

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



Bend Park &  
Recreation  
DISTRICT

fall 2018

# your playbook

stretch yourself in  
**fall fitness**

october 13 - 19  
free fitness week

includes  
the 2017-18

## annual report

park & trail projects  
**in the works**

*play for life*

## CONTACT US

phone: (541) 389-7275

email: [info@bendparksandrec.org](mailto:info@bendparksandrec.org)

website: [bendparksandrec.org](http://bendparksandrec.org)

## ADMINISTRATION & RECREATION SERVICES

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

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

Administration will be closed: Sept. 3 - Labor Day, Nov. 12 - Veterans Day, Nov. 22 - 23 - Thanksgiving, Dec. 24 - 25 - Christmas Eve & Day, Jan. 1 - New Years Day

## THE ART STATION

313 SW Shevlin Hixon Dr. • p. (541) 617-1317

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 33.

## JUNIPER SWIM & FITNESS CENTER

800 NE 6th St. • 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 22.

## THE PAVILION

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

Sept. - Oct. 19 Hours vary - check online.

Oct. 22 - April 8:30 am - 8:00 pm, daily  
Hours subject to change.

Holiday hours and special events: See page 30.

## PARK SERVICES

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

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

Park Services will be closed: Sept. 3 - Labor Day, Nov. 12 - Veterans Day, Nov. 22 - 23 - Thanksgiving, Dec. 24 - 25 - Christmas Eve & Day, Jan. 1 - New Years Day



## fall 2018

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

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

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

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

### BOARD OF DIRECTORS:

Brady Fuller, Chair • Ted Schoenborn, Vice-Chair  
• Ellen Grover • Nathan Hovekamp • Lauren Sprang

### BUDGET COMMITTEE:

Thomas Fisher • Larry Kimmel • Ariel Mendez • Sarah Olson • Brian Thorsness

### EXECUTIVE DIRECTOR:

Don Horton • (541) 706-6101  
[don@bendparksandrec.org](mailto: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](mailto:michelleh@bendparksandrec.org)

### RECREATION SERVICES DIRECTOR:

Matt Mercer • (541) 706-6103  
[matt@bendparksandrec.org](mailto:matt@bendparksandrec.org)

### FOLLOW US:

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

**Twitter** - Bend Park & Rec (@bendparksandrec)

**Instagram** - bendparks (@bendparks)

**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.

### SERVICIOS AL ALCANCE DE LA COMUNIDAD LATINA / LATINO

**OUTREACH SERVICES:** Comuníquese con Kathya al Tel. (541) 706-6190. Horarios de oficina Juniper Swim & Fitness Center: Lunes, martes y miércoles de 2:30 a 7:00 pm. Viernes de 9:00 am a 1:00 pm en las Oficinas del Distrito (en Old Mill District).

Contact: Kathya Avila p. (541) 706-6190.  
Office hours: Juniper Swim & Fitness Center:  
Mondays, Tuesdays & Wednesdays, 2:30 - 7:00 pm. District Office: Fridays, 9:00 am - 1:00 pm.

**On the Cover:** Patrons pose during a yoga class at Juniper Swim & Fitness Center. Photo credit: Greg Kleinert.

**Printed in Bend:** Your Playbook is printed with pride at Northwest Web Press, business partner of The Bend Bulletin.



2017-18  
ANNUAL  
REPORT  
ON PAGE 11



Recent survey work tells us that Bend residents are proud of their park and recreation system and want to prioritize building new parks and trails to provide future generations with the same enjoyment they receive.

As newcomers continue to relocate here, the District is working hard to keep up with the growth. For the past 15 years, the District's level of service has remained much the same as the population grew tremendously. This tells us that in order to keep up with projected population growth, a

bold plan must be in place to help shape the future. As a public agency, the District creates and implements such a plan by listening to District residents and acting upon their needs.

Unlike most cities where park and recreation is a city department, your park and recreation district is an independent agency that receives its authority from the state. As a separate special district, the District is funded by taxpayer dollars, program fees and system development charges. These resources enable us to offer the places and programs that are valued by today's Bendites as they have been for generations. To learn more about District funding and operations, I invite you to review the Annual Report on pages 11 - 17.

We are dedicated to providing recreation opportunities at the same level you have come to expect while striving to meet a growing community's evolving needs. During the past three years, the District has increased community recreation capacity by adding new services and places for you to enjoy. We achieved this with current revenues, without reducing other services and plan to sustainably continue these services into the future. You can see many in the recreation offerings in this Playbook, and I encourage you to explore a class or visit a new park this fall.

Thanks for making Bend a special place to call home. I hope you enjoy the fall season!

Don Horton, Executive Director  
don@bendparksandrec.org

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"someone's sitting in  
the shade today because  
someone planted a tree  
a long time ago."  
-Warren Buffett

## PARKS, TRAILS & FACILITIES

# current projects



Located in northeast Bend adjacent to Juniper Swim & Fitness Center, Juniper Park is in need of improvements for accessibility. Look for park construction to begin in summer 2019.

Bend is growing and so is your park and trail system. To support our community's needs, the District is adding new parks and trails while also updating aging facilities, parks and trails. Together, these projects keep staff busy with land purchases, project design, public outreach to gather input, and construction to turn plans into recreational amenities for our community.

### Deschutes River Trail



Work continues to fully connect the Deschutes River Trail. Connections include Drake Park, north of town to Riley Ranch Nature Reserve and improvements along Riverfront Street connecting Miller's Landing Park to Drake Park.

### Drake Park/ Deschutes River Trail & Bank Improvements



The banks of the Deschutes River at Drake Park and Pacific Park have deteriorated over time, resulting in safety and environmental issues. The District is developing plans to improve the banks and finish the Deschutes River Trail through Drake Park and Pacific Park. Design, engineering and permitting work will be ongoing over the next twelve to sixteen months.

### Juniper Park



Located adjacent to Juniper Swim & Fitness Center, Juniper Park is under design for accessibility improvements. Parking area improvements are underway now. A future phase of development is in design and includes upgrades to park restroom facilities, paths and play areas. Construction for these improvements is planned to start in summer 2019.

### Shevlin Park



As of last year, Shevlin Park is almost 1,000 acres! The District added 329 acres south of the park with property originally part of The Tree Farm development. To support this addition, as well

as current uses, new interpretive, wayfinding and regulatory signs will be installed throughout the park. Sign installation will begin in fall 2018. Design work is underway for ADA upgrades to the park, including a new accessible trail from the restrooms to the picnic area, upgrades to the Aspen Hall parking area, and trail and bridge upgrades at the Larch Bridge. The old covered bridge will be decommissioned as part of this project, allowing for creek restoration in that area. Built as a movie prop in the early 90s, the bridge was analyzed for both structural integrity and historical value by experts and deemed to be lacking for both. The resulting riparian and wetland restoration will help improve water quality and wildlife habitat along the banks of Tumalo Creek.



## Alpenglow Park



Purchased as part of the 2012 bond measure projects to add park land to southeast Bend, Alpenglow Park is located on 15th Street, north of Knott Road. At 37 acres, the park site is bordered by railroad tracks to the west and future Bend-La Pine school sites to the south. The master plan is complete and approved by the District's Board of Directors. Proposed elements include an off-leash dog area, outdoor event space, open lawn area, shade structures, restrooms, "sprayground," play area, demonstration garden, climbing/bouldering/slacklining area, paths, trails and natural space. Construction is anticipated to begin in 2020.

## Larkspur Community Center



Larkspur Community Center is the name of the expansion project at the Bend Senior Center in southeast Bend. The Larkspur Community Center will maintain a strong focus on older adults while thoughtful planning will develop programming to meet the diversity of needs and schedules of a broader range of users. Designed to be a gathering place for all, this new facility will add approximately 36,000 square feet to the existing center. The project will include new fitness facilities, group exercise rooms, a multi-purpose warm-water pool, indoor walk/jog track, outdoor activity spaces, additional parking, and Larkspur Park improvements. Construction is planned to begin by summer 2019 with an estimated completion by fall 2020.

## Pioneer Park



One of Bend's oldest parks, Pioneer Park in northwest Bend is in need of renovations and updates for accessibility. The existing restroom, parking areas, paths and other park amenities are being renovated to provide improved access for all park users. Construction will start in September 2018.

## Rockridge Park Restrooms



For Rockridge Park in northeast Bend, the design and permitting process is underway for construction of a permanent restroom facility to be located on the north side of the park along Egypt Drive. Completion of the project is expected in fall 2019.

## Big Sky Park & Luke Damon Sports Complex



Big Sky Park & Luke Damon Sports Complex is an existing 96-acre community park located east of Hamby Road and north of Neff Road. The park is a combination of undeveloped natural areas and developed areas with restroom facilities, paths, playgrounds, sport fields and an off-leash dog area. In 2017, the Board of Directors approved an updated Master Plan for the park, which focuses on activities that provide an additional range of recreational opportunities for the community.

Some of the planned amenities include vehicle and pedestrian access from Hamby Road, additional parking, bike park features such as a pump track, slope-style course, bike trials area and a jump course, an area for electric-powered radio-controlled (RC) cars, a 1.5-mile perimeter walking/biking trail and connections to Buckingham School.

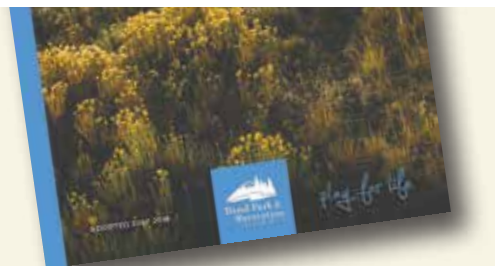
Pending county permit approvals, construction is anticipated to begin in the spring of 2019 with completion in spring of 2020.

Shown in conceptual rendering, the Larkspur Community Center will be a 36,000 square foot expansion of the Bend Senior Center in southeast Bend. It is currently in design and permitting phase.





## 10-YEAR COMPREHENSIVE PLAN



## The next ten years of Bend's park, recreation and trail system

After two years of work, the BPRD Comprehensive Plan is now complete with the Board of Directors adopting the plan in July.

More than 3,000 residents met with staff, attended community meetings, spoke with us at local events, took surveys and sent emails. We are proud to say the Comprehensive Plan represents over 17,000 comments from the community that will influence the next ten years of parks, trails, amenities and facilities.

The plan calls for the District to purchase 90 acres of additional park land in order to meet the goal of a neighborhood or community park within a 1/2 mile walk of most homes in the District. To meet the community's desire for more trails, the plan maps out 46 miles of new trails by 2028.

You're invited to review the plan on the website and learn more about the future of Bend's park, recreation and trail system. We look forward to sharing the next ten years with you!

**Learn more at**  
**[bendparksandrec.org/](http://bendparksandrec.org/complan)**  
**[complan](http://bendparksandrec.org/complan)**



### Goodrich Park



Goodrich Park is a 2.4-acre neighborhood park site located in northeast Bend on Quimby Ave. between 8th and 11th streets. The proposed park amenities include open lawn area, a quarter-mile loop soft-surface path, seasonal restroom enclosure, exploratory play area using landforms and native rocks, street improvements on Quimby Ave. and 11th St. and a pedestrian crossing of Penn St. at 11th St. Completion is expected by fall 2019.

### Empire Crossing Park



The District recently acquired a small neighborhood park located in the Empire Crossing subdivision, previously owned and maintained by the home owners association. Plans include upgrading the existing playground, expanding the irrigation system and making minor landscape and trail improvements in the park. The design portion of the project has begun and a neighborhood outreach meeting was held this past summer. Construction is to begin in 2019.

### Riverbank Habitat Improvements



Bend Park and Recreation District and Upper Deschutes Watershed Council are teaming up to improve and manage the riverbanks of the Deschutes River and Tumalo Creek.

Both organizations have committed to a long-term collaboration to improve riverbank habitat and support sustainable recreational use of the river. Staff has completed an inventory and assessment of riverbank conditions on 10.5 miles of BPRD-owned property. This assessment summarized conditions at thirteen locations and identified opportunities for restoration and improved river access. The first potential project is located between the Bill Healy Bridge and the Farewell Bend footbridge. Working together, BPRD and Upper Deschutes Watershed Council staff will apply for a grant to fund this project. If successful, the next steps will be hiring a design team and obtaining permits. It is anticipated the work would be completed in 2019 or 2020.

### Haul Road Trail



The District received a grant from Federal Highway Administration to improve the Haul Road Trail which starts at McKay Park and runs west approximately six miles to the Deschutes National Forest's Cascade Lakes Welcome Station. Trail surfaces will be repaved and the 1.5-mile currently unpaved section will be paved. Work on this trail is anticipated in 2019 and 2020.

### Central Oregon Historic Canal Trail



The District will continue improvements along the canal road including new trail surfacing and wayfinding signs from Blakely Road to the Deschutes River Trail. The most recent improvements were completed from near Blakely Road to American Lane.

**For more on  
BPRD projects, visit  
[bendparksandrec.org](http://bendparksandrec.org).**





# the great playground get around match-up challenge

Fall is the perfect season to get out and explore Bend parks. This year, join us in **The Great Playground Get Around Match-Up Challenge** as you discover the unique playgrounds and themes throughout Bend parks. It's a great way to play in your parks, get some fresh air and a little exercise.



## HOW TO PLAY

1. Match each park on the left to its unique playground feature on the right.
2. Bring your completed matches in person to the District Office at 799 SW Columbia St. (See pg. 2 for hours)
3. The first 25 completed entries will receive a small collection of BPRD goodies. (Sorry, not available to BPRD employees)

For maps and more park adventures, visit [bendparksandrec.org](http://bendparksandrec.org).

## PARK

1. **Al Moody Park**  
2225 NE Daggett Ln.
2. **Blakely Park**  
1155 Brookwood Blvd.
3. **Columbia Park**  
264 NW Columbia St.
4. **Compass Park**  
2500 NW Crossing Dr.
5. **Eagle Park**  
62891 NE Nolan St.
6. **Farewell Bend Park**  
1000 SW Reed Market Rd.
7. **Harmon Park**  
1100 NW Harmon Blvd.
8. **Orchard Park**  
2001 NE 6th St.
9. **Ponderosa Park**  
225 SE 15th St.
10. **Quail Park**  
2755 NW Regency St.

## MATCH THE PLAYGROUND

- ☐ **Boat**  
It's a real boat
- ☐ **Lumber Mill**  
Connect to Bend's past
- ☐ **Futuristic Theme**  
Straight out of the future
- ☐ **Fish with Waterfall**  
With a nature theme
- ☐ **Train**  
Woot-woot! All aboard!
- ☐ **Abstract Art**  
Geometric patterns galore
- ☐ **Ship**  
With a built-in treasure hunt
- ☐ **Dinosaurs**  
Fun, prehistoric theme
- ☐ **Treehouse**  
Nature theme and mural
- ☐ **Triple Slide**  
Three times the fun





# and happenings

## COLLABORATING FOR KESTRELS

The District has teamed up with the American Kestrel Partnership and the East Cascades Audubon Society to install and monitor nesting boxes in several parks. Helping these feathered friends is part of a bigger effort to provide and care for wildlife habitat.

## SOME TLC FOR THE DESCHUTES

The District was a co-title sponsor for the annual river clean-up event organized by Upper Deschutes Watershed Council in late July. More than 200 volunteers removed more than 1,500 lbs. of debris, including trash and lost items. Most notably, a wedding ring was found and returned to its owner.



## RECORD SOCCER NUMBERS

Whether it's inspiration from the World Cup or growth in Bend, we're setting soccer participation records yet again. This fall will be an all-time record high with nearly 2,000 youth participating on 150 teams. That's a lot of shin guards and a lot of volunteer coaches, so thank you!

## EARLY SEASON SKATING PASSES AVAILABLE AT THE PAVILION

Now's the time to pick up your ice season pass for The Pavilion. Available for 10% off until November 1, season passes are a great value and can be used for all public skate sessions including open skate, family skate and more. For more information, visit [thepavilioninbend.com](http://thepavilioninbend.com).

## SOUTH BEND BRIDGE PROJECT

The District is working with Oregon Consensus, which is based out of Portland State University, to determine how to connect the Deschutes River Trail on the south end of Bend. The Mary Orton Company, LLC, will lead a facilitated process and is starting now with information gathering. Updates will be at [bendparksandrec.org](http://bendparksandrec.org) under "Trail Projects."

## SEASONAL SHUTOFFS & CLOSURES

Each fall, BPRD Park Services shuts off park irrigation, drinking fountains, water features and even some restrooms to prepare for winter's freezing temperatures. Shut offs begin in October. In addition, many park restrooms close earlier in the evening.



## FALL VOLUNTEER OPPORTUNITIES

Volunteers make fun happen by helping with programs, activities and events. Here's how you can get involved!

**YOUTH SPORTS PROGRAMS:** Bitty Ball basketball, youth and middle school basketball; youth and 6th grade volleyball; youth ice skating and ice hockey.

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

**FITNESS:** For adults and children.

**THERAPEUTIC & ADAPTIVE RECREATION:** Aquatics and recreation programs for children and adults with disabilities.

**COMMUNITY EVENTS:** Health & Wellness Fair, Holiday Bazaar, Winter Solstice Celebration, dinner dances and more.

**CARING FOR PARKS & TRAILS:** Adopt a park or trail, or gather a group for a fall project.

More at [bendparksandrec.org](http://bendparksandrec.org) or contact Kim, BPRD Community Engagement Sup., [Kim@bendparksandrec.org](mailto:Kim@bendparksandrec.org) or (541) 706-6127.

## WORK FOR PLAY AT BPRD

Every season, there are great jobs at the District from part-time and full-time to year-round and seasonal. For the seasons ahead, position openings may include lifeguards, swim instructors, ice skating instructors, ice skating monitors, customer service staff, concessionaires, sports officials, youth recreation leaders, custodial staff and more. Look for more information and apply at [bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).

## ONLINE REGISTRATION SYSTEM DOWN FOR UPGRADES IN LATE SEPTEMBER

Heads up! The District's online registration website will be unavailable September 22 - 25 as BPRD's Information Technology team installs new system upgrades. During that time, patrons will need to register in-person or via the phone at (541) 389-7275.





# celebrate the season

## COMMUNITY EVENTS

### Discover Nature Festival

FREE

Saturday, Sept. 9  
11:00 am - 3:00 pm  
Riverbend Park

### For the Health of It! Health & Wellness Fair

FREE

Tuesday, Sept. 25  
12:00 - 3:00 pm  
Bend Senior Center

### Fall Into Fitness Week

FREE

Oct. 13 - 19  
Special workshops & classes  
Juniper Swim & Fitness Center and  
Bend Senior Center

### Holiday Bazaar

FREE

Saturday, Nov. 17  
9:00 am - 3:00 pm  
Bend Senior Center

### Hollinshead Homestead

FREE

### Holiday Open House & Historical Tour

Saturday, Dec. 15  
10:00 am - 4:00 pm  
Hollinshead Park

### Winter Solstice Celebration

Friday, Dec. 21  
5:30 - 8:30 pm  
The Pavilion

For more information,  
visit [bendparksandrec.org](http://bendparksandrec.org)  
or call (541) 389-7275.

Celebrate fall and join BPRD at these great community events offering fun for all ages.

Bring the whole family to celebrate the outdoors at the free **Discover Nature Festival** on Sunday, September 9 at Riverbend Park. Hosted by The Children's Forest of Central Oregon, the event offers great nature and outdoor recreation activities, and everyone is sure to experience something new and have a blast! More on page 10.

**For the Health of It! Health & Wellness Fair** follows on Tuesday, September 25 at the Bend Senior Center. This is your one-stop event with wellness and fitness demonstrations, screenings, information, vendors, flu vaccines and more! Don't miss the barbeque sponsored by PacificSource.

Keep moving into autumn's shorter days with **Fall Into Fitness Week, October 13 - 19** offered at Juniper Swim & Fitness Center and the Bend Senior Center. The week features special, free fitness classes, workshops and clinics that offer ideas to help you get or stay active this fall. The schedule is at [bendparksandrec.org/bprdevents](http://bendparksandrec.org/bprdevents) under the Fitness Events & Workshops schedule.

To get you in the spirit of the season, the **Holiday Craft and Gift Bazaar** is at the Bend Senior Center on Saturday, November 17. This favorite annual event features local handmade crafts, art, tasty treats, holiday decor and more. Come get your holiday shopping done early!

And to really put you in a holiday mood, plan a visit to the **Hollinshead Homestead Holiday Open House & Historical Tour** at Hollinshead Park on Saturday, December 15. Offering a delightful step back in time, the homestead house is packed with treasures of yesteryear and decorated for the holidays.



The Pavilion's ice rink will celebrate the shortest day of the year with a **Winter Solstice Celebration** on Friday, December 21 from 5:30 to 8:30 pm. With festivities to welcome winter's delights, ice skaters who bring a canned food item to donate to a local non-profit will enjoy a special \$6 admission price including skate rental.



The Children's Forest  
of Central Oregon presents



September 9, 2018

Riverbend Park  
11am-3pm  
Free!

DISCOVERY! EXPLORATION! ADVENTURE!

over 30 outdoor activities for the whole family to enjoy including

THE GEARFIX outdoor Recreation Zone with a climbing wall, fly casting, archery & bike obstacle course

THE MIX 100.7 Nature Exploration Zone with live birds & reptiles, the "bat cave", birding & telescopes

PLUS nature arts & crafts, games, storytime, healthy snacks & much more

[childrensforestco.org](http://childrensforestco.org)



PARTNERS



SPONSORS







# 2017-18 annual report

## Your Community, Your District



Bend residents tell us that receiving a high-level of service is their priority for our special district. I invite you to review our annual report to assess how well we are meeting this goal.

