest Olympic sport is coming to Bend through a joint program between Rugby Oregon and BPRD. Flag Rugby 7's is a fun, fast and inclusive team sport where all players will be running, passing, catching, scoring and working together! Teams practice during the week; games played on weeknights. Uniform shirt and ball provided; players must provide own cleats. Teams are co-ed. This program is dependent on volunteer coaches. If you are interested in coaching this season, head to our homepage and complete a BPRD Volunteer Application.

Fee: \$75 ID \$90 OD / season

Registration deadline: 3/13

W: 5:30 - 7:00 pm

Season: 4/5 - 5/31

Program:

103801 Cascade Middle School
103802 High Desert Middle School
103803 Pacific Crest Middle School
103804 Pilot Butte Middle School
103805 Seven Peaks Middle School
103806 Sky View Middle School
103807 REALMS Middle School



Scooter & Skateboarding

Discover **NEW** Skateboarding

Ages: 5 - 10

The Pavilion

Is your little one interested in skateboarding? Join our experienced instructor and discover what skateboarding is all about in this short 1 hour program designed to teach the basic fundamentals. Skate equipment is not provided, helmets are required.

Fee: \$40 ID \$48 OD / session

Program: 110500

Th: 4:30 - 5:30 pm

Session: 5/11 - 6/8

Spring Break **NO SCHOOL** Skate & Swim

Ages: 6 - 11

Ponderosa Skate Park, New Pondi

Calling all beginner skateboarders, this camp is for you! Come improve your skills on the skateboard, by getting comfortable in the park and skate the trail to Juniper Swim & Fitness Center. And at the end of each day, jump in the pool! Skateboard, helmet, backpack, swimming suit and sack lunch required each day.

Fee: \$180 ID \$216 OD / session

Program: 106044

M-Th: 10:00 am - 3:30 pm

Session: 3/27 - 30

Spring Break **NO SCHOOL** Scooter Camp

Ages: 6 - 15

Ponderosa Skate Park, Old Pondi

Join our first Spring Break scooter camp! Learn new skills and tricks with pro instructors, get featured in our latest edits and enjoy progressing in the sport while we have a blast with games, prizes and activities. Riders will be divided into groups based on age and skill level. On the last day, we'll show off our skills in a mini competition with prizes and giveaways. Scooter, helmet, pads and sack lunch required.

Fee: \$179 ID \$215 OD / session

Program: 106451

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

Session: 3/27 - 30

Scooter Skills **NO SCHOOL**

Ages: 6 - 15

Ponderosa Skate Park, Old Pondi

Learn skills and tricks with pro instructors and enjoy progressing in the sport while we have a blast with games and activities. Riders will be divided into groups based on age and skill level. Workshop features guest pro-athletes! On the last day, we'll show off our skills in a mini competition with prizes and giveaways. Scooter, helmet, pads and sack lunch required.

TWO DAY PRO-RIDER SCOOTER WORKSHOP

Fee: \$115 ID \$138 OD / session

Program: 106452

Th/F: 9:00 am - 1:00 pm

Session: 4/13 - 14

SPRING SCOOTER CLINIC

Fee: \$179 ID \$215 OD / session

Sa: 9:00 am - 1:00 pm

Session 1: 4/22 - 5/13

Session 2: 5/20 - 6/10

Yo! Sports Fans!

Plan Ahead!

2017

Youth League

Registration Deadlines:

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

WINTER-SPRING 2017 REGISTRATION: Opens Dec. 12

Program/League	Season	Registration Deadline
Youth Lacrosse League	March - June	March 2
Girls Softball League	March - June	March 9
Middle School Flag Rugby League	April - May	March 13

SUMMER 2017 REGISTRATION: Opens March 23

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	June
Youth Tackle Football League	August - October	June
Youth Flag Football League	September - November	August
Kindergarten Soccer League	September - October	August
6th Grade Volleyball League	September - October	Sept.
High School Volleyball League	September - October	Sept.
Middle School Tennis League	September - October	Sept.