Our fiscal approach is to prioritize maintenance projects ahead of development, and manage staff costs by partially funding recreation programs through fees and limiting expenses.

As an example, our district is one of less than a handful of public agencies in Central Oregon whose employees pay their share into the Oregon Public Employee Retirement System (PERS).

Whenever a household has a big purchase, most people prefer to save up before making it. The District has historically used the same practice and has saved and leveraged property tax revenues from our permanent tax rate for significant projects.

The current budget provides the roadmap to continue meeting the District's mission. Effective management of public resources ensures that we can be confident that this agency will continue to provide exceptional park and recreation services well into the future.

Should you have any questions, please give me a call directly at (541) 706-6101.

Don Horton, Executive Director  
don@bendparksandrec.org

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play for life



IT'S YOUR  
DISTRICT

# a snapshot

## BEND PARK & RECREATION DISTRICT

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

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

*play for life*

It is about living in the moment,  
but also about creating a legacy for the future.

We embrace the obvious! We believe that play holds the key to  
happy and healthy lives in our community - here and now,  
as well as 50 years ahead.

How do we do it?

Through play, BPRD engineers a joyous mixture of exploration  
and discovery - and plants the seed for amazing experiences.

We offer opportunities and places to grow and to thrive.

Play for Life brings possibility to all ages  
in our community, from 1 to 100.

Don't get us wrong.

We take our playful role seriously.

We are instigators, planners and stewards,  
encouraging our community to  
Play for Life and Live to Play.

### WHAT IS THE PARK AND RECREATION

**DISTRICT?** The Bend Park & Recreation District was established in 1974 by a vote of citizens for the sole purpose of providing park and recreation services to our community.

The District is a special tax district, a stand-alone government agency, led by an elected Board of Directors. The District is not a part of the City of Bend.

Use of your taxes collected for parks and recreation is limited by statutory authority (ORS Ch. 266) and cannot be used for other community services such as roads, housing, emergency services or utility services.

### DISTRICT FACILITIES:

- Juniper Swim & Fitness Center
- Bend Senior Center
- The Pavilion
- Art Station
- District office
- Park Services offices and shop

### DISTRICT PROPERTIES:

- Total acres: 3,035
- 82 developed parks and natural areas
- 1,062 acres of undeveloped park lands
- 70 miles of trails

### EMPLOYEES & VOLUNTEERS:

- 116 full-time employees (May 2018)
- Approximately 398 part-time employees (May 2018)
- 2,330+ volunteers (2017)

### WHERE FUNDING COMES FROM:

**Your Property Taxes** - The District's permanent property tax rate is \$1.461 per \$1,000 of assessed value. For example, a home assessed at \$200,000 pays \$292.20 annually to the District. Statutory authority (ORS Ch. 266) restricts the use of these taxes to the delivery of park and recreation services such as care and maintenance of the park and trail system.

**User Fees & Charges** - Fees charged for participating in recreation programs and facilities.

**System Development Charges (SDCs)** - SDC funds can only be used on park and trail projects that are needed as a result of population growth. Most neighborhood parks exist as a result of SDC funds. SDC funds cannot be used for operation costs, administrative or maintenance facilities.

**Contributions & Grants** - In 2017-18, the District received \$505,000 in grants and contributions.

**General Obligation Bond** - In 2012, voters passed a 20-year General Obligation Bond for specific projects. The cost to taxpayers is .166 per \$1,000 assessed value or \$33.20 annually for a home with an assessed value of \$200,000.



# as purveyors of *play*

we are committed to...

**HEALTHY, ACTIVE LIFESTYLES.** You have access to more than 1,000 recreation programs offered annually, three facilities open regularly for activities of all types, 275+ weekly fitness classes and countless opportunities in parks and on trails.

**ACCESS FOR ALL.** Nearly all homes in Bend are within one mile of a park or trail and our goal is to cut that down to a 1/2 mile in the next decade! In 2017, 700 children and families received more than \$206,000 in needs-based assistance for recreation program fees.

**TAKING CARE OF WHAT WE HAVE.** The Park Services team mows 4,680 acres annually, maintains 1,800+ irrigation valves, cares for 70 miles of trails, cleans 21 hours per day for 7 days-a-week and answers 6,500 phone calls per year.

**CREATING JOBS AND SUPPORTING WORKING FAMILIES.** For more than 500 full- and part-time employees, the District offers competitive wages, important benefits and training opportunities. We support local families by offering important childcare and recreation opportunities and our parks play a role in the livability of Bend.

**BUILDING COMMUNITY PARTNERSHIPS.** Working with the City of Bend, Bend-La Pine Schools, Deschutes County, irrigation districts, healthcare providers and others, we make the most of public resources. We are supported by generous volunteers, donors and sponsors whose involvement enhances the experiences we provide.

**STEWARDSHIP OF NATURAL RESOURCES.** With management responsibilities for 11 miles of the Deschutes River bank through Bend and more than 3,035 acres of property, the natural beauty and outdoor recreation opportunities are beloved. In many parks and along trails, we leave the natural features untouched to preserve wildlife habitat.

**PLANNING AHEAD.** Our Comprehensive Plan looks a decade into the future to inform where we are going and our Strategic Plan and 5-year Capital Improvement Plan detail how we are going to get there. How you play may change in future years, and we're already planning for how to meet your interests.

**STRIVING FOR EXCELLENCE.** In 2015, BPRD was honored by the Commission for Accreditation of Parks and Recreation Agencies (CAPRA) to certify that it meets national standards of excellence, which puts it in company with less than 5% of peers across the country.

"Commitment is what transforms a promise into reality."  
~ Abraham Lincoln


GET  
CONNECTED

## Visit our website.

Where: [bendparksandrec.org](http://bendparksandrec.org)

What: Park and trail information, recreation programs, facility hours and fees, class schedules, project updates, employment opportunities and 300-plus pages of much, much more.

## Follow us on social media.

Where:  Twitter: BendParks



Facebook: Look for Bend Park & Recreation District, Art Station, Bend Senior Center, The Pavilion, Juniper Swim & Fitness Center and Bend Whitewater Park.

What: The latest updates and happenings in parks, on trails, in BPRD facilities and in programs.

## Attend a board meeting.

When: Normally the first and third Tuesdays of each month at 7:00 pm. Work sessions can also occur at 5:30 pm.

Where: BPRD Office, 799 SW Columbia Street

What: Agenda and minutes available online at [bendparksandrec.org](http://bendparksandrec.org)



## 2017 PLAY BY PLAY:

## MAKING PLAY ACCESSIBLE

## recreation report and trends



Distributed \$205,892 in needs-based assistance for recreation programming to over 700 individuals with financial need.



Provided \$254,623 in direct services to support individuals with special needs so they could participate alongside others in recreation programs.



Supported outreach efforts to engage underserved populations including the Latino community, low income families and older adults.



Collaborated with other agencies, non-profits and businesses to reduce barriers and increase access to fitness and recreation opportunities.



Offered 250+ free activities and events.

As our community grows so does participation in our recreation programs and facilities. This past year, the District hosted nearly 1.3 million visits to its three recreation facilities and over 1,000 recreation programs and activities.

Making play accessible to all continues to be a priority. At left are some of the resources the District has provided so everyone has the opportunity to play for life.



### NEARLY 1.3 MILLION VISITS TO RECREATION FACILITIES AND PROGRAMS

Facility/Program Area	2017 Visits
Juniper Swim & Fitness Center	504,158
Sports Leagues & Programs	293,870
Before- & Afterschool Care	272,069
The Pavilion	120,299
Bend Senior Center	80,794
Youth Enrichment Programs	11,964
Art Station	4,492
Therapeutic Recreation	4,356
Outdoor Recreation Programs	4,873

2017 VISITS





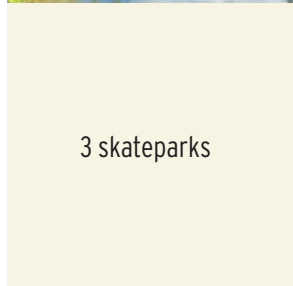
11 miles of  
managed riverfront



70 miles of trail



8 tennis courts



3 skateparks



2 disc golf  
courses



8 off-leash areas/  
dog parks

## YOUR PARKS YOUR TRAILS

If you live in Bend Park & Recreation District, you pay 11% of your property taxes to the District to support parks, trails and recreation services in our community.

The District's permanent property tax rate is \$1.461 per \$1,000 of assessed value. Passed by voters in 2012, the cost of the 2012 bond is an additional \$0.166 per \$1,000 of assessed value.

For example, a home assessed at \$200,000 pays \$326 annually for park and recreation services in Bend.

So, what do you get? You have year-round access to parks, trails and all the recreation amenities and fun so that you can Play for Life and...

## PLAY YOUR WAY!



2 fishing ponds



15 nesting boxes  
installed for birds  
and owls in 2017

15 parks with  
access to  
Deschutes River



25 picnic shelters



82 parks



82 juvenile  
Canada geese  
relocated to  
Summer Lake  
wildlife refuge  
in 2017



3 recreation facilities

39 playgrounds



9 new miles  
of trail in 2017



19 pickleball courts



19 athletic fields



# annual financial report

Fiscal Year: July 2017 - June 2018

The annual report is an opportunity to review the revenues and expenditures behind the decisions made daily throughout the year. Beyond pie charts and factoids, this information represents how we contribute to this community.

Bend continues to grow, and long-time residents and newcomers expect high levels of service in parks, trails and all forms of recreation.

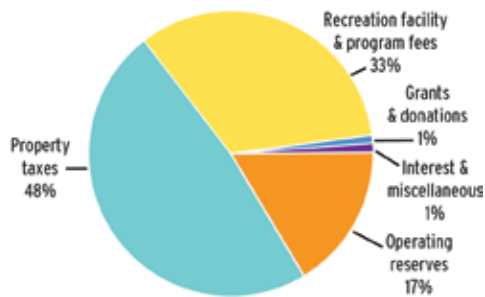
Management decisions and conservative fiscal policies over many years have ensured a sustainable financial future for the District. The District prioritizes long-term financial stability, so that resources can enhance the quality of life for Bend residents now and for future generations.

Financial amounts and percentages are fiscal year 2017-18 estimates.

The Bend Park & Recreation District is not a department of the City of Bend. As a separate special tax district, it adopts its own budget every fiscal year. To view the 2018-19 budget, visit [bendparksandrec.org](http://bendparksandrec.org).

## 2017-18 OPERATIONS

### OPERATIONS SOURCES OF FUNDS \$23,631,000



### Where the Money Comes From

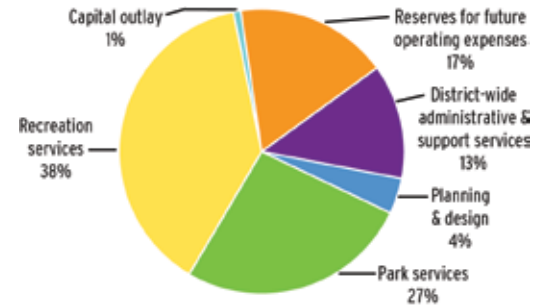
**Property taxes** (48%) are collected from property owners in the District.

**Recreation facility and program fees** (33%) are collected from recreation programs and facility use.

**Operating reserves** (17%) mitigate current and future risks such as extreme events or a revenue downturn.

**Grants and donations** (1%) are funds received to support programs and scholarships for community residents.

### OPERATIONS SPENDING \$23,631,000



### Where the Money Goes

**Recreation services** (38%) operate all recreation programs and facilities including the Bend Senior Center, Juniper Swim & Fitness Center, The Pavilion, Art Station, Aspen Hall and Hollinshead Barn.

**Recreation services are funded 86% through fees and 14% through property taxes.**

**Park services** (27%) manage and maintain parks, trails, natural resources, vehicles, equipment and facilities, and also provide stewardship services for the users of these spaces.

**Reserves for future operating expenses** (17%) impact a government's bond rating and the cost of borrowed funds.

**District-wide administrative & support services** (13%) manage organization-wide services including executive director's office, finance, risk and contract management, technology, community relations, marketing, human resources, volunteers and special projects.

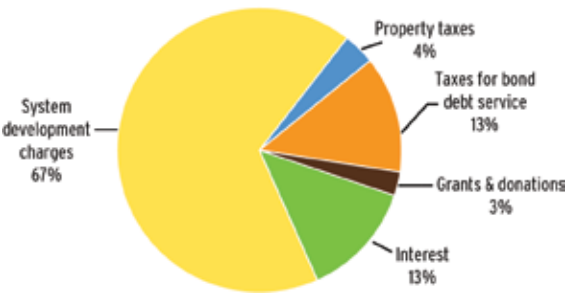
**Planning & design** (4%) provide long-range, strategic and current planning, and design and development/construction for parks, trails, natural areas and facilities.



2017-18 CAPITAL PROJECTS

In order to serve a growing community, the Bend Park & Recreation District must continually plan for development, improvement and replacement of public parks, trails and recreation facilities. District staff are currently working together to plan, design and construct capital projects to meet the needs of the community.

CAPITAL PROJECT FUNDING \$13,991,751



Where the Money Comes From

**System development charges (SDCs)** (67%) are collected from new residential building permits to be used for new and expanded parks and trails to support community growth.

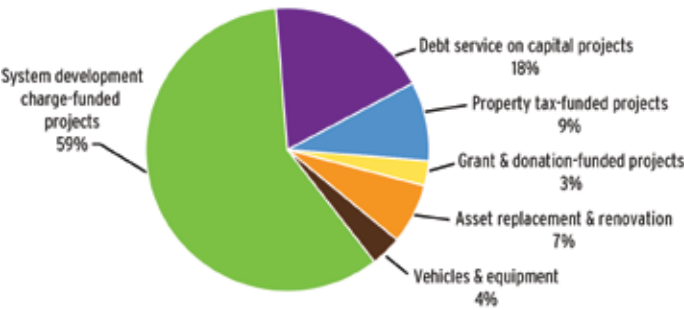
**Taxes for bond debt service** (13%) are required to repay the 2012 bond debt.

**Interest** (13%) is income earned on reserves.

**Property taxes** (4%) are used for capital projects, vehicles and equipment.

**Grants and donations** (3%) are funds received from granting agencies, non-profits and private donors.

CAPITAL PROJECT SPENDING \$12,783,908



**Why the difference?**  
There is a difference of \$1,207,843 between Capital Project Funding and Capital Project Spending due to project costs shifting into future years. Those unspent revenues are added to reserves for future spending.

Where the Money Goes

**SDC-funded projects** (59%) are land purchases and development of parks and trails to support new growth in Bend.

**Debt service on capital projects** (18%) is for repayment of the 2012 bond and the 2006 Juniper Swim & Fitness Center expansion debt.

**Property tax-funded projects** (9%) are for renovation, improvement and expansion of current parks, trails and indoor facilities.

**Asset replacement and renovation** (7%) are projects that take care of what we have.

**Vehicles and equipment** (4%) to care for and operate our parks and facilities.

**Grant and donation-funded projects** (3%) provide support to capital development and land acquisition.

2017-18  
FUNDING THE FUTURE

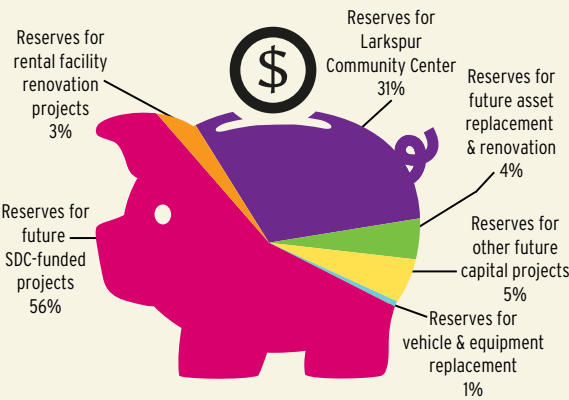
1. Saving like a household.

When a household has a big purchase in the future, the preferred choice is to save up before buying it. The District saves property tax revenues from its permanent tax rate for significant projects. These savings enable the District to purchase park land, develop parks and expand, build and renovate facilities.

2. New parks and trails are tied to growth.

System development charges (SDCs) are fees paid on new residential construction and hotel rooms to help fund new parks and trails. As Bend grows, these fees help ensure that all Bend residents get the same level of recreation opportunities.

2017-18 CAPITAL RESERVES \$39,025,135



**Planning Ahead:**  
The District is evaluating its approach to system development charges in 2018-19 to make sure we address growth and continue to be on the mark in offering all residents the Bend life.



Aspen Hall



Hollinshead Barn



The Pavilion



Marcoulier Event Room



Picnic Shelter

## Park & Facility Rentals: For Your Next Event

RENT A PARK,  
PICNIC SHELTER  
OR FACILITY

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 an 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 for 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 including packages during open recreation swim times and 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. 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 duration 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](http://bendparksandrec.org) for more details and virtual tours or call (541) 389-7275 for additional information and/or to make a reservation.



## 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

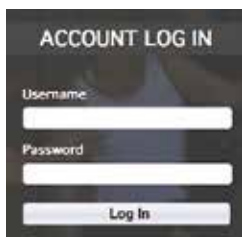
You can go online or come in person to create a new account. New accounts created online must be verified for District residency and accuracy. NOTE: This process is normally completed within 24 hours.

### Online Registration Instructions

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

REGISTER

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 two locations:

- **Juniper Swim & Fitness Center:**  
800 NE 6th Street
- **Bend Senior Center:**  
1600 SE Reed Market Road

Registration forms are available online at [bendparksandrec.org](https://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:

Fall 2018 registration begins August 6, 2018.

Winter-Spring 2019 registration begins December 10, 2018.

## 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.





# COME TO PLAY

## Facility Fee & Pass Information

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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

		FACILITY	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.  Monthly pass includes use of Senior Center.	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: October - Early April	Admission to all public skate sessions.  Includes skate rental.  Ice Season: October - Early April
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: Purchase before Nov. 1 and save 10% off below prices Couple & 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.**

FREE  
FAMILY NIGHT  
& MORE  
.....  
WEEKENDS  
ROCK AT JSFC  
.....  
PAGE 24

# splish splash

## Perfectly fit for you.

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

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



**Fall 2018:**  
**Sept. 17, 2018 - Jan. 6, 2019**

### Regular Hours:

<b>Monday - Friday</b>	<b>5:15 am - 9:00 pm</b>
<b>Saturday</b>	<b>7:00 am - 6:00 pm</b>
<b>Sunday</b>	<b>9:00 am - 6:00 pm</b>

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

Visit online at: [juniperswimandfitness.com](http://juniperswimandfitness.com)



**Follow us on Facebook!**  
Look for Juniper Swim & Fitness Center

## Schedules & Information

Visit [juniperswimandfitness.com](http://juniperswimandfitness.com) for current pool and group fitness schedules and facility rules and regulations.

## Fees

Pass information on pages 20 - 21.

More Activities  
at Juniper Swim & Fitness:  
Adult swimming p. 25  
Adult Fitness p. 52 - 59  
Youth Fitness  
& swimming p. 26 - 29

## Holidays & Special Hours

9/1 - 16	Olympic Pool Maintenance	
9/3	Labor Day	Noon - 5:00 pm
10/31	Halloween	Close at 6:00 pm
11/22	Thanksgiving	8:00 am - Noon
12/24	Christmas Eve	5:15 am - 1:00 pm
12/25	Christmas Day	Closed
1/1	New Year's Day	9:00 am - 1:00 pm

## Swim Meets & Special Events

10/21	Intrasquad Meet
11/17	High Desert Classic
12/1 - 2	Bend Invite
12/8	COMA All-Around Meet
12/15	High School Invite

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





## 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.

## Juniper Swim & Fitness Center Features

Situated in the heart of beautiful Juniper Park, our community wellness 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 Center is the perfect place for every body.

Online video tour available at [bendparksandrec.org](http://bendparksandrec.org)

### 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, a giant fish and other fun splash features.

#### Outdoor Activity Pool

Open June to early September.

A water wonderland for the child in all of us, this 85-degree pool offers a large flume slide, interactive water features, beach entry to 3.5 foot water depth and a soft-bottom surface. Spend the day on our large deck, complete with lounge chairs, picnic tables and shade structure.

#### 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, great sound system and big-screen TV.

#### Group Exercise Studio

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

#### Mind & Body 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 Kids' Corner staff 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

**Kids' Corner Hours:**

(subject to change)

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

**M - Th: 4:10 - 7:00 pm**

**Sa: 8:00 - 11:00 am**

Learn more at [juniperswimandfitness.com](http://juniperswimandfitness.com)

## Weekends ROCK! at Juniper

Come for a real splash bash each weekend as the evenings come alive with different activities each week.

### KIDS' NIGHT OUT 1st & 3rd Saturdays

**Ages:** 3 - 11

**Dates:** 10/6, 10/20, 11/3, 11/17,  
12/1, 12/15, 1/5, 1/19

**Activity:** 405599

**Sa:** 6:30 - 9:30 pm

**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, participate in crafts and games, and watch a movie under the supervision of our trained and caring staff. Snacks provided. (Sorry, dinner not included.) Note: Ages 3 - 5 must be potty trained and will enjoy crafts, games, movies and more. Swimming is not included for this group.

### FREE FAMILY NIGHT 2nd Saturday

**FREE**

**All Ages**

**Dates:** 10/13, 11/10, 12/8, 1/12

**Fee:** FREE

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

Elevate your family get-together to a whole new level of fun! Join in to combine fitness and fun as a family.