FALL 2017 REGISTRATION: Opens August 8th

Program/League	Season	Registration Deadline
Youth Basketball	January - March	Nov., TBD
High School Basketball	Dec. - March	Nov., TBD
Middle School Basketball - Boys	Nov. - Dec.	Oct., TBD
Middle School Basketball - Girls	January - March	Dec., TBD
Youth Volleyball League	October - Dec.	Sept., TBD



Bend FC Timbers

Central Oregon Soccer League

Ages: U6 - U12

(Date of Birth: 07/31/11 through 08/01/03)

Bend FC Timbers offers a spring developmental soccer league. School-based and divided by gender and age, teams practice twice a week and play games on Saturdays and/or Sundays. Instruction, number of players on teams and game field sizes are age appropriate and grow incrementally. Each child receives a uniform.

Season: March 1 - May 13

Junior Academy

Ages: U8 - U10

Year-round with breaks

For soccer players looking for a more competitive environment, this program features an Academy that will train under the guidance of the Bend FC Timbers professional coaching staff. The Academy will focus primarily on skill development and small-sided games.

Academy Teams

Ages: U11 - U18

Year-round with open enrollment

For highly committed soccer players looking to train and play year-round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts every May.

For more information on Bend FC Timbers Academy programs, visit www.BendFCTimbers.com.

Soccer

Start Smart Soccer

Ages: 3 - 5

Riverbend Park

Get involved with your child in this sensational soccer program that prepares kids for organized soccer in a friendly environment. This program is perfect for those with little or no soccer experience who want to learn the basics - kicking, trapping, dribbling, throw-ins and more! All participants will receive equipment to practice their skills at home. Parent/guardian must attend and participate with their child.

Fee: \$45 ID \$54 OD / session

Program: 103131

Tu/Th: 6:00 - 6:50 pm

Session: 4/20 - 5/4

Rush Elite Soccer Skills

Ages: 7 - 11

Cascade Indoor Sports

Designed for the player who wants to take their soccer game to the next level, this class will help develop individual soccer skills needed to improve your game. Oregon Rush staff will coach soccer fundamentals and skill building.

Fee: \$85 ID \$102 OD / session

Program: 103113

AGES: 7 - 8

W: 4:00 - 4:55 pm

Sessions: 1/4 - 2/15

2/22 - 4/12 (No session 3/29)

AGES: 9 - 11

W: 5:00 - 5:55 pm

Session: 1/4 - 2/15

2/22 - 4/12 (No session 3/29)



Youth Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports

Get out of the cold weather and join a youth indoor soccer team! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All registered players will be placed on a team for the season and will be given a team shirt. League games are on Saturdays; one game a week for eight weeks. Space is limited; registration available until program is full.

Fee: \$90 ID \$108 OD / season

Season: 3/4 - 4/29 (No session 4/1)

Program: 103895

Grade: Saturdays:

K 10:00 - 11:00 am

1 - 2 11:00 am - 12:00 pm

3 - 5 1:00 - 2:00 pm

6 - 8 4:00 - 5:00 pm

SoccerTots

Cascade Indoor Sports

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

SoccerTots - Teddies

Ages: 18 Months - 3 Years

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

Fee: \$85 ID \$102 OD / session

Program: 103103

Tu: 10:00 - 10:55 am

Sessions: 1/3 - 2/14

2/21 - 4/11 (No session 3/28)

W: 11:00 - 11:55 am

Sessions: 1/4 - 2/15

2/22 - 4/12 (No session 3/29)

Th: 5:00 - 5:55 pm

Sessions: 1/5 - 2/16

2/23 - 4/13 (No session 3/30)

Sa: 9:00 - 9:55 am

Sessions: 1/7 - 2/18

2/25 - 4/15 (No session 4/1)