### FIRST FRIDAY SPLASH & FUN

**Ages:** 6 - 9

**Dates:** 11/2, 12/7, 1/4

**Activity:** 405102

**F:** 6:00 - 9:00 pm

**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.

More at: [bendparksandrec.org/weekendsrock](http://bendparksandrec.org/weekendsrock)

## 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

**September 17 - January 6**

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

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

### No School Day Recreation Swim

**NO SCHOOL**

When school's out, swimming is in!

**Hours:** 1:00 - 3:00 pm

**Dates:** 10/24 & 26, 11/12

**Hours:** 1:00 - 4:00 pm

**6:30 - 9:00 pm**

**Dates:** 11/19 - 21, 11/23, 12/21 - 23, 12/26 - 30,  
12/31 (1 - 4 pm only), 1/2 - 4

### 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.

**Fee:** Basic pass or drop in fee

**September 17 - January 6**

**Su:** Noon - 1:00 pm

### #JuniperCollegeNite

**NEW**

**Ages: 18+**

Come hang out at the pool with your friends during this time for college students. Come early and workout in the fitness center or swim laps.

**Fee:** Basic pass  
or \$5 with your current student ID

**September 17 - December 17**

**M:** 8:15 - 9:00 pm

### Soak & Float

**NEW**

Combine peaceful times in the hot tub, steam room and sauna with a quiet time in our indoor warm water pools. Water Pilates & Water Yoga featured monthly - see class descriptions (Pg. 58 - 59).

**Fee:** Basic pass or drop in fee

**September 17 - December 19**

**W:** 8:15 - 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

**September 17 - December 23**

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

10:45 am - 2:30 pm

**M/W:** 7:15 - 8:00 pm

**Tu:** 7:30 - 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

### 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](http://juniperswimandfitness.com) for pool schedule, pool length and number of lanes.

**Fee:** Basic pass or drop-in fee

**September 17 - January 6**

**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

### RECREATION SWIM SPECIAL

**Adults are \$5 each when adult accompanies paid child.**

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

Learn more at [bendparksandrec.org/recswim](http://bendparksandrec.org/recswim)



# swim strong

## Fall Lap Swim Schedules

are available at  
juniperswimandfitness.com.

Check the pool schedule  
and lane availability online.  
You can even add the schedule  
to your own e-calendar.



## Liquid benefits.

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

## Adult Swimming

### Level 1 Adult Swim Instruction

#### Ages: 16 & up

This class is designed for adult swimmers with little to no experience in the water. We will help you conquer your fear of swimming by introducing basic swim skills and water safety. The majority of this class takes place in shallow water.

Fee: \$97 ID \$117 OD / session

Activity: 305554

Sa: 7:45 - 8:45 am

Sessions: 9/22 - 10/27  
11/3 - 12/15  
1/5 - 2/2 (Adj. Fee \$81 ID \$97 OD)

### Level 2 Adult Swim Instruction

#### Ages: 16 & up

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

Fee: \$97 ID \$117 OD / session

Activity: 305555

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

Sessions: 9/17 - 10/3 10/8 - 24  
10/29 - 11/14  
(no class 10/31 Adj. Fee \$81 ID \$97 OD)  
11/26 - 12/12 1/7 - 23

### Level 3 Adult Swim Instruction

#### Ages: 16 & up

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

Fee: \$97 ID \$117 OD / session

Activity: 305556

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

Sessions: 9/18 - 10/4 10/9 - 25  
10/30 - 11/15 11/27 - 12/13  
1/8 - 24

### 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.

Fee: \$120 ID \$144 OD / session

Activity: 305557

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

Sessions: 9/18 - 10/18  
10/23 - 11/20  
(Adj. Fee \$108 ID \$130 OD)  
1/8 - 31  
(Adj. Fee \$108 ID \$130 OD)

### Masters Swimming Bend's Adult Swim Program

#### Ages: 18 & up

Improve your skills and enjoy training in structured practices with experienced coaches. Masters Swimming emphasizes fitness, fellowship and fun for various ages and abilities, who can swim comfortably for 500 meters (20 lengths). Although not required, many choose to race.

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

#### September 17 - January 7

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

Tu/Th: 6:45 - 8:15 am  
9:15 - 10:30 am

M/Tu/W/Th/F: 11:45 am - 1:00 pm

M/W: 6:00 - 7:15 pm

Sa/Su: 9:00 - 10:30 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

Activity: 405100

#### September 23 - December 23

Su: 4:15 - 6:00 pm

## Recreation Swim Schedules

available on page 24 and at [juniperswimandfitness.com](http://juniperswimandfitness.com).

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

BIG SPLASH!  
.....  
**SWIM LESSONS FOR ALL!**  
.....  
PAGES 28 - 29

# swimmingly

## 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 & Teen Fitness

at Juniper Swim & Fitness Center

### Fit Kids:

**Ages 4 to 11**

Kids! Bring Mom and Dad to Juniper for 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.

Fee: Full Access Pass or drop-in fee. See pages 20 - 21.

### Yoga Play

Active yoga poses and fitness games promote a creative mind, healthy body and heart.

### Creative Play

This unique fitness class blends a little bit of rhythm, dance, imagination, body education, and even a healthy snack!

**Schedule at:**  
[juniperswimandfitness.com](http://juniperswimandfitness.com)

## Teen Fitness

**Ages: 11 - 17**

**FITNESS CENTER USE:** Improve strength and conditioning in our state-of-the-art fitness center. 16 - 17 year olds may use the fitness center without restriction; although, a Fitness Center Orientation is recommended. 11 - 15 year olds may workout in the fitness center under parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Orientations are free and offered weekly.

**GROUP FITNESS CLASSES:** Get fit and have fun with our many group exercise class options. 16 - 17 year olds are welcome in all of our regular group exercise classes. 11 - 15 year olds may attend some classes under parent/guardian supervision.

**See classes and schedules online at**  
[juniperswimandfitness.com](http://juniperswimandfitness.com) or call  
(541) 389-7665 for questions.



## Weekends ROCK! at Juniper

Come for a real splash bash each weekend as the evenings come alive with different activities each week.

- First Friday Splash & Fun
- Kids' Night Out  
1ST & 3RD Saturdays
- FREE Family Night  
2nd Saturday

See page 24 for more details or go online:  
[bendparksandrec.org/weekends](http://bendparksandrec.org/weekends)





## Youth Swimming

at Juniper Swim & Fitness Center

### Busy Buddies Preschool With swim lessons & yoga!

**Ages: 3 - 5**

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 enjoy arts and crafts, circle time, dramatic play and more. Basic 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 due at the time of enrollment.

Activity: 405601

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

or

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

Dates: Sept. 10 - June 13

## 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: \$167 ID \$200 OD / session

Activity: 305540

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

- OR -

**Tu/Th:** 4:10 - 5:05 pm

**& F:** 4:30 - 5:25 pm

(Grades 3 - 5 only)

Sessions: 9/17 - 11/16

1/7 - 2/28 (\$147 ID \$179 OD)

## 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: \$167 ID \$200 OD / session

Activity: 305541

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

Sessions: 9/17 - 11/16

1/7 - 2/28 (\$149 ID \$179 OD)

## Novice FREE Swim Program Assessment

Schedule a swim assessment to talk with a coach and learn more about the novice swim programs.

Call Jess at (541) 706-6193 to arrange an appointment.



## Novice Swim Team Stroke Clinic

**Grades: 1 - 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: \$72 ID \$87 OD / session

Activity: 305543

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

4:30 - 5:25 pm

Session: 11/26 - 12/21

## 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 make you become a confident and successful diver.

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

Activity: 305570

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

Sessions: 9/17 - 10/10

10/15 - 11/14

(No class 10/31; Adj. Fee \$72 ID \$87 OD)

11/26 - 12/19

1/7 - 23 (\$48 ID \$57 OD)

## Advanced Springboard Diving

**Ages: 9 - 14**

This class will challenge the student to learn new skills on the boards! Participants will begin to learn backwards dive as well as reverse and continued improvements on the front dive. Prerequisite: Students must be able to perform approach and front dive in at least two positions off of both boards or instructor approval.

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

Activity: 305571

**M/W:** 7:15 - 8:00 pm

Sessions: 9/17 - 10/10

10/15 - 11/14

(No class 10/31 Adj. Fee \$72 ID \$87 OD)

11/26 - 12/19

1/7 - 23 (\$48 ID \$57 OD)

## Swim Squad NEW

**Ages: 14+**

This class is for teens looking to refine their stroke technique, improve endurance and develop lifelong skills. Coaches will teach swimmers how to create workout plans, improve swimming skills and share the long-term health benefits of swimming.

Fee: \$149 ID \$179 OD / session

Activity: 305542

**M/W:** 7:15 - 8:15 pm

**F:** 6:15 - 7:15 pm

Sessions: 9/17 - 11/9 1/7 - 3/15

## Swim Stroke Workshop NEW

**Grades 3 - 8**

A one-day clinic designed for swimmers with limited competitive swimming experiences who are interested in refining their competitive strokes. Clinic includes instruction, drills and feedback.

Fee: \$16 ID \$20 OD / session

Activity: 305410

**Tu or Th:** 4:15 - 5:00 pm

Sessions: Butterfly: 11/27, 12/20

Backstroke: 12/4, 12/13

Breaststroke: 12/11, 12/6

Freestyle: 12/18, 11/29



## THREE SPORTS & THREE CHEERS!

Big thanks to all our JSFC Kids Triathlon sponsors and participants for another great event on August 26!

Swim! Bike! Run!  
You make it three times the fun!



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

Check out all the great options for  
Friday and Saturday nights  
at JSFC on page 24.



## 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 five for preschoolers and six 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: Prerequisites for each class are listed in the class description on our registration website. Learn more online at [register.bendparksandrec.org](http://register.bendparksandrec.org)

For more information and specific details, please refer to our website for the skills list for each level.

## Youth Swim Lessons Descriptions & Schedule

### 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 are available.

### Sea Stars

**Age: 2.5 - 3**

Has your child attended Parent Tot class and ready for an extra challenge? 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. Prerequisite: Parent Tot class.

### Journey Programs

**Ages: 3 - 5**

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

### Level Programs

**Ages: 6 - 12**

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

### Teen Level Programs

**Ages: 13 - 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

### MONDAYS

\$48 ID \$58 OD	<b>Sept. 17 - Oct. 22</b>
\$48 ID \$58 OD	<b>Oct. 29 - Dec. 10</b> (no class 11/19)
\$48 ID \$58 OD	<b>Jan. 7 - Feb. 4</b>
Parent Tot 1, 2	9:10 am
Sea Stars	10:00 am
Journey 1, 2, 3	9:10, 10:00 am

### TUESDAYS

\$48 ID \$58 OD	<b>Sept. 18 - Oct. 23</b>
\$48 ID \$58 OD	<b>Oct. 30 - Dec. 11</b> (no class 11/20)
\$48 ID \$58 OD	<b>Jan. 8 - Feb. 5</b>
Parent Tot 1, 2	10:00 am
Journey 1, 2, 3	10:00 am

### WEDNESDAYS

\$48 ID \$58 OD	<b>Sept. 19 - Oct. 24</b>
Parent Tot 1, 2	9:10 am
Sea Stars	9:10 am
Journey 1, 2, 3	9:10 am, 10:00 am, 3:00 pm
Journey 4, 5	3:00 pm
Level 1, 2, 3, 4	3:00 pm
\$48 ID \$58 OD	<b>Oct. 31 - Dec. 12</b> (no class 11/21)
\$48 ID \$58 OD	<b>Jan. 9 - Feb. 6</b>
Parent Tot 1, 2	9:10 am
Sea Stars	9:10 am
Journey 1, 2, 3	9:10, 10:00 am, 2:45 pm
Journey 4, 5	2:45 pm
Level 1, 2, 3, 4	2:45 pm

### THURSDAYS

\$48 ID \$58 OD	<b>Sept. 20 - Oct. 25</b>
\$48 ID \$58 OD	<b>Nov. 1 - Dec. 13</b> (no class 11/22)
\$48 ID \$58 OD	<b>Jan. 10 - Feb. 7</b>
Parent Tot 1, 2	10:00 am
Sea Stars	10:00 am
Journey 1, 2, 3	10:00 am

Start times only listed. All classes 45-minutes.

## ONE-DAY-A-WEEK SESSIONS

### FRIDAYS

\$48 ID \$58 OD	<b>Sept. 21 - Oct. 26</b>
\$48 ID \$58 OD	<b>Nov. 2 - Dec. 14</b> (no class 11/23)
\$40 ID \$48 OD	<b>Jan. 11 - Feb. 8</b>
Parent Tot 1, 2	5:30 pm
Journey 1, 2, 3	4:30 pm
Level 1, 2, 3, 4	5:30 pm

### SATURDAYS

\$48 ID \$58 OD	<b>Sept. 22 - Oct. 27</b>
\$48 ID \$58 OD	<b>Nov. 3 - Dec. 15</b> (no class 11/24)
\$40 ID \$48 OD	<b>Jan. 5 - Feb. 2</b>
Parent Tot 1, 2	10:05, 11:45 am (No 11:45 am classes during 11/3-12/15)
Sea Stars	9:15, 10:55 am
Journey 1, 2, 3	9:15, 10:55, 11:45 am (No 11:45 am classes during 11/3-12/15)
Journey 4, 5	10:05 am
Level 1, 2, 3	9:15, 10:05, 10:55, 11:45 am (No 11:45 am classes during 11/3-12/15)
Teen Level 1, 2, 3	10:55 am
Level 4	10:05, 11:45 am (No 11:45 am classes during 11/3-12/15)
Level 5, 6	10:55, 11:45 am (No 11:45 am classes during 11/3-12/15)

Start times only listed. All classes 45-minutes.

## 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 Ann at (541) 706-6183 to arrange an appointment.



## TWO-DAYS-A-WEEK SESSIONS

\$57 ID / \$70 OD	<b>Sept. 17 - Oct. 11</b>
\$72 ID / \$86 OD	<b>Oct. 15 - Nov. 15</b>
\$57 ID / \$70 OD	<b>Nov. 26 - Dec. 20</b>
\$43 ID / \$52 OD	<b>Jan. 7 - 24</b>

### M/W EVENINGS

Parent Tot 1, 2	4:00 pm
Sea Stars	4:00 pm
Journey 1, 2, 3	4:45, 5:30, 6:15 pm
Journey 4, 5	5:30 pm
Level 1, 2, 3	5:30, 6:15 pm

### TU/TH EVENINGS

Journey 1, 2, 3	3:35, 4:20, 5:05, 5:50 pm
Journey 4, 5	5:05 pm
Level 1, 2, 3	4:20, 5:05, 5:50 pm
Level 4	5:05 pm

Start times only listed. All classes 40-minutes.



PLAY DATE!  
.....  
**SPECIAL  
\$6 SKATE  
SESSIONS**  
.....  
PAGE 31

# it's all cool

## Two kinds of play.

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

## 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)

Sept. 3 - Oct. 19: Hours vary - Check online  
Oct. 22 - Early April: Daily: 8:30 am - 8:00 pm



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.



## ICE SEASON PASSES!

Get the most skating for your money!  
See pages 20 - 21.

## Fees

Single visit fees, 10-visit passes and season passes are available. See pages 20 - 21 for details.

## Schedules

Visit [thepavilioninbend.com](http://thepavilioninbend.com) for current facility schedules, rules and regulations.

**Ice Season: October 22 - April**

**Non-Ice Season: May - September**

### Holidays & Special Hours

11/22	Thanksgiving	10:00 am - 2:00 pm
12/24	Christmas Eve	12:00 - 4:00 pm
12/25	Christmas Day	2:00 - 6:00 pm
12/31	New Year's Eve	12:00 - 9:00 pm
1/1	New Year's Day	11:00 am - 7:00 pm





## Public Skating Sessions

**Dates:** October 22 - Early April

Check daily schedules at [thepavilioninbend.com](http://thepavilioninbend.com).

See pages 20 - 21 for regular fees.

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

### "Cheap Skates": Only \$6 with skates

Special open skate sessions on Tuesday nights.

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

### 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.

### Skate Rental

\$3 per pair. Toddler size through adult size 15.

### Skate Sharpening

\$7 per pair. Please inquire about additional skate repairs.

### Season Passes

Get the most skating for your money! See pages 20 - 21.



## The Pavilion Features

### 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 thirteen miles of tubing to ensure quality ice condition even in marginal weather conditions.

### Lobby & Concessions

The full-service lobby includes customer service, check-in, skate rentals and full-service concessions. A local brewery is regularly on site for adult hockey and curling leagues.

### Viewing/Warming Room

Warm up, watch the action on the ice or relax by the fireplace in our elevated viewing room with free Wi-Fi. For birthdays and other skate parties, bring the gang for open skate and rent the party room.

### 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.

### Frequently Asked Questions

#### Q: How long is the ice season?

A: The ice season begins in late October and concludes 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: Where do I find the schedule?

A: Both the regular and holiday season ice schedules are posted online at [thepavilioninbend.com](http://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

### Session Fees:

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

### MORE SESSIONS = MORE SAVINGS!

**Purchase four sessions, get your fifth session for FREE!**

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

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

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

### Stick Time

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

Activity: 310402 - Adult  
310401 - Youth

### Pick-up Hockey

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

Activity: 310403 - Adult

### Curling Time

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

Activity: 310332 - Adult

### Freestyle

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

Activity: 310160

### Speed Skating

Come and practice your speed skating. The rink will be set up; just bring your equipment.

Activity: 310336



## Holiday & No-School Day Skate Sessions

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

**Dates:** 11/12, 11/19 - 23, 12/24 - 1/4, 1/21, 2/1, 3/25 - 29

Check schedules at [thepavilioninbend.com](http://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.

## Come Watch: Hockey & Curling Leagues

It's free! Spectators are welcome to watch BPRD hockey and curling league games at no charge.

Food and beverages are available with a local brewery on site.

- **Adult Hockey Leagues:**  
Monday - Thursday Evenings
- **Adult Curling League:**  
Sunday Evenings

Schedules and standings online at [thepavilioninbend.com](http://thepavilioninbend.com)



## Pavilion Events

### Bend Ice Hockey Gear Swap

Sunday, September 30  
3:00 - 5:00 pm

Hosted by the Bend Rapids

Call (541) 241-8828 for more information.

### Halloween Skate

Wednesday, October 31  
4:00 - 8:00 pm

### Winter Solstice Celebration

Friday, December 21  
5:30 - 8:30 pm

\$6 with canned food item donation

## Rent The Pavilion

Bring your imagination to The Pavilion for your next special event! Weddings, receptions, parties, trade shows, athletic events, reunions, company picnics... the possibilities are nearly limitless.

- **Capacity:** 800+ people
- **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.

## Fall Ice Sports & Lessons

Hockey • Curling • Ice Skating

Adult - pages 63 - 65 • Youth - pages 91 - 94



50+ WEEKLY  
.....  
**FITNESS  
CLASSES**  
.....  
PAGE 35

# make your play

## 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.**

Look for Bend Park & Recreation District, Bend Senior Center and Juniper Swim & Fitness Center

## Bend Senior Center

**Fall: September 1 - December 31**

**Regular Hours:**

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

Located at Larkspur Park:  
1600 SE Reed Market Road

p. (541) 388-1133

### Schedules & Information

Visit [bendparksandrec.org](http://bendparksandrec.org) for current group fitness schedules and facility rules and regulations.

### Fees

Pass information on pages 20 - 21.

### Special Hours & Closures

<b>Sept. 3</b>	<b>Labor Day - Closed</b>
<b>Nov. 22 - 23</b>	<b>Thanksgiving - Closed</b>
<b>Dec. 24 - 25</b>	<b>Christmas - Closed</b>
<b>Jan. 1</b>	<b>New Years Day - Closed</b>

### 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 route # 5-6.



## The Larkspur Community Center

### YOUR FUTURE PLAY & WELLNESS CENTER

Larkspur Community 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 Community Center will still maintain a strong focus on older adults as the home of the Bend Senior Center. Thoughtful planning will develop programming to meet 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 34,000 square feet of additional space and include a warm-water pool, fitness center, indoor walking track, group exercise rooms, mind and body studios and an expanded parking area with entrances off Reed Market Road and 15th Street.



### Community Information & Support

#### AARP Driver's Safety

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

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

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

1st Thursday of the month:  
4:00 - 5:00 pm

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

(Note: No meeting on 11/1, 12/6 and 1/3)

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

3rd Thursday of the 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.

#### Social Security Basics **FREE**

3rd Wednesday  
in Sept. & Oct. | 4:30 - 5:30 pm

If you will be eligible for Social Security soon, come learn about the options available to you.

#### Medicare 101 **FREE**

3rd Wednesday in  
Sept. & Oct. | 5:30 - 6:30 pm

New to Medicare or enrolling soon? Come learn the basics.



### Health Clinics

Provided by local health practitioners for your convenience.

#### Foot Clinic

Every Wednesday:

(not held on fifth Wednesday)

9:00 am - 3:00 pm

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

#### Blood Pressure Clinic **FREE**

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

#### Ear/Hearing Care & Consultations **FREE**

Provided by licensed audiologist

1st Thursday in October:  
10:00 - 11:30 am • Drop-in



#### Fitness passes through health plans?

It's possible you are eligible to receive no-cost or low-cost fitness passes through your health plan. For details, stop by the front desk the next time you visit.

One in five people 65 and older is eligible for a fitness benefit included in selected Medicare health plans. Contact your health insurance carrier to see if you are eligible.