SoccerTots - Cubs

Ages: 3 - 4

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

Fee: \$85 ID \$102 OD / session

Program: 103104

M: 5:00 - 5:55 pm

Sessions: 1/2 - 2/13
2/20 - 4/10 (No session 3/27)

Tu: 11:00 - 11:55 am

Sessions: 1/3 - 2/14
2/21 - 4/11 (No session 3/28)

Tu: 4:00 - 4:55 pm

Sessions: 1/3 - 2/14
2/21 - 4/11 (No session 3/28)

W: 10:00 - 10:55 am

Sessions: 1/4 - 2/15
2/22 - 4/12 (No session 3/29)

Th: 4:00 - 4:55 pm

Sessions: 1/5 - 2/16
2/23 - 4/13 (No session 3/30)

Sa: 9:00 - 9:55 am

Sessions: 1/7 - 2/18
2/25 - 4/15 (No session 4/1)

SoccerTots - Bears

Ages: 5 - 6

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

Fee: \$85 ID \$102 OD / session

Program: 103105

M: 4:00 - 4:55 pm

Sessions: 1/2 - 2/13
2/20 - 4/10 (No session 3/27)

Tu: 5:00 - 5:55 pm

Sessions: 1/3 - 2/14
2/21 - 4/11 (No session 3/28)

W: 4:00 - 4:55 pm

Sessions: 1/4 - 2/15
2/22 - 4/12 (No session 3/29)

Th: 4:00 - 4:55 pm

Session: 1/5 - 2/16

Th: 5:00 - 5:55 pm

Session: 2/23 - 4/13 (No session 3/30)



Track & Field

Middle School Track Clinics

Grades: 6 - 8

Cascade Middle School & Pacific Crest Middle School

Get a jump on the upcoming middle school track season! Join your friends and local middle school track coaches for this new camp offering. Our coaches will help you improve your personal best or try a new event. Emphasis is on individual improvement. Includes a program t-shirt.

Fee: \$42 ID \$50 OD / session

Program: 103065

M/Tu/Th: 3:15 - 4:30 pm

Session: 3/13, 3/14, 3/16,
3/20, 3/21, 3/23

Youth Track Clinics

Grades: 1 - 5

Bend High School

The Central Oregon Track Club staff and athletes lead this great program geared towards athletes of all ability levels - a fantastic introduction to track and field. The program will consist of four clinics. Participants must bring running shoes, appropriate clothing and water bottle each day.

Fee: \$45 ID \$54 OD / session

Program: 103101

Daily: 4:15 - 5:45 pm

Session: 5/22, 5/24, 5/29, 5/30

Volleyball

OVA Spring Volleyball Clinics

Grades: 4 - 8

Pilot Butte Middle School

Our OVA Spring clinics are designed for players wanting to improve their skills as they prepare for the next level of volleyball. Lead by local club volleyball coaches, we split into two groups: grades 4 - 5 and grades 6 - 8.

Fee: \$69 ID \$83 OD / session

Program: 103121

Th: 6:30 - 8:00 pm

Session: 4/13 - 5/18

Volleyball Skills Camp

NO SCHOOL

Grades: 3 - 5

Trinity Lutheran School

Designed just for elementary school kids, this camp features drills and fun games to develop your skills. Includes a pizza lunch to end the session.

Fee: \$24 ID \$29 OD / session

Program: 103125

M: 9:30 am - 12:30 pm

Session: 1/16

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball. This is a drop-in program.

Fee: \$3 ID \$3 OD / session

Program: 104311

M: 6:00 - 8:00 pm

Session: 1/23 - 5/22 (no class 2/20)



Workshops

Sports Medical School

NEW

Ages: 7 - 11

Highland Elementary

Explore the exciting world of sports medicine, physicians and more. Using interactive demonstrations, crafts and games, learn how doctors do an assessment, treat common sports injuries and more.

Fee: \$89 ID \$107 OD / session

Program: 106053

Th: 4:00 - 5:00 pm

Session: 4/20 - 5/25

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, 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) 706-6121.



GIVE &
RECEIVE BACK
.....
COACHING
MATTERS
IN OUR
COMMUNITY
.....

thanks, coach.

Volunteers Needed to Coach Youth Team Sports

Make a difference for a group of kids!

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

Girls Middle School Basketball
Ice Skating Lessons Support
Bitty Baseball
Youth Lacrosse
Girls Softball
Middle School Flag Rugby
Youth Tennis

Sport experience preferred. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.

Many thanks to every volunteer who generously contributed time as a coach for youth fall sports programs. These people share their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

Bend Unified Recreational Soccer League

Susanna Abrahamson	Dave Cieslowski	David Giessler	Natalie Hummel	Carmen Malacon	Molly Radis	Ryan Tomlinson
Ryan Altman	Neil Cole	Andrew Giordano	Paul Humphrey	Jim Maloney	Irma Ranzuglia	Brian Tovar
Ann Marie Anderson	CJ Colt	Tyler Gist	Paul Hutter	Chris Manfredi	Perry Rhodes	Forrest Towne
Chris Arathoon	Dan Cordell	David Graham	David Jacobsen	Mary Manfredi	Mara Richardson	Silas Towne
Leslie Bailey	Torri Cordell	Carl Graving	Justin Johnson	Matt Martin	Jayne Root	Alicia Vickery
Dave Baker	Luke Cox	Liv Graving	Noah Johnson	Kari Mauser	Kris Rotge	Chris Warner
Katie Banks	Chad Croft	Stephanie Green	Mary Kapsa	David McClay-Kidd	Nathan Saito	Corey Weathers
Garth Barber	Christi Cruz	Tony Grossman	Jessica Keegan	Tara McClay-Kidd	Mehdi Salari	Melissa Webb
Chris Barlow	Scott Deal	Eileen Grover	Hodge Kerr	Dan McNairy	Genti Saliu	Kyle Will
Vito Beltramini	Rina Dean	Dustin Gurley	Pat Kilty	Ariel Mendez	Tim Schmidt	Raymond Williams
Tim Berg	Virgil Demeree	Kris Harwell	Jason Kirschner	Adam Michell	Fred Schroeder	Alexa Wilson
Greg Blackmore	Robert Dennis	Jay Hatfield	Jeff Klein	Dominick Minney	Sammy Silva	Jeff Winsted
Eric Blankenship	Natalie Dent	Teague Hatfield	Patrick Koegler	Brock Monger	Tyler Simones	Darin Wodke
Ryan Bloodworth	Shawn Diaz	Richard Hawkins	Brian Korfhage	Krista Morical	Brandi Snow	Matthew Wurth
Brandon Blumberg	Amy Dimmitt	Peter Hicks	Ross Kranz	Mark Morical	Peter Sparks	Scott Wyatt
Zavi Borja	Ryan Douglass	Mark Hinkle	Chris Kraybill	Ryan Oster	Judd Sproba	Ben Zimmerman
Jim Bradbury	Amanda Farstvedt	Erin Hoar	Josh Kuhn	Ruth Paris	Nicole Stilson	
Ashley Brown	Mike Feldman	Carrie Hoblet	Craig Langer	Ryan Paris	Rick Stilson	
Carey Brown	Anthony Fletcher	Erin Hoffman	Valarie Larsen	Scot Paris	Kelly Strycharz	
Tim Buccola	Maelynn Fletcher	Summer Holland	Cameron Larson	Jolie Perkins	Sasha Sulia	
Banni Bunting	Zach Frank	John Hopper	Winter Lewis	Travis Perkins	Nick Sundstrom	
Sal Cassero	Luke French	Jerry Huegel	Tom Lothrop	Tim Peterson	John Tavares	
Craig Chenoweth	Brady Fuller	Carrie Huffman	Jenny Lynch	Press Sky	Misha Therrian	
Jeff Christiansen	John Gibbon	Mark Hughes	Tim Lynch	David Prull	David Tolle	

continued on next page

Thanks to Fall Sports Coaches, continued.