The Bend Senior Center is proud to partner with the following plans:

- Silver & Fit
- SilverSneakers
- AARP Medicare Supplement Insurance Plan - Oregon
- United Health Care



# fit. flexible. for life.

## Weekly Fitness Classes


September 1 - December 31 (no class 9/3, 11/17, 11/22, 11/23, 12/24, 12/25)

Fee: Full Access Pass or single visit fee (see pages 20 - 21) • 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.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	
	8:00 - 10:00 am Fitness Center Orientation	7:45 - 8:45 am Cardio Dance Fusion	8:15 - 9:15 am Indoor Cardio Walking	8:45 - 9:45 am Balance Circuit Workout	8:00 - 10:00 am Fitness Center Orientation	
	8:45 - 9:45 am Cardio Dance Fusion	8:45 - 9:45 am Cardio Ball	8:30 - 9:30 am Nia	9:00 - 10:00 am Strength & Condition	8:30 - 9:30 am Tai Chi 24 Movement	
	8:45 - 9:45 am Fitness Variety	9:00 - 10:00 am Strength & Condition	8:45 - 9:45 am Balance Essentials	9:00 - 10:00 am Zumba Gold	8:45 - 9:45 am Restorative Flow Yoga	9:00 - 10:00 am Strength & Condition
	8:45 - 9:45 am Balance Circuit Workout		10:00 - 11:00 am Zumba Gold		8:45 - 9:45 am Fitness Variety	
	10:15 - 11:15 am Functional Fitness	9:35 - 10:35 am Tai Chi 24 Movement	10:00 - 11:00 am Beginning Line Dance	10:15 - 11:15 am Moving to Music Arthritis Program	10:00 - 11:00 am Indoor Cardio Walking	9:15 - 10:15 am Zumba Gold
	10:15 - 11:15 am Moving to Music Arthritis Program	10:15 am - 11:00 am Walk with Ease Seated Exercise		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 - 11:15 am Yoga Fundamentals		10:15 - 11:15 am Functional Fitness	10:00 - 11:00 am Beginning Line Dance	
AFTERNOON	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Chair Yoga	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Chair Yoga	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	
	12:45 - 1:45 pm Group Circuit Training		12:45 - 1:45 pm Group Circuit Training		12:45 - 1:45 pm Stretch & Relax	
	2:00 - 3:00 pm Tai Chi 8 Movement	3:15 - 4:15 pm Yoga for Mindfulness		3:15 - 4:15 pm Yoga for Mindfulness		
	3:30 - 4:15 pm Guided Meditation					
EVENING	4:30 - 5:30 pm Yoga Flow	4:30 - 5:30 pm Yoga Flow	2:00 - 3:00 pm Tai Chi 8/24 Movement	4:30 - 5:30 pm Yoga Flow		
	4:30 - 5:30 pm Pilates Mat		4:30 - 5:30 pm Pilates Mat			
	4:30 - 5:30 pm Zumba 101		4:30 - 5:30 pm Zumba			
	5:35 - 6:35 pm Barre Body	5:35 - 6:35 pm Cardio Dance Fusion	5:30 - 6:30 pm Yoga 101	5:35 - 6:35 pm Barre Body		

Class descriptions on pages 52 - 59 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):

- Single Session: \$45
- 3 Session Package: \$129 (\$43 each)
- 6 Session Package: \$246 (\$41 each)

### Private & Semi-Private Instruction

Looking for personalized instruction in one of BPRD's classes? Private classes are perfect for focusing on you and hone in on advanced and specific areas of fitness. Our highly-trained instructors offer private and semi-private sessions in all listed Yoga, Pilates, Strength & Conditioning and Cardio classes.

- 30-minute session: \$25
- 60-minute session: \$50

Session can be shared with a partner of like abilities and goals.

Call the Fitness Team at (541) 706-6188 to schedule.

# 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. Pass information on pages 20 - 21.

## SOCIAL ACTIVITY WEEKLY SCHEDULE

### MONDAY: *(subject to change)*

- 11:30 am - 3:00 pm Social Bridge
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 - 4:00 pm Duplicate Bridge
- 12:30 - 3:00 pm Coed Mexican Train
- 1:00 - 2:30 pm Book Discussion Group (1st Monday)

### TUESDAY:

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

### WEDNESDAY:

- 10:30 am - 12:00 pm Book Discussion Group (2nd Wednesday)
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 - 4:00 pm Duplicate Bridge

### THURSDAY:

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

### FRIDAY:

- 11:30 am - 3:00 pm Social Bridge
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 - 4:00 pm Duplicate Bridge
- 12:45 - 4:00 pm Pinochle

### SATURDAY:

- 9:30 am - 3:00 pm Pool/Billiards
- 10:00 am - 1:00 pm Canasta
- 11:15 am - 3:00 pm Siamese Saturday Mahjong
- 11:30 am - 3:00 pm Social Bridge

### SUNDAY:

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



## It's all fun and games.

### 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.

### Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

### 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

Every fourth Thursday, 12:30 - 4:30 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!

### 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 \$4.00 or a donation for those 60-plus.





## Events

### Sunday Afternoon Dance

1st Sunday of the Month

2:00 - 4:00 pm • \$5 per person

Featuring the Notables Swing Band.

### For the Health of It! Health & Wellness Fair

FREE

Tuesday, September 25

12:00 - 3:00 pm

Your one-stop healthy event with health and wellness vendors, demonstrations, screenings, wellness information and flu vaccines. Don't miss the delicious and healthy barbecue sponsored by PacificSource Health Plans.

### Holiday Craft & Gift Bazaar

FREE

Saturday, November 17

9:00 am - 3:00 pm

Over 11,000 square feet of holiday shopping! Local crafters, gift sellers and artisans with unique one-of-a-kind wares for sale.

### Central Oregon Community Orchestra Holiday Music

FREE

Sunday, December 9

1:30 - 3:00 pm

Join us for an afternoon of your favorite holiday music.

### Cascade Horizon Senior Band Annual Holiday Concert

FREE

Thursday, December 13

1:30 - 3:00 pm

Come and enjoy an afternoon of holiday music.

## Brown Bag Lunch & Learn Series



Wednesdays • 12:00 - 1:00 pm

FREE

Presented in partnership  
with PacificSource Medicare Health Plans

Feed your body and your mind as local experts share their knowledge about issues important to you.

Bring your lunch; dessert and coffee are on us.

9/26 **Go Big! Big Brothers & Sisters**  
Bridget Albert, BBBS

10/3 **Choices in End of Life  
Decision Making**  
Joe Zucker, End of Life Choices Oregon

10/10 **Oregon Desert Trail**  
Renee Patrick, ONDA

10/17 **Making the Most  
Out of Your Medicare**  
Janay Haas, Retired Older Americans  
Act, Legal Services Developer

10/24 **Bee Keeping & Equine Rescue**  
Mary Wallace, Honey and Hooves

10/31 **Larkspur Community Center**  
Sue Glenn, Recreation Services  
Manager, Bend Park & Recreation

11/17 **Camp Abbot**  
Tor Hansen, Local Author

11/14 **Eating Well with Diabetes**  
Abby Douglas,  
Snyergy Health & Wellness

### PREMIER WORLD DISCOVERY ARMCHAIR TRAVEL INFORMATIONAL MEETING

FREE

Thursdays: Sept. 13, Oct. 18 & Nov. 15  
11:45 am - 1:30 pm

Come learn about the great 2018-19 travel options. A representative will cover the program details and answer your questions.

## Aging with Grace Series

NEW

All Adults

Bend Senior Center

To embrace aging fully and to do so with grace and health, it is important to acknowledge the last stages of life and our mortality. By caring for your body, mind and spirit, contemplating your wishes for the end of life and by planning for the legacy you will leave behind, you can be healthy and at peace for the later years. This four-class series will address four separate topics - take one or take all of the series.

Facilitators: Erin Collins and Jamie Kertay

Fee: \$49 ID \$59 OD / series  
or \$15 ID \$18 OD / session

Activity: 302212

Tu: 6:00 - 7:30 pm

### Yoga for Graceful Aging

An experiential introduction to the practice of yoga for aging adults (which is all of us!). Learn physical poses, breathing techniques, meditation and answer your questions about how yoga promotes healthy, graceful aging.

Session: 10/23

### Embrace Graceful Dying

This workshop will open a conversation that can be difficult but is key to living peacefully for the final years of life. With practical tools, we'll talk practically about death and planning for your care, including crafting an advance directive. Get the tools you need to start your own conversation with family and friends about your wishes for the last stage of life.

Session: 10/30

### Planning for Your Legacy

Learn about estate planning and probate with a professional. Aging gracefully includes taking responsibility for those you leave behind and bringing peace to loved ones.

Session: 11/6

### End of Life Choices

This workshop will offer an overview of palliative care, hospice care, death with dignity and family-centered end-of-life care. Learn about all of your options, so you can be empowered to make decisions, plan and share your wishes.

Session: 11/13

LET'S  
GET ARTY!  
.....  
PAINTING  
CLASSES  
& MORE  
.....  
PAGE 42

# creative play

## create yourself.

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

"It's not just about creativity, it's about the person you're becoming while creating."  
~ Charlie Peacock,  
songwriter



## Two great facilities for art!

### Art Station

313 SW Shevlin Hixon Drive  
Bend, OR 97702  
p. (541) 617-1317

Facility information on pages 38 - 39.

### Bend Senior Center

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

Facility information on pages 33 - 37.



### Follow us on Facebook!

Bend Senior Center, the Art Station and Bend Park & Recreation District



## About 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.

### Schedules

The Art Station is open during scheduled open studio and program times. Visit [bendparksandrec.org](http://bendparksandrec.org) for the current schedule.

### 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 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 40 - 43.

**YOUTH CLASSES**  
on pages 72 - 78.



## Open Studio & Kiln Firing

**Open Studio - Independent Work Time:**  
**Check online calendar for open times and updates.**

Artists, new and experienced alike, are welcome to come practice their art and develop skills during open studio times. Includes opportunity to store your project. Registration encouraged; drop-ins welcome if space is available.

Fee:	\$18 ID \$22 OD / visit (3 hours) \$162 ID \$192 OD for 10-visit pass - save 10%
Activity:	311197 - Single Visit / 411195 - 10-visit (9/1-6/13)

### Kiln Firing of Artist's Pottery

Want to fire your own pottery in our kiln?  
Contact Laura at (541) 617-1317 for pricing and availability.



## 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 sculpture - 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.

### Guests:

Adult Party:	10 guests
Kids Party:	10 children & 10 adult chaperones

### Fees:

Art Party:	\$225 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) 617-1317 to see if your desired date and time is available. Please fill out an online party request form on our website at [bendparksandrec.org](http://bendparksandrec.org).



## Clay

### Wheel Experience NEW

**Ages: 16 & up**

#### Art Station

Is trying the pottery wheel on your list of to-do's? If you've always wanted to give the wheel a spin, this class is for you. Follow the process of basic wheel throwing practice, trimming and glazing. Instructor: Helen Bommarito

Fee: \$139 ID \$165 OD / session

Activity: 311103

**M: 11:00 am - 2:00 pm**

Session: 10/1 - 15

### Day Clay

**Ages: 16 & up**

#### Art Station

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

Fee: \$195 ID \$234 OD / session

Activity: 311100

**F: 11:00 am - 2:00 pm**

Session: 10/5 - 11/16 (No class 10/26)

**Tu/Th: 11:00 am - 2:00 pm**

Session: 11/27 - 12/13

### All Skills Pottery

**Ages: 16 & up**

#### Art Station

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

Fee: \$195 ID \$234 OD / session

Activity: 311102

**W: 6:00 - 9:00 pm**

Session: 9/26 - 10/31

**Tu/Th: 6:00 - 9:00 pm**

Session: 11/27 - 12/13

### Drawing, Ink & Multimedia

### Pastel Landscapes

**Ages: 16 & up**

#### Art Station

Discover the intensity of color when using pastel chalk to depict horizons seen and imagined. For beginners and experienced artists who wish to indulge themselves in the richness provided by pastel work, this class guides you through exercises to lay down color fields found in nature and the varied moods evoked at the horizon. Instructor: Deena Newman

Fee: \$69 ID \$83 OD / session

Activity: 311112

**Tu: 6:30 - 8:30 pm**

Session: 9/25 - 10/9

**Tu: 1:00 - 3:00 pm**

Session: 10/30 - 11/13

### Drawing with Charcoal NEW

**Ages: 16 & up**

#### Art Station

Improve your drawing skills while exploring the medium of charcoal. It's a great tool for creating visual drama through use of lights and darks and lends itself to both bold statements and delicate, detailed drawing. Explore how drawing with charcoal can enhance your artwork. Instructor: Vicki Shuck

Fee: \$109 ID \$131 OD / session

Activity: 311110

**Th: 6:30 - 8:30 pm**

Session: 10/11 - 11/1

### Gyotaku Fish Prints

**Ages: 14 & up**

#### Art Station

"How big did you say it was?" A photo won't show the true size of a fish... a fish rubbing will! Originally used by Japanese fishermen to record the size and type of their catch, fish prints are not just functional, but also beautiful. We'll employ the direct method involving applying pigment to a whole fish and rubbing rice paper over its surface to pick up details. Students supply fish; all other supplies provided. Instructor: Deena Newman

Fee: \$49 ID \$58 OD / session

Activity: 311132

**Tu: 5:30 - 9:00 pm**

Session: 11/27



### Intro to Calligraphy: Holiday Edition

**Ages: 14 & up**

#### Art Station

An ancient writing technique, calligraphy uses flat-edged pens to create artistic lettering. Learn to personalize festive place settings and add flare to your holiday cards, envelopes and gift tags with beautiful handwriting. Instructor: Amanda Krammes

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

Activity: 311142

**Tu: 6:00 - 8:30 pm**

Session: 10/23 - 11/6

**W: 6:00 - 8:30 pm**

Session: 11/28 - 12/12

### Traditional Linoleum Block Printmaking NEW

**Ages: 16 & up**

#### Art Station

Working with traditional battleship linoleum and Speedball carving tools, experience the joy of carving your own print block and creating an edition of prints. Learn about tools and to safely use them, types of surfaces to carve on, papers for printing, printing without a press and numbering your edition of prints. Instructor: Vicki Shuck

Fee: \$109 ID \$131 OD / session

Activity: 311130

**M/Th: 5:30 - 7:30 pm**

Session: 12/3 - 13

### 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.**





## Heart of Bend String Art

NEW

**Ages: 14 & up**

### Art Station

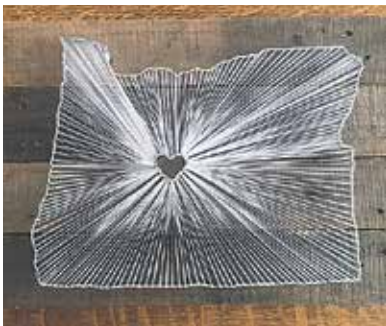
Do you love Bend? Create a rustic silhouette of the state of Oregon made of embroidery floss, nails and reclaimed wood. Showcase your passion with an adorable heart on Bend using these simple materials and a new crafting skill. Instructor: Jessica Gamble

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

Activity: 311144

Tu: 6:00 - 8:30 pm

Session: 12/4



## Fused Glass & Jewelry

### Fused Glass Aspen Forest Scene

**Ages: 14 & up**

### Art Station

Aspen forests are beautiful in fused glass! Whether you choose a fall, winter, spring or summer forest scene, learn the creation techniques and craft a beautiful piece of artwork. You'll create an 8x12" piece to be tack fused and slumped for display on a table or windowsill. Additional charge of \$70 paid to instructor per piece for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$38 ID \$46 OD / session

Activity: 311161

Tu: 5:30 - 8:30 pm

Session: 9/18

## Exploring Color & Texture in Fused Glass

NEW

**Ages: 14 & up**

### Art Station

In this create and play shop, an 8x8" clear glass is your blank "canvas" and then a variety of glass materials in a plenitude of colors and textures will be applied to create your art! Choose what form your piece will take including, but not limited to, a decorative plate, a set of coasters, a series of votive candle holders or nightlights or a small vase. Additional charge of \$50-\$80 paid to instructor per piece for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$38 ID \$46 OD / session

Activity: 311162

Tu: 5:30 - 8:30 pm

Session: 10/16



## Creating Jewelry with Wire

**Ages: 14 & up**

### Art Station

This is the perfect jewelry-making class for beginners to learn the essential wire-working skills to make earrings, clasps, pendants and findings as well as repair jewelry. Bring in that broken jewelry and reinvent it! Tools/materials supplied, but bring any special beads or pieces to be incorporated into your artwork. Instructor: Laura Von der Osten

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

Activity: 311174

Th: 6:15 - 8:30 pm

Session: 11/8 - 15



## Art Station Open House

FREE

**Sunday, September 23**

**10:00 am - 12:00 pm**

Visit the Art Station for free art activities, clay wheel-throwing demos and a raffle to be used towards the Art Station classes.

Activities are designed for ages 5 and up. Come check out the Art Station and learn what we have to offer for all ages!



## GET CREATIVE WITH A CHILD!

"With Your Child" art classes on pages 72 - 78.

## Work for play at BPRD.

Learn more at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs)



## PAUL BENNETT FOLK ARTIST

### LARGE NEW COLORFUL PAINTINGS WORKSHOP

**Ages: 16 & up**

#### Art Station

Come create large, colorful paintings on 3x3' pieces of black roofing felt with acrylic paints. This is a great class about the simple joy of pushing paint around with large paint brushes. First, complete guided drawings with instructor Paul. Next, learn about color mixing and materials to be used for your paintings. You can expect to create 2 - 3 paintings over the two days. Includes one-hour lunch break on your own.

Fee: \$125 ID \$150 OD

Activity: 311128

Th/F: 10:00 am - 3:00 pm

Session: 11/1 - 2

#### ABOUT PAUL:

Paul Bennett received his B.F.A. from The Maryland Institute of Art and M.A. from The University of La Verne, Athens, Greece. He has had over 25 one-man shows and his work has been featured as posters, prints, greeting cards and tapestries. At Central Oregon Community College, he has taught art history, painting, watercolors and design.

## Fused Glass Jewelry

**Ages: 14 & up**

#### Art Station

Choose from two different techniques to create beautiful, fused glass jewelry. Select pendant pieces and/or earring pieces using either dichroic or reactive glass to achieve remarkable results. Additional charge of \$5-10 paid to instructor per piece for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$38 ID \$46 OD / session

Activity: 311163

Tu: 5:30 - 8:00 pm

Sessions: 11/13 12/11

## Painting

### Fun with Acrylics

**All Adults**

#### Bend Senior Center

Learn the basics of acrylic painting in just an afternoon. All skill levels welcome as we focus on the techniques of color, lighting, composition, texture and layering. Take home a finished, ready-to-frame painting. Take one or all four of the classes! \$15 supply fee due to instructor at each class. Instructor: Carol Picknell

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

Activity: 302409

Th: 1:00 - 3:30 pm

Sessions: 9/20: Peaceful Seascape

10/11: Blue Glass

11/15: Aspen Colors

12/13: Holiday Globe



### Acrylic Pouring: Mountain Range Silhouette NEW

**Ages: 14 & up**

#### Art Station

Swirl, slip and slide 100% non-toxic, zero VOC acrylic paint across a 16x20" canvas. Create a stunning sky backdrop to highlight the rugged outline of Bend's mountain views of the Three Sisters. Make your nature-inspired masterpiece using museum-quality pigments and product. Instructor: Jessica Gamble

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

Activity: 311143

M: 6:00 - 8:30 pm

Session: 9/24

Th: 6:00 - 8:30 pm

Session: 11/29

### Encaustic Painting NEW

**Ages: 16 & up**

#### Art Station

Introduction to encaustic painting - perhaps the most beautiful of all artists' paints. Encaustic is wax-based paint composed of beeswax, resin and pigment kept warm and liquid and applied in layers to a semi-absorbent surface, reheating the layers to fuse them. It can be polished, carved, scraped, layered, collaged and modeled into a myriad of transparent and opaque colors. Instructor: Deena Newman

Fee: \$165 ID \$198 OD / session

Activity: 311122

W: 6:00 - 8:30 pm

Session: 10/17 - 11/14 (No class 10/31)

## Intro to Chinese Brush Painting

**All Adults**

#### Bend Senior Center

Learn the basics of traditional Chinese brush painting. Learn how simple strokes of a paintbrush can capture a single object or an entire scene. \$10 supply fee due to instructor. Instructor: Michelle Oberg.