Youth Flag Football

Mark Allers
Loren Anderson
Trevor Andrew
John Audette
Adam Beebe
Chris Bell
Shane Bishop
Steve Blackmarr
Adam Bledsoe
Courtney Bledsoe
James Borges
Clint Burleigh
Mike Carpenter
Keith Clayton
Eric Cole
Jason Colquhoun

Brian Debels
Jordan Diehl
Erik Emerson
Don Fain
Matt Freeman
Gabe Glerup
Harvey Gonzalez
Joe Green
Ben Grieb
Rob Gross
Mark Hall
Jon Houston
Mark Howell
Brenda Jarvis
Tim Jarvis
Byron Jenson

Craig Johnson
Kevin Karpstein
Christina Kennedy
Joe Kennedy
Clark Limoges
Nate Macrostie
Isaiah McGarry
Brandon Miller
Shawn Monson
Kelly Moyes
Mathew Mulder
Elijah Myers
Trevor Narache
Joe Nichols
Melinda Nichols
Blair Nicol

Peter Ozolin
Nick Pardo
Delton Price
Dan Radatti
Pratt Rather
Cameron Reynolds
Kevin Schaffer
Ben Spaulding
Rick Stilson
Jason Stinnett
Aaron Thomas
Mike Thomas
Andy Timm
Adam Treu
Jeff Williams

Youth Tackle Football

Robert Bell
Cory Bittner
Ryan Boyle
Dustin Cloud
Todd Dickerson
Jim Domings
Robert Duvalle
Steve Emery
Steve Forman
Daniel Freauff

Andrew Gaede
Bob Gaede
Kyle Gilbert
Rob Guthrie
Jason Hartman
Andy High
Doug Huebner
Patrick Humphrey
Joe Kennedy
Fred Kent

Alex Macias
Adam Malinowski
Brad McHugh
Mark McKinnon
Seth Meier
Brandon Miller
Dave Pickhardt
Shawn Polizzi
Kelly Simmelink
Tom Sorenson

Jim Spitler
Ken Stout
Blake Sweat
Eric White
Russ White
Adam Whitworth
Dave Williams

Kindergarten Soccer

Doug Amend
Eric Blankenship
James Borges
Kristen Bowles
Jason Bradley
Ashley Brown
Daron Brown
CJ Colt
Tony Cota
Jenn Crowl
Ryan Cruz
Holly Dierdorff

Tiggy Dierdorff
Emily Fry
Jeff Gautschi
Liv Graving
Leah Greenwald
Tony Gunsul
Richard Hawkins
Trixie Hoda
Owen Hutchinson
Katie Huyck
Anna Johnson
Derek Jones

Rhett Larson
Denise Lau
Tom Lau
Kerry Martin
Nikki McCabe
Ariel Mendez
Joe Nance
Meryll Paris
Ryan Paris
Angela Phillips
Mara Richardson
Tucker Ruberti

Amy Ruff
Matt Ruff
Mehdi Salari
Spencer Schock
Jessica Smith
Nick Smith
Mike Steder
Chris Stringer
Paul Wheeler
Chrissy Williams

6th Grade Volleyball

Chris Fitton
Jennifer Hai
Mariah Jarvis
Kyle Jurgenson
Chris Keldsen
Stephanie Keldsen

Jay Malsby
Lynn Malsby
Steve Mullen
Jennifer Nance
Amber Newton
Liz Odgon

Robert Reveles
Dan Richwine
Michelle Richwine
Jeff Rieb
Lyssa Sauer
Wayne Sauer

Jessica Sieverson
Farrah Sutton
Ryan Travis
Meagan Waltosz
Emily Wells

Middle School Tennis

Danielle Pratt
Gregg Morris

Rob Petrescu
Stacey Nyman

Sandra Lindsay



to our fall sports sponsors.

Thank you to all the local businesses and individuals who value healthy recreation opportunities for children and help make youth sports programs possible. Please join us in thanking the following 2016 Fall Sports Sponsors:

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Youth Flag Football Team Sponsors

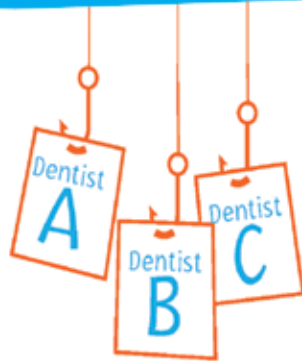
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Schwabe, Williamson & Wyatt (2 teams)

Mountain Sky Landscaping, Inc.

River Park Family Dentistry

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Choosing the right dentist for your child can mean a lifetime of healthy teeth. Questions to consider: Does the dentist specialize in pediatrics? Are they a children's dentist and an orthodontist? Is the dentist good at communicating — both with the patient and the parents? Come to Bluefish and the answer is ... yes!

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Catherine Quas, DMD
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Summer Camp

Days end with evening campfires, skits, singing,
laughter and gorgeous sunsets over Dark Lake.

Registration begins January 1, 2017
at www.camptamarack.com

Traditional Camp

On the shores of Dark Lake in Deschutes National Forest, our traditional camp offers water fun, outdoor adventures, games, arts & crafts and independence, all in a magical, forested setting. Campers live in rustic cabins that house 6 to 8 children. Programs are age-specific to bring out everyone's best. Younger campers try their hand at camp activities with close supervision and bedtime routines to help them feel comfortable away from home. Older campers discover more challenging activities & leadership opportunities, plus all the traditional camp activities. All campers choose from a variety of activities -- art projects, swimming, boating, archery, sports & games.



Type 1 Diabetes Camp

At On Belay Type 1 Diabetes Camp, children with diabetes and their buddy or sibling have the opportunity to meet all the challenges and adventures offered at Camp Tamarack safely and responsibly. The On Belay concept of "I've got your back" will be promoted by activities and outings. Buddies will learn to recognize diabetic emergencies and assist if needed with on-site medical staff, educators and counselors. Children with Type 1 Diabetes are invited to this active, supportive and creative community to be inspired in the great outdoors.

Program Locations

Locations of all winter and spring BPRD programs are in alphabetical order below.