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

Activity: 302406

Th: 1:00 - 3:30 pm

Session: 10/18



## Getting Started with Oils

**Ages: 16 & up**

#### Art Station

Explore the beauty of painting with oils! Learn about the materials needed and how to use them, and the basics of color mixing and composition. Complete at least two paintings working from still life and photographs. Instructor: Vicki Shuck

Fee: \$155 ID \$186 OD / session

Activity: 311120

M: 5:30 - 8:00 pm

Session: 11/5 - 26





## Watercolor

### Watercolor Pet Portraits NEW

**Ages: 16 & up**

**Art Station**

Paint your pet in watercolor! All levels welcome, no experience needed. Bring a clear 8x11" photo copy of your pet to class. Learn to transfer your pet's picture onto watercolor paper, play with watercolor techniques and paint your furry friend's portrait. Saturday class features lunch break. Instructor: Jodi Schneider

Fee: \$119 ID \$143 OD / session  
Activity: 311124  
Tu: 10:00 am - 12:00 pm  
Session: 10/9 - 30  
Sa: 10:00 am - 4:00 pm  
Session: 9/15

### Beginning Watercolor

**All Adults**

**Bend Senior Center**

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

Fee: \$25 ID \$\$30 OD / session  
Activity: 302400  
Th: 1:00 - 3:30 pm  
Session: 10/4

### Ease into Watercolor Painting

**Ages: 14 & up**

**Art Station**

Have you always wanted to watercolor paint but wondered how to begin? Or maybe you tried it long ago and wondered how to start again? In this class for you and anyone wanting to paint more independently, we'll begin with the basics, creating fun designs and representational paintings while practicing wash techniques, texture methods and design principles. Instructor: Sue Wilhelm

Fee: \$145 ID \$174 OD / session  
Activity: 311123  
M: 6:30 - 8:30 pm  
Session: 10/1 - 29



### Paint Your Favorite Photo! NEW

**Ages: 16 & up**

**Art Station**

Covering the fundamental concepts of watercolor painting, this class introduces ways to express your ideas through a range of techniques. Create animal portraits, landscapes, seascapes or whatever your passion is! Transfer your copied photo easily to watercolor paper - there's no need for drawing experience. Bring a clear, 8x11" photo copy of image. Instructor: Jodi Schneider

Fee: \$119 ID \$143 OD / session  
Activity: 311125  
M: 1:00 - 3:00 pm  
Session: 11/26 - 12/17

### CINDY BRIGGS WORLD RENOWNED PLEIN AIR ARTIST

### WATERCOLOR WORKSHOPS



**Ages: 16 & up**

**Art Station**

### Watercolor Landscape: Harmony in Color & Composition

Discover how designing and interconnecting shapes and colors can make your watercolor landscape stand out. Learn a step-by-step approach to plan and then loosen up and paint with confident creative color. Bring your own reference material or use the instructor's materials. Cindy shares time with each student guiding through the process and encouraging individual style. Class for experienced beginners to advanced artists. Supply list to be provided.

Fee: \$150 ID \$180 OD / session  
Activity: 311126  
Tu/W: 9:30 am - 3:00 pm  
Session: 11/27 - 28

### Dramatic Light in Watercolor

Discover how to capture dramatic luminescent light and create colorful shadow shapes for watercolor paintings with impact. Bring your own reference material or use the instructor's materials. Cindy shares time with each student guiding through the process and encouraging individual style. Class for experienced beginners to advanced artists. Supply list to be provided.

Fee: \$75 ID \$90 OD / session  
Activity: 311126  
F: 9:30 am - 3:00 pm  
Session: 11/30



**ABOUT CINDY:** A master of translucent watercolors, Cindy Briggs is known for her sun-drenched cityscapes, luminous passageways and portraits with personality. She also teaches and demonstrates by invitation at regional art centers, associations and stores. 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.



# craft your play

## 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?

### Cooking & Baking

#### With Your Child: Creating a Family Feast

NEW

Ages: 8 &amp; up with adult

Bend Senior Center

Cooking is great way to spend time together - especially when you don't have to worry about the planning, shopping or clean-up! You and your child will make a complete meal from appetizer to dessert. Bring your apron and let's get cooking. Instructor: Jesica Carleton.

Fee: \$69 ID \$83 OD / session

Activity: 302259

Su: 1:00 - 3:30 pm

Session: 9/23

### Fun with Puff Pastry

All Adults

Bend Senior Center

Learn new tricks with frozen puff pastry to wow your family and friends. Join the fun as we make a Brie cheese appetizer, crispy cheese twists, cinnamon palmiers, strawberry Napoleons, apple baked dumplings and more. Bring your apron and take-home containers. Instructor: Marsha Palmer.

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

Activity: 302240

W: 5:30 - 7:30 pm

Session: 10/3

### Taco Tuesday

NEW

All Adults

Bend Senior Center

Enjoy some southwest flavor and have fun with tacos in this hands-on class. Tacos will be made with corn and flour tortillas then prepared and filled with potato, chili, pork, chicken, guacamole and salsa fresca. Class includes recipes. Bring a container to take salsa home. Instructor: Marsha Palmer.

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

Activity: 302269

Tu: 5:30 - 7:30 pm

Session: 10/23

### 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) 706-6232

and we will accommodate if it fits with the specific program.



## Easy Artisan Bread

All Adults

Bend Senior Center

Learn dough recipes you can mix in minutes and store in your refrigerator up to two weeks. Understand the basics of artisan breads using wet dough and take home recipes. Enjoy demonstrations, tasting and hands-on learning as you bake a loaf in class plus take home dough to make more loaves. Instructor: Brenda Chilcott.

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

Activity: 302249

W: 4:45 – 7:30 pm

Session: 10/24

## With Your Child: Pasta Made Easy

Ages: 8 & up with Adult

Bend Senior Center

Learn to make homemade pasta with your child including dough-handling techniques, the pasta-making process and making a simple sauce. You'll create a delicious dish with plenty to take home. Bring containers for leftovers. Instructor: Jessica Carleton.

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

Activity: 302258

F: 4:30 – 6:30 pm

Session: 10/19

## Learn to Love Ferments

All Adults

Bend Senior Center

Throughout history, cultures have relied on fermenting practices for long term-food preservation and healthy nutrition. Learn to make your own pickles and Kombucha in this hands-on class. Bring 1-2 jam jars for your pickles and 1 large, 2-quart jar for Kombucha. Instructor: Layla McGlone.

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

Activity: 302286

M: 5:30 – 7:30 pm

Session: 10/22



## Perfect Pie

All Adults

Bend Senior Center

Whether you're a seasoned baker or barely know your way around the kitchen, this class will get you up to speed on the fundamentals of making pie and confidently making pie crust and fillings in no time! Bring a clear glass pie plate to class. Instructor: Abby Rowland.

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

Activity: 302239

M: 5:00 – 7:30 pm

Session: 10/29

## DIY: Holiday Spirits & Infusions NEW

Ages: 21 & up

Bend Senior Center

This holiday season, DIY your holiday gifts in your kitchen with easy-to-make extracts, holiday spirits and infusions that are easy on your wallet too! Come experiment with infusing seasonal flavors into alcohol to create aromatic libations and also make flavored extracts and infused flavorings. Leave with recipes to try at home as well as samples. Instructor: Brenda Chilcott

Fee: \$69 ID \$83 OD / session

Activity: 302464

Tu: 5:00 – 7:30 pm

Session: 10/30

## Easy "No Pressure" Pressure Cooking

All Adults

Bend Senior Center

Learn to use a pressure cooker or Insta-Pot. Discover the benefits of pressure cooking, such as increased moisture retention, quicker cooking and a variety of textures, from tender meat to al dente vegetables. We'll cover stovetop and electric pressure cookers, both quick and natural release types. Instructor: Suzanne Landry.

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

Activity: 302234

Th: 5:00 – 7:30 pm

Session: 11/1

## Healthy Holiday Chocolates & Sweets to Wow!

All Adults

Bend Senior Center

Calling all sweet tooth! Learn to create dazzling treats for your holiday displays that are nutrient-packed without all the added refined sugars and additives. You'll sample a variety of raw chocolates, cookies and a few drinks, and you will receive a collection of recipes, cooking instructions and a take-home swag bag of sweets. Instructor: Layla McGlone.

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

Activity: 302242

M: 5:30 – 7:30 pm

Session: 11/5

## Taste of Japan

All Adults

Bend Senior Center

Join instructor Yoko Godlove and take a tour of signature Japanese dishes. Discover a healthy new world of flavorful dishes - all without leaving Bend.

## Let's Roll Sushi

Learn simple sushi rolling techniques, ingredients and proper sushi equipment including ingredients other than raw fish. This class also includes recipes, information on the cost of food and sushi to take home. Bring containers for leftovers.

Fee: \$69 ID \$83 OD

Activity: 302266

Sa: 1:00 – 4:00 pm

Session: 10/6

## Tofu

NEW

Tofu contains many nutritional ingredients and is excellent source for protein so it can be a great alternative to meat. Learn to make three different kinds of tofu so you can incorporate this delicious and healthy food into your own cooking. Bring an apron and containers for leftovers.

Fee: \$49 ID \$59 OD

Activity: 302265

Tu: 5:30 – 7:30 pm

Session: 10/9

## Miso Soup

Miso is a fermented mixture of soybeans, barley and rice that's high in protein and rich in vitamins and minerals. Miso is a daily staple in Japan, leading some to believe it is the secret behind Japanese longevity. Bring an apron and containers for leftovers.

Fee: \$49 ID \$59 OD

Activity: 302267

Tu: 5:30 – 7:30 pm

Session: 10/16



## Fast & Furious NEW Thanksgiving Dinner

All Adults

Bend Senior Center

Prep up and learn to make an easy-peasy and fun Thanksgiving dinner! We'll prepare dressing, turkey, cranberry chutney, Brussel sprouts and a special dessert. We'll even make a lovely, but quick and easy fall table centerpiece. Bring containers for leftovers. Instructor: Marsha Palmer.

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

Activity: 302225

W: 4:00 - 7:00 pm

Session: 11/7

## Winter Warming Soups & Stews

All Adults

Bend Senior Center

Meal-in-one soups and stews so satisfying you'll want them for lunch and dinner. Hearty and full of wholesome vegetables and beans, these recipes are all dairy- and gluten-free and can be frozen for future meals. Learn the three very important rules in building delicious soups without store-bought stock. Instructor: Suzanne Landry.

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

Activity: 302228

Th: 5:00 - 7:30 pm

Session: 11/15

## Southwest Cooking NEW

All Adults

Bend Senior Center

Warm, spicy tastes and enticing aromas evoke New Mexico's rich cultural traditions. Come and learn how to prepare some traditional foods of New Mexico. Explore numerous recipes like guacamole, green chile chicken enchiladas, red chile con carne, Spanish rice and more. This hands-on, interactive class will end with a tasty meal and recipes to try at home. Instructor: Marsha Palmer.

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

Activity: 302268

Sa: 11:00 am - 1:30 pm

Session: 9/15

## Cooking for a Healthy Brain & Memory NEW

All Adults

Bend Senior Center

Cook and eat for a healthy brain and memory! Learn about the culinary arsenal of ingredients that help keep your mind sharp and your digestive system happy! We will use scientifically-proven anti-oxidant and anti-aging brain foods to create delicious recipes. Class includes demonstrating making organic bone broth and creating a flavorful, mind-boosting soup, white bean ragu, salmon, turmeric crispy potatoes and lentil salad. Instructor: Suzanne Landry

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

Activity: 302230

W: 5:00 - 7:30 pm

Session: 9/26



## Fall in Love NEW with Fall Vegetables

All Adults

Bend Senior Center

Hearty, warm root vegetables and the sweet, satisfying taste of winter greens! Explore some new flavors and ingredients that you may have not tried before like celeriac. Who knew winter vegetables could taste so good? Dishes to prepared include scalloped potatoes and brussel sprouts, kale salad with grapefruits and avocados, herbed roasted root vegetables, winter squash casserole, and chunky borscht soup. Instructor: Suzanne Landry

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

Activity: 302229

Th: 5:00 - 7:30 pm

Session: 10/11

## Dance

### Contemporary Mix Dance

Ages: 13 & up

Academie De Ballet Classique

Stretch your wings! This intermediate/advanced dance class covers a blend of jazz and ballet involving warm up, strengthening, floor and choreographed exercises. Some prior dance experience helps you get the most out of this class. Recommended footwear of bare feet, socks, jazz or ballet shoes. Instructor: Liz Warren.

Fee: \$105 ID \$126 OD / session

Activity: 302175

M: 6:15 - 7:30 pm

Sessions: 9/10 - 10/22 10/29 - 12/10

## Country Western Line Dancing

All Adults

Bend Senior Center

Get on the dance floor with all of your friends as you 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. Instructor: Barry Jost.

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

Activity: 302133

M: 6:10 - 7:10 pm

Sessions: 9/10 - 10/15 10/22 - 11/26

## Social & Club Dancing

All Adults

Bend Senior Center

This class is for beginners and those wanting to refresh their skills. Whether your preference is Salsa club dancing, crazy Jitterbug or smokin' hot Tango, this fun class will show you all the smooth moves of partner dancing so you look and feel confident on the dance floor. Make new friends! Learn new steps! No partner needed and absolute beginners are always welcome. Instructor: Barry Jost.

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

Activity: 302140

M: 7:15 - 8:15 pm

Sessions: 9/10 - 10/15 The Waltz  
10/22 - 11/26 The Hustle

## Silver Swans®

Ages: 50 & up

Academie De Ballet Classique

Whether you've never danced before or want to get back into the swing of it, our Silver Swans® classes have something for everyone! Developed by the Royal Academy of Dance, this program is a licensed Silver Swans® class. Wear ballet attire or comfortable clothes that move easily. Instructor: Valerie Holgers RAD RTS.

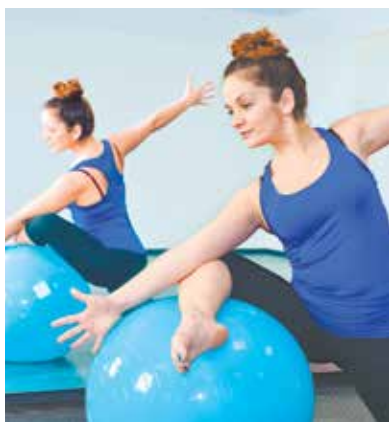
Fee: \$95 ID \$114 OD / session

Activity: 302173

Tu: 11:30 am - 12:30 pm

Sessions: 9/11 - 10/23 10/30 - 12/11





## Ballet on the Ball

**Ages: 16 & up**

### Academie De Ballet Classique

Enhance your ballet technique in this fitness course for proper muscle development and muscle memory. All forms of dance benefit from this carefully-designed and trademarked program. Find your core strength for better pirouettes. Gain more control in allegros for clean technique and safer dancing. Minimize potential for injury. Bring yoga mat and fitness ball. Come dressed in layers of ballet or workout attire.

Fee: \$95 ID \$114 OD / session

Activity: 302171

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

Sessions: 9/11 - 27  
10/30 - 12/13 (no class 11/22)

## DIY

### Micromosaic Jewelry

**NEW**

**All Adults**

#### Bend Senior Center

Start with blank bezel trays and use a colorful assortment of stained glass and beads to create two unique pieces of finished jewelry. Jewelry is coated with a clear resin for a beautiful, professionally-finished look making for great keepsakes and perfect gifts. Instructor: Jessica Carleton.

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

Activity: 302425

**Th: 5:30 - 7:30 pm**

Session: 9/27

### Upcycling: Vintage Button Jewelry

**NEW**

**All Adults**

#### Bend Senior Center

You've got a jar full of one-of-a-kind buttons, right? Learn to upcycle these everyday treasures and turn them into trendy, wearable jewelry. Bring any special buttons that you'd like to incorporate. Supplies included. Instructor: Diane Burns.

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

Activity: 302422

**Tu: 5:30 - 7:30 pm**

Session: 10/9

### Fall Floral Design

**Ages: 15 & up**

#### Bend Senior Center

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

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

Activity: 302202

**F: 4:30 - 6:00 pm**

Session: 11/9

### DIY: Homemade Spa Gifts

**All Adults**

#### Bend Senior Center

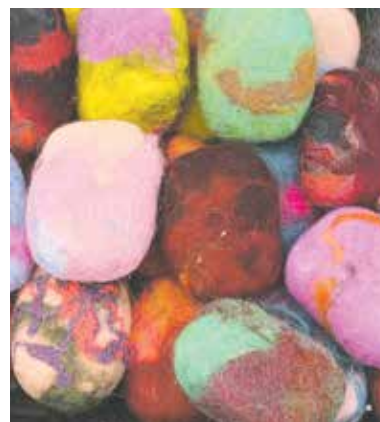
Ooh la la! The gift of relaxation is priceless, especially during the holidays! Learn to make homemade spa products from scrubs to bath bombs and leave with ideas on how to dress them up as gifts. These items make the perfect start for a spa gift basket. All supplies included. Instructor: Marsha Palmer

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

Activity: 302465

**Th: 5:00 - 7:00 pm**

Sessions: 11/15



### DIY: Handmade Felted Soap

**All Adults**

#### Bend Senior Center

Using bright, colorful wool to wrap around soap bars be creative with your own unique design by while learning the wet felting process. Finish your creation with seasonal design embellishments. This makes a great exfoliating washcloth and bar of soap in one, neat little package. Great gift idea for the holidays! Instructor: Diane Burns

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

Activity: 302421

**Tu: 4:30 - 7:00 pm**

Session: 9/25

### Holiday Greenery Workshop

**All Adults**

#### Bend Senior Center

Learn to make a unique holiday arrangement with winter greens, holly, flowers, cones and berries. Discover the tips and tricks to create a long-lasting, great-smelling centerpiece as you gain in confidence to create your own floral arrangements. Complete a fresh arrangement to take home. Instructor: Rae Aldrich.

Fee: \$49 ID \$47 OD / session

Activity: 302203

**W: 4:30 - 6:30 pm**

Session: 11/30

## Games

### Beginning Bridge Plus

**NEW**

**All Adults**

#### Bend Senior Center

This class is designed for players who have taken Beginning Bridge or have played bridge in the past. We'll focus on play of the hand, basic conventions and fun play. Instructor: Judy Davidson.

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

Activity: 302601

**Th: 6:00 - 8:00 pm**

Session: 9/27 - 11/1

## Fiber Arts

### Knitting: Cowl Shoulder Scarf

**NEW**

**All Adults**

#### Bend Senior Center

Learn to make an off-the-shoulder cowl, a multi-use fashion accessory that can be worn as a wrap, shawl or an infinity loop scarf. The cowl is interesting to knit and not too complicated. You'll learn new knitting techniques: twisted stitches, knit-in-the-round, short-rows and pattern tracking. Class is suitable for those with basic knitting experience (cast-on, knit and purl stitches). Instructor: Kristina Romer.

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

Activity: 302471

**W: 9:30 - 11:30 am**

Session: 10/3 - 31 (no class 10/24)



## Learn to Knit

All Adults

**Bend Senior Center**

This is the class for you if you've never picked up a knitting needle before, or if you did once, a hundred years ago, or even if you can knit, but don't really understand what you're doing. Learn to cast on, knit, purl and bind off. Leave a confident knitter, who understands knitting. Yarn included; must bring size US 6 needles to class.

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

Activity: 302470

**Tu: 9:30 - 11:30 am**

Session: 11/6 - 13



## Art Quilt Retreat: Abstraction in Fiber

**NEW**

All Adults

**Bend Senior Center**

Join fiber artist, Cindy Heath, as we host another Art Quilter's Retreat. In this two-day workshop, you'll use layering and fusing techniques to create your own abstract quilt piece. Join other quilters, receive feedback and advice, learn new techniques and spread out on your own table. Basic supplies are needed and there is no pattern, so your wall hanging will be unique and individual to you. We'll provide healthy snacks, lunch on Saturday and a 15-minute chair massage.

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

Activity: 302486

**F: 4:00 - 7:30 pm**

- AND -

**Sa: 9:00 am - 4:30 pm**

Session: 11/30 - 12/1

## Lifestyle & Wellness

### Ridding Your Life of Busy

All Adults

**Bend Senior Center**

Time is one of our most precious resources, are you leveraging it to live and love your life? It's easy to fall in the trap of busyness while our true priorities get buried. This hands-on class will help you identify time wasters and craft a priority filter to align with your true passions - empowering you to live each day with fresh purpose and joy. Instructor: Layla McGlone.

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

Activity: 302209

**M: 5:30 - 7:30 pm**

Session: 9/24

Find more wellness classes in the Aging with Grace series on page 37

## Music

### 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 not covered in this class. Instructor: Carl Ventis.

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

Activity: 302100

**W: 5:00 - 6:00 pm**

Sessions: 9/5 - 26 10/3 - 24  
11/7 - 28 (no class 11/21)



### Beginning Ukulele II

All Adults

**Bend Senior Center**

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

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

Activity: 302103

**W: 6:15 - 7:15 pm**

Sessions: 9/5 - 26 10/3 - 24  
11/7 - 28 (no class 11/21)

### Intermediate Ukulele

**NEW**

All Adults

**Bend Senior Center**

We have learned chords, strums and how to pick our ukulele. Now, we'll learn to play melodies by learning to read tablature, a form of musical notation showing fingering rather than the pitch of the notes. In this fun, skill-building class, you'll be smiling as you play chord melody from our very first class. Prerequisites: Beg. Ukulele 1 and 2. Instructor: Carl Ventis.

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

Activity: 302105

**M: 6:15 - 7:15 pm**

Sessions: 9/10 - 10/1 10/8 - 29  
11/5 - 26

## Beginning Guitar I

Ages: 14 & up

**Bend Senior Center**

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

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

Activity: 302106

**M: 5:00 - 6:00 pm**

Sessions: 9/10 - 10/1 10/8 - 29  
11/5 - 26



## Specialized Fitness

### 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

Activity: 302777

**W: 10:00 - 11:00 am**

Session: 9/12 - 11/14



## 50+ Aerobic Boxing

NEW

Ages: 50 &amp; up

Smith Martial Arts

Boxing technique on training bags are taught in this class, including conditioning. Eye hand coordination drills, footwork and agility drills.

Safety and fitness are emphasized. The class is a great beginner course, as well as for those with prior boxing training. Includes boxing gloves and a t-shirt! Instructor: Jimmy Smith.

Fee: \$219 ID \$263 OD / session

Activity: 302705

Tu/Th: 3:00 - 3:45 pm

Sessions: 9/4 - 10/18

10/23 - 12/13 (no class 11/20 &amp; 22)

## Technology

### Internet 101

All Adults

Bend Senior Center

Learn best practices for browsing the internet safely and learn to detect scammers. You'll learn to use search engines, choose a web browser, transfer files/picture/videos and explore any questions you may have. Instructor: Ryan Doherty

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

Activity: 302500

Tu: 6:00 - 7:30 pm

Session: 10/2

### Deciding on a Device

All Adults

Bend Senior Center

Learn to find the device that's best suited for you as we compare Android and iOS devices, and where to find the best prices. We'll get you started on your new device, learn about updates and teach you to connect your device to the internet, printers, car stereos and smart watches. Bring your questions! Instructor: Ryan Doherty.