Academie De Ballet Classique 162 NW Greenwood Ave, Bend, OR 97701	Cascade Middle School 19619 Mountaineer Way, Bend, OR 97702	Lost Tracks Golf Club 60205 Sunset View Dr, Bend, OR 97702	Silver Rail Elementary School 61530 SE Stone Creek St, Bend, OR 97702
American Red Cross – Twin Knowles 2570 NE Twin Knolls Dr, Bend, OR 97701	Cascade School of Music 200 NW Pacific Park Ln, Bend, OR 97701	Miller Elementary School 300 NW Crosby Dr, Bend, OR 97701	Smith Martial Arts 100 SE Bridgeford Blvd. Suite A Bend, OR 97702
Amity Creek Elementary 437 NW Wall St, Bend, OR 97701	Elk Meadow Elementary School 60880 Brookwood Blvd, Bend, OR 97702	Norton Ave. Apartments 415 NE Norton Ave, Bend, OR 97701	Sortor Bushido Kai Karate 63056 Lower Meadow Dr, Bend, OR 97701
Art Station 313 SW Shevlin Hixon Dr, Bend, OR 97702	Ensworth Elementary School 2150 NE Daggett Ln, Bend, OR 97701	Odyssey Martial Arts 924 SE Wilson Ave, Bend, OR 97702	Summit High School 2855 NW Clearwater Dr, Bend, OR 97701
Awbrey Glen Golf Club 2500 Awbrey Glen Dr, Bend, OR 97701	Fins Scuba & Water Sports 155 SW Century Dr. #112, Bend, OR 97702	Pacific Crest Middle School 3030 NW Elwood Ln, Bend, OR 97701	Sunriver Nature Center & Oregon Observatory 57245 River Rd, Sunriver, OR 97707
Bear Creek Elementary School 51 SE 13th, Bend, OR 97702	Harmon Park, Hobby Hut & Outdoor Center 1100 NW Harmon Blvd, Bend, OR 97701	The Pavilion 1001 SW Bradbury Way, Bend, OR 97702	Sylvan Learning Center 2150 NE Studio Rd, Bend, OR 97702
Bend Fieldhouse (at Vince Genna Stadium) 401 SE Roosevelt Ave, Bend, OR 97702	High Desert Fencing 911 SE Wilson Ave, Bend, OR 97702	Pilot Butte Middle School 1501 NE Neff Rd, Bend, OR 97701	Tall Pine Studio SE Bend off of Knott Rd, Bend, OR 97702
Bend Guitar Lessons 1195 NW Wall St, Bend, OR 97701	High Lakes Elementary School 2500 NW High Lakes Lp, Bend, OR 97701	Pine Nursery Park 3750 NE Purcell Blvd, Bend, OR 97702	Trinity Lutheran School 2550 NE Butler Rd, Bend, OR 97701
Bend High School 230 NE 6th St, Bend, OR 97701	Highland Elementary School at Kenwood 701 NW Newport Ave, Bend, OR 97701	Pine Ridge Elementary School 19840 Hollygrape St, Bend, OR 97702	Tumalo Creek Kayak & Canoe 805 SW Industrial Way, Bend, OR 97702
Bend Hoops 1307 NE 1 st St, Bend, OR 97701	Hollinshead Barn 1235 NE Jones Rd., Bend, OR 97701	Ponderosa Elementary School 3790 NE Purcell Blvd, Bend, OR 97701	Twin Knolls Transition Co-op 2500 NE Twin Knolls Dr, Bend, OR 97702
Bend Senior Center 1600 SE Reed Market Rd, Bend, OR 97702	Jewell Elementary School 20550 Murphy Rd, Bend, OR 97702	Ponderosa Park & Skatepark 225 SE 15th St, Bend, OR 97702	
Big Sky Sports Complex Big Sky Park, 21690 Neff Rd, Bend, OR 97701	Juniper Elementary School 1300 NE Norton, Bend, OR 97701	Riverbend Park 799 SW Columbia St, Bend, OR 97701	
BPRD District Office 799 SW Columbia St, Bend, OR 97702	Juniper Swim & Fitness Center 800 NE 6th St, Bend, OR 97701	Shevlin Park 18920 NW Shevlin Park Rd, Bend, OR 97701	
Buckingham Elementary 62560 Hamby Rd, Bend, OR 97701	Larkspur Park 1700 SE Reed Market Rd, Bend, OR 97702	Skyliner Lodge 16125 Skyliners Rd, Bend, OR 97701	
Cascade Indoor Sports 20775 High Desert Ln, Bend, OR 97701	Lava Ridge Elementary School 20805 Cooley Rd, Bend, OR 97701	Sky View Middle School 63555 NE 18 th St, Bend, OR 97701	

RENT A PARK,
PICNIC SHELTER
OR FACILITY

PARK & FACILITY RENTALS: For Your Next Event

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

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

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

MARCOULIER EVENT ROOM at the Bend Senior Center is a large, open space with beautiful maple wood floors perfect for dancing, lots of natural light and a full commercial kitchen. It is the perfect location for a wedding, reception, reunion or event with seating up to 250 people.

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

JUNIPER SWIM & FITNESS CENTER is available for swim parties, pool rentals and special fitness events. Options are available from packages during open recreation swim times or private party pool rental.

THE PAVILION welcomes groups for birthday parties and other special events. Bring the gang for open skate and rent the party room. In addition, the entire facility is available in the non-ice season and can host more than 800 people.

THE ART STATION is the perfect place to host birthday parties and other get-togethers. Both art parties and clay parties are available for children and adults.

PARKS, PICNIC SHELTERS & SPORTS FIELDS are available for rent. Fees are based on the size of your group, park amenities and length of your event.

SPORT PACKS which include: volleyball and net, baseball equipment and Frisbee are available for rent for your outdoor party or company picnic. You just add the fun!

Visit bendparksandrec.org for more details and virtual tours or call (541) 389-7275 for additional information or to make a reservation.



Aspen Hall



Hollinshead Barn



Marcoulier Event Room



Riverbend Community Room



Picnic Shelter

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 www.bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at www.bendparksandrec.org or call (541) 389-7275.

PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at www.bendparksandrec.org.

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on District property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

TRAIL USE:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•		•			
Alpine Park	19500 Century Dr								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Park & Recreation District	799 SW Columbia St					•							•				
BPRD Park Services	1675 SW Simpson Ave																
Bend Senior Center	1600 SE Reed Market Rd					•			•				•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr															•	
Big Sky Park	21690 NE Neff Rd	•			•				•		•	•	•				
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•									•	
Canal Row Park	1630 NE Butler Market Rd								•		•	•		•			
Columbia Park	264 NW Columbia St							•			•	•	•			•	
Compass Park	2500 NW Crossing Dr								•		•	•	•				
Discovery Park	1315 NW Discovery Drive				•				•		•		•				
Dohema River Access	35 NW Drake Rd															•	
Drake Park	777 NW Riverside Blvd						•						•			•	
Farewell Bend Park	1000 SW Reed Market Rd						•		•		•	•	•			•	
First Street Rapids Park	1980 NW First St						•		•				•			•	
Foxborough Park	61308 Sunflower Ln		•									•		•			
Gardenside Park	61750 Darla Pl										•	•	•				
Genna Stadium	401 SE Roosevelt Ave																
Harmon Park	1100 NW Harmon Rd	•									•	•	•			•	
Harvest Park	63240 NW Lavacrest St											•		•			
High Desert Park	60895 27th St								•								
Hillside I Park	2050 NW 12th St		•									•	•				
Hillside II Park	910 NW Saginaw Ave				•												
Hixon Park	125 SW Crowell Way																
Hollinshead Park	1235 NE Jones Rd				•	•							•				
Hollygrape Park	19489 SW Hollygrape St											•	•				
Jaycee Park	478 Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St					•							•				
Kiwanis Park	800 SE Centennial Blvd	•	•								•	•		•			
Larkspur Park	1700 SE Reed Market Rd		•					•	•		•	•	•				

NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					
McKay Park	166 SW Shevlin Hixon Dr						•						•		•		
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•									•		•			
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•								•		
The Pavilion	1001 SW Bradbury Way					•							•				
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•		•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•	•	•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•			•	
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
River Canyon Park	61005 Snowbrush Dr																
River Rim Park	19400 Charleswood Ln														•		
Riverbend Park	799 SW Columbia St						•				•		•		•		
Riverview Park	225 NE Division St								•					•			
Rockridge Park	NE 18th St & 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	•									•	•	•				
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•						•								•
Sun Meadow Park	61150 Dayspring Dr		•								•	•		•			
Sunset View Park	990 NW Stannium Rd								•								
Sylvan Park	2996 NW Three Sisters Dr								•			•					•
Three Pines Park	19089 Mt Hood Pl											•					
Wildflower Park	60955 River Rim Dr										•	•					
Woodriver Park	61690 Woodriver Dr		•									•		•			



Quail Park



Sun Meadow Park



Mountain View Park



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Secret Agent
Lights & Lasers
Dinosaur Day
Alternative Energy
Space Explorers
Pop Star Camp
Ballet Dance Camp
Ice Skating Camp

Girl Power
KPOV Radio Camp
Nature Break
Nature Chasers
Scootering Camp
Skate & Swim
All Sport Camp

Learn more at
bendparksandrec.org
or call (541) 389-7275.



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