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

Activity: 302501

Tu: 6:00 - 7:30 pm

Session: 10/9

## Smart Device Essentials

All Adults

Bend Senior Center

Everything you need to learn to safely use any smart phone and tablet. Learn initial set-up, how to personalize your device, check voicemail and set up email. You'll learn to use messaging apps, your calendar, the internet and how to use your device as an e-reader. Instructor: Ryan Doherty.

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

Activity: 302502

Tu: 6:00 - 7:30 pm

Session: 10/16

### Android Devices

All Adults

Bend Senior Center

Learn the ins-and-outs of using an Android device. Learn to take, send and manage your pictures. Master all of your phones features such as messaging, checking voicemails, video chat, maps and updates. Bring questions! Instructor: Ryan Doherty

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

Activity: 302503

Tu: 6:00 - 7:30 pm

Session: 10/23

### Create a Photo Book

All Adults

Bend Senior Center

A printed photo book is a perfect personalized gift or prized family possession. We'll use the Mac Photos app to create a beautiful, professional-quality photo book or calendar. Class will feature both lecture and hands-on training with one-on-one instruction. Instructor: Robyn Lyman.

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

Activity: 302566

Th: 10:00 am - 12:00 pm

Session: 10/25 - 11/1

## Get to Know Your iPhone Series

TAUGHT BY AN  
APPLE CERTIFIED SUPPORT  
PROFESSIONAL



All Adults

Bend Senior Center

This series of classes will allow you to customize your learning experience and become a more effective iPhone user. Instructor: Robyn Lyman.

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

### IPHONE: SETUP & CUSTOMIZATION

Not sure where to start with your new iPhone? Learn the iPhone as we start off with the basics then personalize to your liking.

Activity: 302551

M: 6:00 - 7:30 pm

Session: 9/10

### IPHONE: APP STORE & ITUNES

Discover new and powerful apps to make everyday life easier and learn about music, movies, ringtones and more through the iTunes store.

Activity: 302552

M: 6:00 - 7:30 pm

Session: 9/17

### IPHONE: INTERNET & MAIL

Discover Apple's web browser, Safari, and how to navigate, bookmark, print and more. We'll also learn how to customize email and add additional accounts.

Activity: 302553

M: 6:00 - 7:30 pm

Session: 9/24

### IPHONE: CONTACTS & CALENDAR

Learn to add contacts to your iPhone and master your calendar by adding events, reminders, alerts and automatic repeating events.

Activity: 302554

M: 6:00 - 7:30 pm

Session: 10/1

### IPHONE: MAPS, MESSENGER & SIRI

Learn to manage the Maps app for getting directions, the Messenger app for sending notes and Siri for making us wonder just how we ever got along without this technology!

Activity: 302556

M: 6:00 - 7:30 pm

Session: 10/15

### IPHONE: CAMERA & PHOTOS

Learn the fundamentals with step-by-step instructions for beginner and intermediate iPhone photographers. We'll cover how to edit your images and effortlessly manage your photos across all Apple devices.

Activity: 302555

M: 6:00 - 7:30 pm

Session: 10/8



## iPad Essentials

All Adults

**Bend Senior Center**

Unlock your iPad as we learn about multitasking, apps, the App Store, creating folders and customizing your iPad. Bring your iPad. Instructor: Robyn Lyman.

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

Activity: 302560

**M: 6:00 - 8:00 pm**

Session: 10/29 - 11/12

## iCloud Essentials

All Adults

**Bend Senior Center**

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

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

Activity: 302576

**Th: 10:00 am - 11:30 pm**

Session: 11/8

**More adventures  
in Adult Outdoors.**

See pages 60 - 62.

## Tours

### Explore the World of Oregon Cheese **NEW**

All Adults

**Bend Senior Center**

Wow! Almost every type of artisan cheese is made right here in Oregon! Taste them for yourself on an epic road trip to visit some of the Oregon cheesemakers. See the science and artistry that turn fresh local milk into some of the finest cheeses. What pairs with cheese? How about chocolate, charcuterie, honey, fresh bread, preserves, or any one of the dozens of taste bud encounters that we may enjoy along our way. Transportation and lunch included.

Fee: \$119 ID \$143 OD / session

Activity: 302302

**Th: 8:45 am - 7:00 pm**

Session: 9/6



### Bend Makers: Volcano Veggies

All Adults

**Bend Senior Center**

Spend an afternoon at Volcano Veggies, one of the first certified organic, indoor, vertical aquaponics farms in the world. Amazingly, this commercial aquaponics farm produces fish and produce year round in downtown Bend. Transportation included.

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

Activity: 302334

**Th: 1:45 - 3:30 pm**

Session: 9/20

### Bend Makers: Bontà Gelato **NEW**

All Adults

**Bend Senior Center**

Delizioso! Join a visit to Bontà Gelato, a small-batch gelato and ice cream company that uses high-quality, locally-sourced ingredients. Learn the difference between gelato, sorbet and ice cream, and finish the tour with a visit to the Scoop Shop. Transportation included.

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

Activity: 302332

**Th: 12:30 - 3:00 pm**

Session: 10/4

### The Out to Lunch Bunch

All Adults

**Bend Senior Center**

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. Restaurant announced two weeks prior to program date. Space is limited.

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

Activity: 302530

**M: 11:00 am - 1:00 pm**

Session: 9/17

**Th: 11:00 am - 1:00 pm**

Sessions: 10/11 11/8

### Bend Makers: Oregon Spirit Distillers

All Adults

**Bend Senior Center**

Join us as we visit Oregon Spirit Distillers and see the process of distilling spirits. Founded in 2009, this craft distillery strives to bring quality, premium spirit brands to the world market. Transportation included.

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

Activity: 302333

**M: 12:30 - 3:00 pm**

Session: 10/22



## Travel

### Santa Fe Holiday

All Adults

Explore the historic southwest as we visit the artist's mecca of Santa Fe, New Mexico this winter - famous for its holiday season decorations. We will visit Albuquerque, Santa Fe, the "High Road to Taos," Loretto Chapel, Indian Pueblo Cultural Center, Taos Pueblo and more. The program showcases a five-day/ four-night itinerary staying in the first-class hotel, Inn of Governors, in historic Santa Fe. Call BSC for an information packet at (541) 388-1133.

Fee: \$1,475 each

(dbl occupancy, land/air/ tax from PDX)

**Session: 11/28 - 12/2, 2018**

### Costa Rica Adventure

All Adults

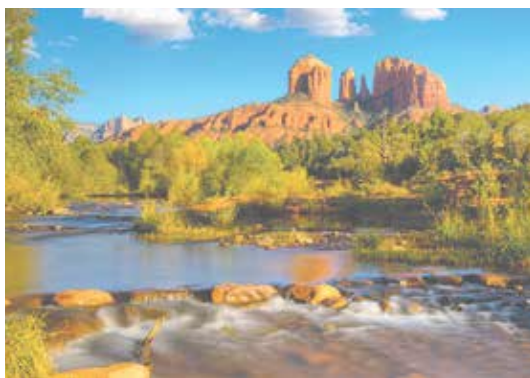
Journey to Costa Rica for a nine-day tour featuring a naturalist tour director and first-class hotel accommodations, including three multi-night stays. Visit Paos Volcano National Park, Arenal Volcano National Park, go on a Jungle Crocodile Safari Cruise, visit a coffee plantation, butterfly garden, hummingbird gallery, orchid garden tour and much more. Call BSC for an information packet at (541) 388-1133.

Fee: \$3,095 each

(dbl occupancy, land/air/ tax from PDX)

**Session: 2/13 - 21, 2019**





## Great Trains & Grand Canyons

### All Adults

Explore the Southwest's top attractions while staying in the artistic town of Sedona, famous for its magnetic red rock formations. Highlights include Sedona and surrounding areas, the Grand Canyon, 2 Rail Journeys, Jerome, Arizona Montezuma Castle, and much more. The program showcases a 6-day/5-night itinerary. Call BSC for an information packet at (541) 388-1133.

Fee: \$2,245 each  
(dbl occupancy, land/air/ tax from Portland)

Session: 4/28 - 5/3, 2019

## Black Hills, Badlands & Legends of the West

### All adults

Take a trip back to the Wild West on this Black Hills, Badlands & Legends of the West Tour. This tour includes a six night stay in one four star hotel in Rapid City. Tour includes Mount Rushmore, Devil's Tower National Monument, Crazy Horse Memorial, Badlands National Park & much more! Call BSC for an information packet at (541) 388-1133.

Fee: \$2,725 each  
(dbl occupancy, land/air/ tax from Portland)

Session: 6/19 - 25, 2019

## Fall Colors & Lighthouses of the Great Lakes

### All Adults

Getaway to the breathtaking fall colors of the Great Lakes and experience the surrounding areas including Chicago, Mackinac Island, Michigan's Upper Peninsula, Green Bay and much more. Call BSC for an information packet at (541) 388-1133.

Fee: \$2,800 each  
(dbl occupancy, land/air/ tax from Portland)

Session: 9/26 - 10/4, 2019



## Four Country Danube River & Black Sea Cruise

### All Adults

Take a remarkable European river cruise on the Danube River and Black Sea while taking in scenery of eastern Europe's oldest and most iconic cities and towns. Travel off the beaten path onboard the luxurious Amadeus Queen with daily tours, inclusive meals and local wines. Call BSC for an information packet at (541) 388-1133.

Fee: \$5,495 each (Category D)  
(dbl occupancy, land/air/ tax from Portland)

Session: 10/19 - 30, 2019

## 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](mailto:foundation@bendparksandrec.org).

Bend Park & Recreation  
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION



**FREE  
FALL INTO  
FITNESS  
WEEK**  
OCT 13 - 19  
See page 53


**VOLUNTEER  
IN  
FITNESS**  
.....  
CONTACT KIM  
(541) 706-6127

# strike a pose


## 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, 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)

Facility information on pages 22 - 24.

**Bend Senior Center**   
1600 SE Reed Market Rd.  
p. (541) 388-1133

Facility information on pages 33 - 37.

Look for the JSFC and BSC icons with class descriptions.

A variety of passes are available for both locations. Pass information on pages 20 - 21.



**Follow us on Facebook!**

Juniper Swim & Fitness Center,  
Bend Senior Center, The Pavilion,  
the Art Station and Bend  
Whitewater Park.

## 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 [bendparksandrec.org](http://bendparksandrec.org). You can even download to your own calendar.

**SAME INSTRUCTORS:** Both locations feature the same great instructors so you can find the facility that suits your needs.

**PASSES / FEES:** There are numerous 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 20 - 21.

**ADVISED:** We strongly recommend checking with your physician before starting any exercise program.

### Disponibilidad de Instructores Bilingües en Inglés y Español.

Para mayor información visite [bendparksandrec.org/espanol](http://bendparksandrec.org/espanol).

### Bilingual Spanish/English fitness instructors available.

View classes online at [bendparksandrec.org/espanol](http://bendparksandrec.org/espanol).






## Get Started with Fitness 101

Whether you are new to fitness or making a return, our expansive schedule of classes offer something for everyone! All our fitness classes are ongoing and offered on a first-come, first-served basis. New students, attend one of our 101 classes to get you oriented and off to a great start. Questions? Call our helpful staff for assistance at (541) 706-6188.



## Low Impact • Light Intensity Fit4U Fitness Programs

Fit For You! 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 56 - 59. Visit our website at [bendparksandrec.org](http://bendparksandrec.org) for the Fit4U class schedule.

## 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 or coming back after some time off? 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:

Initial Consultation and Assessment:	\$75
Personal Training Session:	\$60
3 Session Package:	\$171 (\$57 each)
6 Session Package:	\$324 (\$54 each)

#### Partner Training Rates (per person):

Single Session:	\$45
3 Session Package:	\$129 (\$43 each)
6 Session Package:	\$246 (\$41 each)

**Group Training Available:** 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!

Visit our website at [bendparksandrec.org](http://bendparksandrec.org) for trainer bios and fitness options.

Contact the Fitness Team at (541) 706-6188 and set up your time with a trainer.

## Private & Semi-Private Instruction

Looking for personalized instruction in one of BPRD's classes? Want to hone in an advanced movement or a specific area of fitness? Private classes are perfect for focusing on you.

Our highly-trained instructors offer private and semi-private sessions in all listed Yoga, Pilates, Indoor Cycling, Water Fitness, Strength & Conditioning and Cardio classes.

30-minute session:	\$25
60-minute session:	\$50

Session can be shared with a partner of like abilities and goals.

Contact our Fitness Team at (541) 706-6188 to schedule your class.



CLASSES,  
WORKSHOPS  
&  
CLINICS

**FALL INTO  
FITNESS**  
OCT. 13 - 19

**FREE**

Get connected, stay engaged and be inspired!

Join our team of fitness experts for free classes and workshops:

- **ASK A PT**
- **FITNESS 101 CLASSES**
- **FITNESS ORIENTATIONS**
- **FREE FAMILY NIGHT**
- **MEET FITNESS EXPERTS**

Look for more on our Fitness & Workshops schedule at [bendparksandrec.org/bprdevents](http://bendparksandrec.org/bprdevents)

### WANT MORE?

Look for:

**ADULT FITNESS** on pages 56 -59.

**ADULT SWIMMING** on page 25.

**YOUTH FITNESS  
& SWIMMING** on pages 26 - 29.



## 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 58)

**Water Exercise** (Page 59)

## Baby & Me Fitness JSFC

**Ages: 6 weeks to walking**

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

After your six week check-up, come exercise with your baby at your side in a supportive environment. We'll help you lose the baby weight, regain strength and tone your body.

Come connect with other parents and guardians in a supportive community. Babies are welcome from 6 weeks to crawling. Weekly classes in:

**Baby & Me Cycle/Core Yoga** (page 56)

**Baby & Me Yoga** (Page 58)

Contact our customer service team at (541) 389-7665 if you have questions or to schedule a personalized, pre-class orientation.



## Therapeutic & Specialized Fitness

**Benefits:** Therapeutic and Specialized fitness classes are designed for those with chronic conditions, recovering from injury or seeking a modified program. Increase stability, mobility, balance and range of motion to move through your day-to-day activities with more ease.

**How it works:**

Whether you're getting in shape for an upcoming surgery or looking to transition from your physical therapist's care to your own conditioning program, our expert staff will design a personalized program for you.

**Individualized Fitness Programs:** Beginning with a personal consultation, your unique needs will be assessed and personalized sessions will be created to meet your fitness goals. It's like having your own fitness coach.

**Drop-In Therapeutic Fitness Classes:** For regular weekly fitness classes specially designed for recovery, low-impact and chronic conditions and injuries, you can find a class that matches your needs and use your Full Access Pass.

**Therapeutic and Specialized Fitness Registration Classes:** Specially designed for particular conditions or to achieve specific health goals, these registration classes are focused on common issues and tend to be low-impact and low-intensity classes centered on muscle strengthening for stability and mobility.

**Get started:**

Not sure where to start? Contact our Fitness Team at (541) 706-6188 and our expert staff can help you find the right classes to achieve your personal fitness goals at your own pace.

**Looking to get in shape before a surgery?**

**- OR -**

**Looking for a next step after physical therapy?**

Therapeutic and specialized fitness classes and programs can help you transition from an injury and find your new fitness stride.



# Therapeutic & Specialized Fitness

## INDIVIDUALIZED FITNESS

### Individualized Water Fitness Program JSFC

Water Exercise can help with many conditions; back pain, stroke, fibromyalgia, MS and joint pain. Water buoyancy reduces compression on the joints and spine, while water resistance improves ROM, balance, flexibility and strength.

Contact our fitness team at (541) 706-6188 to schedule your personal therapeutic consultation.

**Fees:** Initial Personal Consultation & Assessment: \$75  
Personalized Session: \$60  
Mini Consultation: \$25



## REGISTRATION CLASSES

**NOTE:** The following classes require registration and not included with a pass.

### Yoga for a Healthy Back JSFC

All Adults

Don't let back pain hold you back! Yoga has been scientifically shown to benefit many with back pain. This gentle yoga practice with individualized instruction specifically focuses on back care. Using poses and breath work, you'll build the framework for your back strength and health while promoting awareness and self-discipline. Poses are practiced on the floor and standing with wall and chair support. Participants must be able to move independently from floor to standing.

Fee: \$120 ID \$144 OD / session

Activity: 205613

Tu/Th: 1:30 - 2:40 pm

Session: 9/11 - 10/18  
11/6 - 12/20 (no class 11/20 & 11/22)

### 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 program emphasizes safety, builds new skills to maintain balance and helps to provide the confidence to remain active and healthy throughout our mature years. Class taught by certified Arthritis instructors. Prerequisite: Ability to stand unassisted for 15-20 minutes in class.

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

Activity: 302777

W: 10:00 - 11:00 am

Session: 9/12 - 11/14

### Are you a Physical Therapist or Health Professional looking to transition your patient?

Help them take the next step with Therapeutic and Specialized Fitness classes. Call the fitness team to schedule an assessment or book your pool time with a fitness specialist.  
Call (541) 706-6189 for details.

## DROP-IN CLASSES

**Fees:** Use your Full-Access Pass

### 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. Program designed by the Arthritis Foundation.

### 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 in a friendly, supportive social setting. Designed by the Arthritis Foundation, this is a great program for people with arthritis, fibromyalgia, and anyone seeking relief from chronic pain or conditions.

## SUPPORTED THROUGH PARTNERSHIP WITH TOUR DES CHUTES



## Cancer Survivors' Therapeutic Fitness

The Tour des Chutes and Bend Park and Recreation District have partnered to provide cancer survivors and their families with easy and affordable access to a wide array of fitness, recreation and enrichment opportunities. Tour des Chutes provides funding for vouchers for cancer survivors to be distributed by health care professionals to patients with financial need. Tour des Chutes also supports several free programs specifically designed for cancer survivors.

### Therapeutic Yoga: A Cancer Survivor's Gentle Yoga Class JSFC FREE

A gentle practice designed to de-stress the nervous system and enhance the immune system through slow flow sequences, deep stretches, calming breath practices and therapeutic relaxation in a supportive community.

Activity: 205630

Th: 7:00 - 8:10 pm

Session 1: 9/27 - 11/1

Session 2: 11/8 - 12/20 (no class 11/22)

### Therapeutic Water Exercise: A Cancer Survivor's No- to Low-Impact Class JSFC FREE

Come experience the healing environment of the water. Class includes walking and low-impact movements in shallow water along with no-impact movements in deep water, reducing cancer-related fatigue while improving your strength.

Activity: 205631

M: 2:00 - 2:55 pm

Session 1: 10/1 - 11/5

Session 2: 11/26 - 12/17



## Weekly Fitness Classes

### Indoor Cycling:

**Benefits:** Indoor cycling is a non-impact, cardio workout for everyone - you don't need to be a cyclist to enjoy these classes. Classes can be easily modified to meet your needs and goals. Want to cycle on your own? You're welcome to use the bikes when classes are not in session.

#### **Fit 4U** BABY & ME CYCLE/CORE JSFC

Bring baby and get your workout in while you connect with other parents and guardians in a supportive community. You and baby will have the time and space to settle in and connect with each other and the instructor. Babies are welcome from 6 weeks to crawling. Strollers, car seats and bouncy seats encouraged.

#### **Fit 4U** CYCLE JSFC

Offering a wide range of structured cycle workouts from endurance rides and hill climbs to sprints and race pace efforts. You are encouraged to modify your ride to meet your needs and goals.

#### **Fit 4U** CYCLE 101 JSFC

Want to try indoor cycling? The instructor will assist you with a detailed bike set up, teach modifications and give you the skills and confidence to make indoor cycling a part of your exercise routine.

#### **CYCLE CORE JSFC**

A double whammy! It's a cycling workout with off-the-bike core training to finish up.

#### **CYCLE/STRENGTH & CORE JSFC**

A combination of cardiovascular training, strength training and core conditioning, both on and off the bike.

#### **EXPRESS CYCLE JSFC**

Short on time? This is your class for a comprehensive workout as it's a regular workout just condensed for time.

#### **EXTENDED CYCLE JSFC**

Let's go and go and go! Longer format class to build endurance.

#### **Fit 4U** FIT4U CYCLE JSFC

Wide range of structured cycle workouts. Perfect for active, older adults.

#### **WORLD BEAT CYCLE JSFC**

International music selections to inspire you as you navigate hills, flats and intervals and a bit of geographic trivia thrown in to exercise your brain, too.

#### **CYCLE ON YOUR OWN JSFC**

Non-instructed cycling on your own. Please check in at the South reception desk for personalized assistance.

## Cardio Fitness & Dance:

**Benefits:** These classes are full of variety with dance, step, kickboxing and always your choice of high- or low-impact. Engage your muscles and get your heart pumping for increased strength and resilience.

#### **CARDIO BARRE BODY JSFC**

Let's not glisten, let's sweat! This class uses the fundamentals of ballet, yoga and Pilates, and fuses them together in an easy-to-follow, fast-paced manner to create a heart pumping class. Gym shoes required.

#### **Fit 4U** CARDIO BALL BSC

Light, low-impact cardio and core conditioning integrating exercise balls, chairs and light weights.

#### **CORE/STRENGTH/ CARDIO CHALLENGE JSFC**

Cardio-intense intervals, strength and functional training utilizing weights, resistance bands and body bars for a full body workout.

#### **F.I.T. JSFC**

Fat-burning, High-Intensity Interval Training! This class is full of variety, challenge and FUN! Focus is on cardio intervals; step, kickboxing, cardio dance and sport drills alternating with muscle conditioning. Format and instructors rotate.

#### **Fit 4U** INDOOR CARDIO WALKING BSC

Alternating cardio walking with body toning for quick and efficient results. Easy-to-follow workouts without any complex or fancy footwork.

#### **P90X® LIVE! JSFC**

P90X Live! constantly switches things up to help you and your muscles break through fitness plateaus. Cardio, resistance and strength training, plyometrics, ab work and more! Modifications are offered continually.

#### **TURBO KICK LIVE!® JSFC**

Ready to become a total fitness knockout? With fun, rhythmic cardio kickboxing moves and high energy music, you'll get ultra-lean and toned while having a blast.

#### **Fit 4U** BALLET FUNDAMENTALS JSFC

Basic classical ballet technique, cueing, body alignment and musicality. Instruction focuses on proper position and variations, benefiting both the beginner student as well as those with more experience.

#### **Fit 4U** BEGINNING LINE DANCE I BSC

Featuring a wide variety of music, this class is designed for those that want to learn the basic steps as well as progress further.

#### **Fit 4U** BEGINNING LINE DANCE II BSC

Step it up! For those that want more of a challenge, we'll build on our basic steps to a variety of music styles.

#### **BLISS DANCE WORKOUT JSFC**

Phenomenal fun, serious sweat! A 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**

Another great Bliss workout! High energy and music-fueled, this class delivers a fierce cardio-blast while dancing to the best hip hop, funk and club beats.

#### **BLISS/ZUMBA® JSFC**

Come for the full hour and get your cardio dance on! Make the most of your tight schedule with 30 minutes of Bliss dance workout and 30 minutes of Zumba®. Whether it's 60 or 30 minutes, your body will thank you.

#### **Fit 4U** CARDIO DANCE 101 JSFC

Let's get you dancing and your heart pumping! Instructor will take you through basic practice steps of the various cardio dance formats that we currently offer.

#### **CARDIO DANCE JSFC BSC**

Mix it up, fuse it all together. Set to numerous genres of music, class offers various cardio dance formats.



**Fit 4U NIA® JSFC BSC**

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life, body and mind.

**Fit 4U ZUMBA® 101 BSC**

Learn the basics of Zumba®, one step at a time! Taught at a slower pace with attention to individual steps and time to practice each, this class will have you feeling confident you can attend any Zumba class as you build your skill set.

**Fit 4U ZUMBA GOLD® BSC**

Come ready to sweat and leave feeling empowered and strong! Featuring easy-to-follow choreography focused on balance, range of motion and coordination, Zumba Gold® is the perfect match for both beginners and active older adults who are looking for lower intensity modifications of the original Zumba® moves you love.

**ZUMBA® JSFC BSC**

Zumba® takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why Zumba® fitness classes are often called exercise in disguise.

(Also see Aqua Zumba, page 59.)

**ZUMBA® - SPANISH SPEAKING JSFC**

Hola Zumba®! All are welcome in this Spanish-instruction dance fitness class that incorporates Latin and international music. Fun and easy-to-follow for both Spanish and non-Spanish speakers, this class is for dancers as well as non-dancers! All facets of class including the welcome and class orientation will be in Spanish.



## Strength & Conditioning:

**Benefits:** Make every day better by improving your day-to-day function with strength and conditioning! Use a variety of equipment to increase your muscle strength and endurance, bone density and balance.

**Fit 4U BEGINNING BARRE BSC**

Class combines ballet and strength conditioning with head-to-toe flexibility, balance and core work.

**BARRE BODY JSFC BSC**

Conditioning class utilizing small, precisely controlled body movements to challenge, tone and define muscles. Core strength and balance improve as the exercises constantly reinforce proper body alignment and posture.

**Fit 4U FITNESS CENTER CIRCUIT JSFC**

Coached workout with a series of stations to get your whole body fit. Held in the fitness center, these classes offer something for everyone.

**Fit 4U FUNCTIONAL FITNESS JSFC BSC**

Improve your daily function through a series of exercise routines emphasizing flexibility, balance and strength. Class focus is on muscle mechanics, core work and body awareness.

**TOTAL BODY STRENGTH & CORE JSFC**

A total body strength workout using a variety of equipment.

**TOTAL BODY BOOT CAMP CONDITIONING JSFC**

Muscle-specific sports conditioning drills using a variety of equipment. Classes include sports-type drills, speed and agility.

**TOTAL BODY WINTER CONDITIONING JSFC**

Muscle-specific winter sports drills designed to create stability and balance while working full range of motion. We’ll use weights, bands, tubes, weighted bars and steps to gain strength, speed and agility. Get an effective workout that doesn’t waste a minute!

**TRX CIRCUIT JSFC**

Get a full-body workout utilizing TRX straps, weights, Bosu® balance trainers and stability balls in this circuit-style workout.

**Fit 4U STRENGTH, TONE & MIGHTIER BONE BSC**

This weight training class focuses on improving bone health and muscle mass while increasing flexibility and balance.

**Fit 4U FITNESS VARIETY BSC**

A total body conditioning class incorporating strength, cardio, core and balance.

**Fit 4U STRETCH & STRENGTH BSC**

Start your day out right with proper techniques of strength training and stretching. Class uses a variety of equipment with stretching woven in throughout the class.

**Fit 4U BETTER BALANCE CIRCUIT WORKOUT BSC**

This self-paced class is designed for active adults. Uses a variety of equipment and your own body weight. Focuses on exercises for improving strength, agility, flexibility and balance.



## Fitness Center

**Fit 4U FITNESS CENTER ORIENTATION JSFC BSC**

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively, orientations are strongly recommended prior to using the fitness center, and in some cases, it may be required. Fitness center trainings are offered weekly and are free.

**FITNESS CENTER & UNDER 18 USE JSFC**

16-17 year olds may use the fitness center without restriction, although we recommend completing an orientation. 11-15 year olds may workout in the fitness center under direct parent/guardian supervision, or complete a teen training session to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Fitness center trainings are offered weekly and are free.

## Need child care while you work out?

With Kids’ Corner, we’ve got you covered.

Learn more on page 23.





### **GROUP CIRCUIT TRAINING** BSC

Working in a group setting, exercises are modified and individualized to fit your needs and goals for improving the activities of your daily living. Exercises can be performed standing, seated or on the floor. Includes exercises for strength, flexibility and balance with a warm up and cool down.

### **STRENGTH & CONDITIONING** BSC

Improve your strength, range of motion, flexibility, balance and hand-eye coordination. Weights are used from both sitting and standing positions with modifications recommended as needed. To add conditioning, rest periods are shortened.

### **BALANCE ESSENTIALS** BSC

Combines Pilates, yoga and functional conditioning preparing you to excel in all kinds of exercise by improving your strength, balance, endurance and flexibility.



### **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.

## **Mind & Body:**

**Benefits:** Rooted in traditional practices, Mind & Body classes aim to improve your overall health and wellbeing through stretching, focused breathing, relaxation techniques and strengthening movements or poses. Yoga, Pilates, Tai Chi, meditation and other practices are known to build on both physical and mental awareness and wellness.

### **All Levels**

#### **YOGA 101** JSFC BSC

Get started in yoga as the instructor will cover the foundations of yoga poses along with modifications and class formats. Learn how to build a practice that meets your needs and goals.

#### **STRETCH & RELAX** BSC

Gentle stretching to relieve tension, increase flexibility and improve range of motion. Class format is on the floor with mats provided.

#### **CHAIR YOGA** BSC

An introduction to yoga using modifications on or standing behind chair to increase better balance and strength. Personalized assistance is available as needed. Breath and alignment are emphasized.

#### **GUIDED MEDITATION** JSFC BSC

A quiet time and space to focus on breathing, and your personal intention as you relax in an extended Savasana, a pose of relaxation.

#### **GENTLE YOGA** JSFC BSC **FOR MINDFULNESS**

This yoga practice is designed to settle the mind, stretch the body and cultivate relaxation in the moment with meditation, breath work and asanas, or seated poses.

#### **YOGA FUNDAMENTALS** BSC

Learn to do yoga poses correctly and safely with an emphasis on alignment, proper muscle action and breathing techniques. This class moves at a slow pace and includes the instruction and tools to develop your yoga practice.



#### **RESTORATIVE YOGA** JSFC

Restorative yoga poses prioritize stillness. This passive practice is done lying and seated, allowing time to go deep into stretches and lengthen tired muscles. Quiet your mind as well as your body.

#### **RESTORATIVE FLOW YOGA** JSFC BSC

Restorative Flow includes gentle movement with the breath in standing poses, as well as passive lying and seated stretches.

#### **RESTORATIVE YOGA FOR ATHLETES** JSFC

A restorative practice designed to enhance athletic recovery and reduce the risk of injury. Add flexibility training to your workout routine and improve your athletic performance.

#### **YIN YOGA** JSFC

Opens the connective tissue in the body using deep, passive poses held for several minutes. This practice challenges your mind to relax as you tether your focus to your breath.

#### **PRENATAL YOGA** JSFC

Journey through this magical time together as you maintain fitness and wellbeing. Physician's or midwife's approval requested before first class.

#### **BABY & ME YOGA** JSFC

Journey in your yoga practice with baby at your side in this welcoming and encouraging class. Make new connections and build friendships as you transition from pregnancy. All levels are welcome in this perfect class to get back into your fitness routine. Babies are welcome from six weeks to walking.

### **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 learn and practice.

### **TAI CHI 8 MOVEMENT** BSC

Slow, circular movements to gently exercise muscles and improve range of motion. Often described as "meditation in motion," Tai Chi focuses on constant, low-impact movements and internal awareness to help generate a feeling of overall health and vitality.

### **TAI CHI 8/24 MOVEMENT** BSC

This class is designed for those that want to build on the 8 Movement form of Tai Chi as a bridge to the 24 Movement. Features both formats.

### **TAI CHI 24 MOVEMENT** BSC

Further your practice of Tai Chi with additional movements to help improve balance, movement, vitality and wellbeing.

## **Intermediate Levels**

### **FLEXIBLE STRENGTH THROUGH YOGA** JSFC

A fitness-style yoga class that moves with the breath, continuously stretching and strengthening the body.

### **INTRO TO ASHTANGA VINYASA** JSFC

Learn the classical sequence of asanas or poses from which Vinyasa yoga was born. Practice introduces the primary series of asanas.

### **KUNDALINI YOGA & MEDITATION** JSFC

Known as the yoga of awareness, the yoga of consciousness, in Kundalini practitioners use asanas (physical postures), pranayama (breath), chanting and meditation to transform and deepen our personal practice.



## YOGA FLOW

JSFC BSC

An introduction to Vinyasa Yoga, moving with the breath, this alignment-focused class features a flowing sequence of meditation, breath and traditional Hatha Yoga asanas and aims to increase energy, flexibility and strength.

## VINYASA YOGA

JSFC

Move with the breath in this dynamic form of yoga which incorporates sun salutations and connecting poses to create asanas and flow in your practice.

## YOGA FOR ATHLETES

JSFC

Yoga for athletes reaches the athlete in all of us by improving balance, flexibility and mental focus. Yoga poses and breath work can help improve performance, sleep, injury reduction and recovery.

## YOGA & PILATES

JSFC BSC

Learn to move your body from your core, your powerhouse with techniques and benefits of both disciplines. Yoga increases flexibility and balance; Pilates increases core strength and lengthens the muscles.

## Fit 4U PILATES

### FUNDAMENTALS

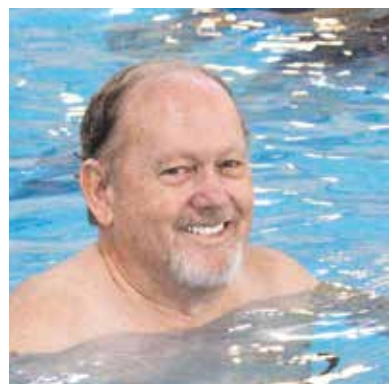
JSFC

Designed to help new students feel more comfortable in their Pilates practice or for the more experienced seeking a slower pace to create a foundation for each exercise.

## PILATES BARRE

JSFC

Class flows through a series of Pilates and Barre-inspired exercises to develop deep pelvic floor and posture stabilizing muscles. Done primarily standing.



## Fit 4U PILATES MAT 101

JSFC

A personalized experience where you will learn the foundational Pilates exercises.

## PILATES MAT

JSFC BSC

Using the fundamentals of Pilates, flow through a contemporary series of Pilates and Pilates-inspired mat exercises to develop deep pelvic floor and posture-stabilizing muscles.

## Advanced Levels

### PIYO LIVE!®

JSFC

PiYo Live! combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This combo mixed with speed delivers a fat-burning, low-impact workout that aims to have your muscles long, lean and defined.

## POWER VINYASA YOGA

JSFC

Come ready to heat up your practice and sweat in this challenging practice that can produce extraordinary physical results. Focused on this faster paced workout-style yoga, practitioners are also known to grow personally as they continue to build strength and flexibility. For this advanced class, six months prior practice of yoga fundamentals is recommended.

## SCULPT FUSION YOGA

JSFC

This challenging, athletic workout features yoga-inspired exercises combined with balance and flexibility training. Incorporates free weights and is set to current upbeat music.

## Water Fitness:

**Benefits:** Cross train with the three dimensions and characteristics of water - buoyancy, support and resistance! With little to no impact on your joints, water exercise improves your cardio fitness while strengthening and toning muscles. Using water's resistance, work out at your own intensity level and increase as you go. No swimming skills are needed and classes held in the deep water use floatation devices. Water shoes are recommended.

## DEEP/SHALLOW AQUA FIT & FUN

JSFC

Wow! Get a total body workout to motivating music. Takes place in the shallow and deep end of the pool. All levels welcome. Just come and have fun moving and grooving.

## Fit 4U DEEP/SHALLOW WATER WORKOUT

JSFC

Water provides a safe and effective total body workout. Maintain or improve your fitness level without jarring your joints. Exercise in either the shallow or deep water.

## DEEP WATER WORKOUT

JSFC

Same great class. Held in the deep water.

## DEEP/SHALLOW 1-2-3 HIIT!

JSFC

A combination of moderate- to high-intensity cardio drills. You are encouraged to modify for your needs and goals, but expect to put in a solid workout! Choose shallow or deep!

## PRENATAL WATER EXERCISE

JSFC

Water provides the freedom of movement and support to help make exercising safer and more effective during pregnancy. Participate in any of the water fitness classes for great exercise. A doctor's or midwife's approval is required before beginning.

## Fit 4U WATER RUNNING 101

JSFC

A great intro to water running with 15 minutes on-deck introduction. Get fitted with the correct belt and learn how to use, stabilize and integrate your core doing basic drills on deck before the resistance of water is added.

## Fit 4U DEEP WATER RUNNING

JSFC

Move against the resistance of water and create a challenging workout with directional changes. Run, ski and stride in the water while each stride helps you become a more effective and efficient runner with zero impact. Great cross training for runners and non-runners alike.

## SHALLOW AQUA ZUMBA®

JSFC

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine; blending the Zumba® philosophy with water resistance, this is one pool party you shouldn't miss!

## FLUID RUNNING® 101

JSFC

A 15-minute introduction to Fluid Running. New students are required to attend. Not recommended for prenatal students.

## FLUID RUNNING®

JSFC

High intensity deep water running class that provides a total body workout without any impact. Set to upbeat music, participants can work out harder, get their heart rates up higher and burn more calories than running on land. New students required to attend Fluid Running 101 class prior. Not recommended for prenatal students.

## Fit 4U WATER PILATES

JSFC

From the moment you get in the pool, you'll experience buoyancy, a sense of effortlessness, flow and increased ROM. This gentle practice brings you back to the basics as you connect your breath to the modified poses. Allow the water to envelope and support you while up-ending your relationship with gravity.

## Fit 4U WATER YOGA

JSFC

In the yoga class, let the buoyancy of water lift you and let you focus on form, flow and increased ROM. This gentle practice brings you back to the basics as you connect your breath to the modified poses. Allow the water to envelope and support you while up-ending your relationship with gravity.

SEASON'S  
OUTINGS  
.....  
**AUTUMN  
HIKES**  
.....  
SEE BELOW

# play outside

## You're greater outdoors.

Whether you're a bona fide 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.

### Hiking & Walking

#### Rainbow Seekers Hikes

**Ages: 50 & up**

**BPRD District Office**

Level 2 - Explore easy to moderate trails at a comfortable pace. Hikes range from 4 - 6 miles. Join the camaraderie of a group of folks that enjoy socializing while on leisurely hikes. Leader: Dean Dobbs

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

Activity: 308740

**Tu: 9:00 am - 3:30 pm**

Sessions: 9/18 - 25    10/2 - 9  
10/16 - 23    10/30 - 11/6  
11/13 - 20

#### Daytrippers:

Looking for more fabulous tours or day trips? BPRD is hosting several different day-long outings this fall.

See page 50.

### Fall Colors Walks

**All Adults**

**BPRD District Office**

Level 1 - There is a quiet beauty to waterfalls in the autumn. We'll visit a different waterfall each week while watching for gorgeous fall colors. Walks to falls from where we park average .5 mile to 1.5 miles round trip with some stairs.

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

Activity: 308723

**Tu: 8:30 am - 4:00 pm**

Sessions:

9/25: Paulina Falls & Lake

10/02: Toketee Falls,  
North Umpqua

10/9: McKenzie Valley Falls

### Crater Lake Walks

**All Adults / Families, 10 & up**

**BPRD District Office**

Level 2 - Explore Oregon's only national park and learn about its history and geology as part of National Public Lands Day. We will walk several of the short trails along the rim overlooking the lake. Bring a lunch and warm clothing.

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

Activity: 308770

**Sa: 8:00 am - 6:00 pm**

Session: 9/22

### Trailpacers Hikes

**All Adults**

**BPRD District Office**

Level 3 - Get a weekly dose of good exercise, great companionship and gorgeous Central Oregon scenery. Hikes are typically 6 - 10 miles at a steady pace, with some moderate elevation gain. Leader: Leslie Olson

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

Activity: 308715

**Th: 8:30 am - 4:00 pm**

Sessions: 9/27 - 10/11    10/18 - 11/1







## Ski & Snowshoe

### Get Started Ski Touring

#### All Adults

##### The Pavilion

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 is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. Two on-snow sessions include technique instruction, practice and Sno-Park outings. Equipment not included.

Fee: \$99 ID \$119 OD / session  
Activity: 308403  
Th: 9:30 am - 1:30 pm  
Sessions: 12/6 - 20 1/10 - 24  
Sa: 9:00 am - 1:00 pm  
Session: 12/8 - 22

### Be ready to go in the snow.

XC skiing and snowshoeing are aerobic activities, so it's important you come with some basic strength and physical conditioning.

### Get Started Snowshoeing

#### All Adults

##### The Pavilion

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 is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. One on-snow session includes technique instruction, practice, and an outing in the mountains. Equipment not included..

Fee: \$60 ID \$72 OD / session  
Activity: 308402  
Tu: 9:00 am - 1:00 pm  
Session: 12/4 - 11  
W: 9:00 am - 1:00 pm  
Session: 1/9 - 16

### Thursday Yetis Snowshoe

#### All Adults

##### The Pavilion

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 4 to 6 miles. Equipment not included.

Fee: \$75 ID \$90 OD / session  
Activity: 308424  
Th: 9:00 am - 3:30 pm  
Sessions: 12/6 - 20 1/3 - 17

## 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.



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.

**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.

## 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 as 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 or by contacting the Outdoor Programs Coordinator (see below). 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 Wilderness First Aid and CPR skills 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.

The Children's Forest  
of Central Oregon presents



**September 9** Riverbend Park  
11am-3pm  
Free!

**DISCOVERY! EXPLORATION! ADVENTURE!**  
over 30 outdoor recreation, nature education, and  
health and wellness activities for the whole family  
to enjoy!  
[childrensforestco.org](http://childrensforestco.org)

PARTNERS



SPONSORS



## Wilderness & Outdoor Safety

### "Woofer" Backcountry Dog First Aid

NEW

**Ages: 18 & up**

**Riley Ranch Nature Reserve**

This hands-on course is designed for outdoor travelers who adventure with their canine companions. In the wilderness setting, access to veterinary care is often limited and/or delayed. This fun and innovative course provides critical training in prevention, assessment, effective field treatments and interventions, as well as medical and evacuation decision-making. Designed by a Wilderness EMT/Wilderness Medicine Educator/Veterinary Technician, with a supportive team of veterinarians, this experiential course is open to all with no prior first aid or wilderness medicine training needed. Please leave your dog at home while you attend this training.

Fee: \$190 ID \$228 OD / session

Activity: 308975

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

Session: 9/29 - 30, 10/27 - 28

### Wilderness First Aid

**Ages: 16 & up**

**Hollinshead Barn**

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

Fee: \$235 / session

Activity: 408360

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

Session: 11/17 - 18



### WFR Recertification

**Ages: 16 & up**

**Hollinshead Barn**

This NOLS training is specifically designed to recertify the Wilderness First Responder certification. For WFR's, you must possess a valid WFR certification of at least 72 hours in order to recertify through this course. Includes CPR.

Fee: \$340 / session

Activity: 408362

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

Session: 10/2 - 4

**Sa - M: 8:00 am - 5:00 pm**

Session: 10/20 - 22

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

Session: 11/9 - 11

### 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 make difficult medical decisions. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. Adult/child CPR certification is included. Presented by NOLS Wilderness Medicine.

Fee: \$770/ session

\$400 deposit at registration with balance due 30 days prior to start of training.

Activity: 408364

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

Session: 10/30 - 11/8





## 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 new friends and either learning a new skill or keeping an old one alive. And that is the real version of the fountain of youth.

### Basketball

#### Adult Basketball Leagues

All Adults

Pacific Crest Middle School

Grab your friends and form a team of five or more players and sign up. This is a team sign up only. Teams will play 12 regular season games and will be seeded into a single elimination tournament at the end of the year. Games played on Sundays.

**Registration Deadline: 10/22**

Fee: \$695 / team

Activity: 303900 - Women's League  
303901 - Men's League

Season: 11/4 - 3/17



### Broomball

#### Adult <sup>NEW</sup> Broomball League

All Adults

The Pavilion

What's Broomball? The short answer is serious FUN! Founded in Canada, it's a combination of hockey, minus the skating, and soccer played on ice. Teams consist of 8 - 15 players and games will be played 6 vs. 6. Broom and ball will be provided. Teams need to provide helmet (hockey, ski, skate and bicycle helmets permitted), rubber-soled shoes and team uniform. Recommended equipment: soft elbow and knee pads.

**Registration Deadline: 10/26**

Fee: \$600 team / season

Activity: 310335

**W: 5:30 - 7:00 pm**

Season: 11/7 - 12/19 (No program 11/28)

Captains' Meeting: 10/30, 5:30 pm

### Curling

#### Adult Curling League

All Adults

The Pavilion

Give it a go and get into the game of curling! Open to all levels of curling experience (or inexperience), this league gives curlers and those new to curling the chance to play the game once a week in a fun atmosphere on Sunday evenings. You bring your team of four and we supply the stones, brooms and equipment. Space is limited in this popular league, so register early!

Fee: \$400 team / season

Activity: 310331

**Su: 4:00 - 10:00 pm**

Season 1: 11/4 - 12/16

**Registration Deadline: 10/19**

Season 2: 1/6 - 2/24 (No program 1/27)

**Registration opens: 12/6**

**Registration Deadline: 12/21**

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

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

## Specialized Ice Sessions

### Session Fees:

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

### MORE SESSIONS = MORE SAVINGS!

**Purchase four sessions, get your fifth session for FREE!**

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

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

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

### Stick Time

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

Activity: 310402 - Adult  
310401 - Youth

### Pick-up Hockey

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

Activity: 310403 - Adult

### Curling Time

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

Activity: 310332 - Adult

### Freestyle

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

Activity: 310160

### Speed Skating

Come and practice your speed skating. The rink will be set up just bring your equipment.

Activity: 310336

## Adult Curling Clinic

### All Adults

#### The Pavilion

Want to improve your curling skills? Join us on the first Friday of the month! Our experienced instructor will help hone in your curling skills. Registration is required. (No drop-in curling during this time.)

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

Activity: 310334

F: 8:30 - 10:30 am

Sessions: 11/2 12/7 1/4

## Fencing

### Beginning Epee Fencing

#### All Adults

#### High Desert Fencing

Challenge your body and mind in Olympic-style epee fencing, a fun and exciting game of physical chess. We'll cover footwork, blade work and other tactics so you can challenge your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership/waiver (\$10 additional) required at first class. Instructor: Jeff Ellington

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

Activity: 302722

W: 5:30 - 7:00 pm

Sessions: 9/26 - 11/14

## WINTER-SPRING 2019 ICE SPORTS

Registration Opens December 10.

Make plans for the second ice season of:  
**ADULT HOCKEY SKILLS & DRILLS**  
**CURLING LEAGUE**  
**ADULT LEARN TO SKATE**

## Required Hockey Gear

**PLAYERS:** Helmets (17 & under require a face mask), shin pads, hockey/street hockey gloves, cup or athletic supporter and hockey stick.  
**GOALIES:** Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove, goalie stick, and cup or athletic supporter.



## Hockey

### Adult Hockey League

#### All Adults

#### The Pavilion

Get in the game! Individuals who register will be drafted onto teams and play twelve regular season games with game nights varying throughout the season. Teams will be seeded for the playoffs. Players must provide their own gear. For more information, call Kevin at (541) 389-7588.

**Registration deadline: Sunday, 11/4**

Fee: \$270 ID \$324 OD / season

Activity: 310320

M - Th: 7:00 - 10:00 pm

Season: 11/26 - 3/21 (No program, 12/24 - 1/4)

### Adult Hockey Skills & Drills

#### All Adults

#### The Pavilion

Let's get together, learn something new and play hockey! Designed for beginners to intermediate players to develop the fundamentals of the game, hone in a particular skill, promote physical fitness and, above all else, have fun.

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

Activity: 310321

F: 8:15 - 9:30 pm

Sessions: 10/26 - 12/14 (No program 11/23)  
1/11 - 3/1 (No program 1/25)

### Lunchtime Hockey League

#### All Adults

**NEW**

#### The Pavilion

Looking for more hockey? Come and join us during your lunch break for adult hockey league. Register as an individual. Teams will be separated.

**Registration Deadline: 12/21**

Fee: \$140 ID \$168 OD / season

Activity: 310325

W: 10:45 am - 12:00 pm

Season: 1/9 - 2/27





## Ice Skating

### Speed Skating NEW

**Ages: 16 & up**

**The Pavilion**

Challenge yourself, learn something new and test your strength and endurance. Join us for our first speed skating clinic. In four sessions, learn the basic technique to speed skating while testing your fitness and having fun. Some skating experience is required. Helmets required and knee pads suggested. Figure or hockey skates available or bring your own.

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

Activity: 310350

**M: 5:30 - 7:00 pm**

Session: 10/29 - 11/19

### Learn to Skate Adult Level 1/2

**Ages: 16 & up**

**The Pavilion**

Come learn 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. Figure or hockey skates available or bring your own.

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

Activity: 310141

**Th: 5:50 - 6:20 pm**

Sessions: 10/25 - 11/15 11/29 - 12/20  
1/10 - 2/7

### Learn to Skate Adult Level 3/4

**Ages: 16 & up**

**The Pavilion**

For intermediate level skaters, let's build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for stroking, balance and edgework. For those who have completed Level 1/2 or equivalent. Figure or hockey skates available or bring your own.

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

Activity: 310143

**Th: 5:50 - 6:20 pm**

Sessions: 10/25 - 11/15 11/29 - 12/20  
1/10 - 2/7

### Learn to Skate Adult Level 5/6 NEW

**Ages: 16 & up**

**The Pavilion**

Let's take your skills up! Advance in your skating skills as we continue to develop advanced movements and techniques. For those who have completed Level 3/4 or equivalent. Figure skates available or bring your own.

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

Activity: 310145

**Th: 5:50 - 6:20 pm**

Session: 11/29 - 12/20  
1/10 - 2/7

### Sharpen Your Skating Skills NEW

**Ages: 16 & up**

**The Pavilion**

Sharpen your figure skating skills with these drop-in style workshops! Each individual session will provide focused instruction on a specific topic to improve your skating technique and conditioning. Prerequisite: skaters must be able to do forward crossovers and use edges comfortably.

Fee: \$12 ID \$15 OD / session

Activity: 310161

**Sa: 9:20 - 9:50 am**

Sessions: 10/27, 11/3, 11/10, 11/17, 12/1,  
12/8, 12/15, 12/22, 1/5, 1/12

### Discover Ice Dancing NEW

**Ages: 16 & up**

**The Pavilion**

Explore the basic skating techniques used in the sport of Ice Dance! This fun series focuses on improving edgework and introducing dance patterns, skated with music. Prerequisite: skaters must be able to do forward crossovers and use edges comfortably.

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

Activity: 310162

**Sa: 8:45 - 9:15 am**

Sessions: 10/27 - 11/17 12/1 - 12/22

## Martial Arts

### Kickboxing

**All Adults**

**Smith Martial Arts**

Kick and punch your way into tip top shape with this fun, energetic class. This class features mitt/bag drills, body weight exercises, resistance training, kickboxing technique and self-defense.

Fee: \$219 ID \$263 OD / session

Activity: 302704

**Tu/Th: 5:30 - 6:20 pm**

Sessions: 9/4 - 10/18  
10/23 - 12/13 (no class 11/20 & 22)

### 50+ Aerobic Boxing

**Ages: 50 & up**

**Smith Martial Arts**

Boxing technique on training bags are taught in this class, including conditioning. Eye hand coordination drills, footwork and agility drills. Safety and fitness are emphasized. The class is a great beginner course, as well as for those with prior boxing training. Includes boxing gloves and a Smith Martial Arts t-shirt! Instructor: Jimmy Smith

Fee: \$219 ID \$263 OD / session

Activity: 302705

**Tu/Th: 3:00 - 3:45 pm**

Sessions: 9/4 - 10/18  
10/23 - 12/13 (no class 11/20 & 22)

## Adult & Teen Karate

**Ages: 14 & up**

**Odyssey Martial Arts**

Martial Arts is about more than kicking and punching, it benefits many aspects of our lives. Learn self-defense, self-control, focus, discipline, confidence, and respect while learning karate techniques. All fitness levels welcome. Uniform included.

Fee: \$84 ID \$101 OD / session

Activity: 302725

**M/Th: 7:15 - 8:00 pm**

Sessions: 9/6 - 10/1  
10/4 - 25 (Adj. Fee \$74 ID \$89 OD)  
11/5 - 12/6 (no class 11/20 & 22)

## Wheelchair Sports

### Wheelchair Basketball

**Ages: 14 & up**

**Ensworth Elementary**

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

Fee: \$3 ID \$3 OD / session

Activity: 304200

**M: 6:00 - 8:00 pm**

Session: 9/20 - 12/17

### 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.

ADULT  
THERAPEUTIC  
RECREATION  
-----  
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# playin' along

## 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

### Kids' Adventure Days

**Ages: 6 - 13**

**Harmon Park**

Summer might be over, but the adventures are not! Join us for a morning full of adventure exploring all that Central Oregon has to offer.

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

Activity: 304810

Sa: 9:30 am - 1:00 pm

Sessions: 9/29, 10/20, 11/3, 12/1

### Kids' Swimming Night

**Ages: 6 - 12**

**Juniper Swim & Fitness Center**

Splish, Splash! Come enjoy a night at the pool with all your friends!

Fee: \$12 ID \$15 OD / session

Activity: 304801

F: 6:30 - 8:30 pm

Session: 10/5

### Kids' <sup>NEW</sup> Trampoline Night

**Ages: 6 - 13**

**Harmon Park Hobby Hut**

Join us at the trampoline park for a night of jumping and bouncing.

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

Activity: 304803

F: 6:30 - 8:30 pm

Session: 11/16

### Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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





## Kids' Art & Pizza Party NEW

**Ages:** 6 - 12

### Art Station

Come try your hand at art as you make homemade holiday presents for your friends and family. We will also have pizza for dinner.

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

**Activity:** 304800

**F:** 6:30 - 8:30 pm

**Session:** 12/7

## Teens Thriving Together

**Grades:** 6 - 11

### Cascade Middle School

Kids, save the cartoons for later! Come 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:** \$250 ID \$300 OD / session

**Activity:** 404004

**M/Tu/Th/F:** 2:40 - 5:30 pm

**W:** 1:00 - 5:30 pm

**Session:** September - June school days

## Adult Therapeutic Recreation

### Bunco Game Night NEW

**Ages:** 18 & up

### Norton Avenue Apartments

Join us each month to play the popular dice game Bunco. We will enjoy appetizers, games, and the chance to win prizes.

**Fee:** \$50 ID \$60 OD / session

**Activity:** 304512

**F:** 5:00 - 8:00 pm

**Session:** 9/14, 10/19, 11/9, 12/14



### CATS the Play NEW

**Ages:** 18 & up

### Norton Avenue Apartments

Join us to see CATS, the popular play, at the Tower Theater in Bend.

**Fee:** \$50 ID \$60 OD / session

**Activity:** 304604

**F:** 6:15 - 9:30 pm

**Session:** 9/21

### Old Fashioned Games NEW

**Ages:** 16 & up

### Norton Avenue Apartments

Join us for the field and board games you played as a kid! Games may include three-legged and sack races, kickball, the game of Life, Sorry and more.

**Fee:** \$50 ID \$60 OD / session

**Activity:** 304108

**Th:** 6:00 - 7:30 pm

**Session:** 9/27 - 11/1 (no class 10/25)

### Howlin' Halloween Dance

**Ages:** 16 & up

### Hollinshead Barn

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

**Fee:** \$25 ID \$30 OD / session

**Activity:** 304511

**Sa:** 5:00 - 8:00 pm

**Session:** 10/27

## Dinner & A Movie

**Ages:** 18 & up

### Norton Avenue Apartments

Join us as we enjoy an evening eating at a local restaurant and seeing a holiday movie. Time may change based on movie schedule.

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

**Activity:** 304507

**F:** 3:30 - 8:00 pm

**Session:** 11/30

## Christmas Parade

**Ages:** 14 & up

### Norton Avenue Apartments

Join your friends for a day of singing, laughing, and hot cocoa at Bend's Christmas Parade. Don't miss the boat - sign up to be on the float!

**Fee:** \$25 ID \$30 OD / session

**Activity:** 304517

**Sa:** 10:30 am - 2:00 pm

**Session:** 12/1

## Arts & Crafts

### Fall Art NEW

**Ages:** 14 & up

### Twin Knolls Transition Co-Op

Explore many different art mediums as you create fabulous art projects featuring a fall theme.

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

**Activity:** 304418

**W:** 6:30 - 8:00 pm

**Session:** 9/26 - 10/31 (no class 10/24)

### Holiday Arts & Crafts NEW

**Ages:** 14 & up

### Twin Knolls Transition Co-Op

Do you love the holidays and enjoy arts and crafts? Then join this class! We will have weekly projects focused on a different holiday throughout the year.

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

**Activity:** 304419

**W:** 6:30 - 8:00 pm

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

## Payment Assistance

### 1. The "Fun with Friends"

**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
- Deschutes Co. Office of Developmental Disabilities
- Full Access Brokerage

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 19 for details.



## Gifts from the Heart

**Ages: 16 & up**

**Norton Avenue Apartments**

Create one-of-a-kind gifts for friends and family. Design gifts using wood, ceramics and/or other art mediums.

Fee: \$50 ID \$60 OD / session

Activity: 304423

**Sa: 1:30 - 4:30 pm**

Session: 12/8

## 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 fall programs.

The survey is available at [bendparksandrec.org/TR](http://bendparksandrec.org/TR) and will be open August 6 - 26. You will be notified by August 29 of your classes and arrangements for payment must be received by Sept. 4 or your spot will be forfeited. After Sept. 4, 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](mailto:cheryl@bendparksandrec.org).

## Cooking

### Art Camp & Pizza Party

**Ages: 18 & up**

**Twin Knolls Transition Co-Op**

Come enjoy a day of art projects and pizza making.

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

Activity: 304399

**W: 4:30 - 7:30 pm**

Session: 9/12 - 19

### Sandwich Artist

**Ages: 14 & up**

**Norton Avenue Apartments**

Learn how to make various hot and cold sandwiches.

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

Activity: 304312

**W: 4:30 - 6:30 pm**

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

### TR Brunch Cook-off

**Ages: 18 & up**

**Twin Knolls Transition Co-Op**

Are you an aspiring chef and want to test your skills? Then join our annual TR Cook-off! This year's theme will be brunch. Join a team of three cooks to prepare a meal for our judges. Each team will be able to enjoy the meal they prepared.

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

Activity: 304230

**Sa: 9:00 am - 1:30 pm**

Session: 12/8

### Holiday Baking

**Ages: 18 & up**

**Twin Knolls Transition Co-Op**

Join us as we prepare holiday treats that you can share with your family.

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

Activity: 304301

**Sa: 9:00 am - 1:00 pm**

Session: 12/15



## Fitness & Sports

### Fun Run/Walk NEW

**Ages: 16 & up**

**Norton Avenue Apartments**

Join us as we prepare and participate in the Press-On Recharge Fun Run. We will spend the first two weeks preparing to "race" and then participate in the race on Saturday, Sept. 22.

Fee: \$50 ID \$60 OD / session

Activity: 304132

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

Session: 9/11 - 22 (no class 9/15)

### Zumba

**Ages: 14 & up**

**Bend Senior Center**

Dance to an energetic blend of popular music. This class is an easy way to work out by yourself or with some friends! Inquire prior to program if you will need transportation; bus space is limited.

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

Activity: 304100

**Tu: 4:30 - 5:45 pm**

Sessions: 9/25 - 10/30 (no class 10/23)  
11/6 - 12/11 (no class 11/20)

## 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.

## Weight Room Workouts

**Ages: 16 & up**

**Norton Avenue Apartments**

Be challenged to reach your personal fitness goals while working on strength and endurance using the equipment in the weight room.

Fee: \$50 ID \$60 OD / session

Activity: 304104

**Tu: 6:00 - 7:30 pm**

Session: 9/25 - 10/30 (no class 10/23)

**Th: 6:00 - 7:30 pm**

Session: 11/8 - 12/13 (no class 11/22)

### Fitness Games

**Ages: 16 & up**

**Bend Senior Center**

Join us for a fun workout using various fitness games to improve your strength, endurance, balance, and agility.

Fee: \$50 ID \$60 OD / session

Activity: 304107

**Tu: 6:00 - 7:30 pm**

Session: 11/6 - 12/11 (no class 11/20)

## Adapted Sports

### Wheelchair Basketball

**Ages: 14 & up**

**Ensworth Elementary**

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

Fee: \$3 ID \$3 OD / session

Activity: 304200

**M: 6:00 - 8:00 pm**

Session: 9/20 - 12/17



**BUSY BUDDIES**SWIMMING, YOGA  
& MORE AT JUNIPER

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# play on

## 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.

### Cooking

#### Mini Chefs

**Ages: 3 - 6****Harmon Park Hobby Hut**

Fun with food! Our mini chefs will learn basic food prep and how to safely use kitchen equipment while making delicious treats and exploring new tastes.

Fee: \$34 ID \$41 OD / session

Activity: 306223

Th: 9:30 - 10:30 am

Sessions: 9/20 - 10/4 10/18 - 11/1  
11/8 - 29 (no class 11/22)

### Dance

#### Born to Dance

**Ages: 2.5 - 3.5****Academie De Ballet Classique**

Born to Dance will have your budding ballerina dreaming of dancing. Watch as your prince or princess leaps with stronger legs with each lesson, gaining in confidence as they learn ballet positions and explore new ways to move.

Fee: \$77 ID \$92 OD / session

Activity: 306573

Tu: 10:00 - 10:30 am

Sessions: 9/11 - 10/23 10/30 - 12/11

### Fantasy Ballet

**Ages: 4 - 6****Academie De Ballet Classique**

This fantasy-themed ballet class is designed to cultivate your child's creativity, individuality and artistry while discovering ballet terminology and the ballet culture. Observations for parents and families held first lesson of the month.

Fee: \$92 ID \$110 OD / session

Activity: 306582

M: 5:15 - 5:55 pm

Sessions: 9/10 - 10/22  
11/5 - 12/17 (No class 11/19)



## Preschool

### Busy Buddies Includes yoga & swimming!

**Ages: 3 - 5**

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 enjoy arts and crafts, circle time, dramatic play and more. Basic 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 due at the time of enrollment.

Activity: 405601

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

or

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

Dates: Sept. 10 - June 13



### With Your Child: Come Dance With Me!

**Ages: 2 - 4 with adult**

**Academie De Ballet Classique**

Experience the magic of classical dance with your little one as you join your child as they gain confidence and become independent. This age-appropriate class will introduce your child to ballet steps and terminology while practicing using the French names of ballet steps.

Fee: \$77 ID \$92 OD / session

Activity: 306580

**W: 12:00 - 12:30 pm**

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

### Playdance NEW

**Ages: 3 - 5**

**Academie De Ballet Classique**

Your child will be filled with eagerness to show off all the fun leaps and spins learned each lesson. The variety of props keeps children engaged and enthralled as they dance as ballerinas, hip-hoppers and Broadway stars in this creative movement class.

Fee: \$84 ID \$101 OD / session

Activity: 306583

**Th: 11:00 - 11:45 am**

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

### Twinkle Toes Tap NEW

**Ages: 4.5 - 8**

**Academie De Ballet Classique**

Your little one will be tapping with joy and making rhythms with their feet in this tap basics class.

Fee: \$95 ID \$114 OD / session

Activity: 306585

**F: 4:30 - 5:30 pm**

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

### Ballet for Little Swans

**Ages: 4 - 7**

**Academie De Ballet Classique**

Give your child the gift of ballet. This Vaganova style of ballet class will develop your child's independence and confidence. Watch as your little swan gains new abilities through demonstration, assistance and encouragement. Observations for families held first lesson of the month.

Fee: \$92 ID \$110 OD / session

Activity: 306571

**Sa: 2:30 - 3:15 pm**

Sessions: 9/15 - 10/27  
11/3 - 12/22 (no class 11/24)

### With your Child: Family Stretch

**Ages: 4 - 8**

**Academie De Ballet Classique**

Families that stretch together, have fun together. Help your child learn to stretch safely and gain a little flexibility too! Wear comfortable, stretchy clothing. Bare feet or socks to keep feet comfortable.

Fee: \$38 ID \$46 OD / session

Activity: 306559

**F: 5:30-6:15 pm**

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

## Martial Arts

### Lil'est Dragons

**Age: 3**

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

Activity: 306752

**Tu/Th: 3:30 - 4:00 pm**

Sessions: 10/2 - 25  
11/6 - 12/6 (no class 11/20 & 22)  
1/8 - 31

### Lil' Dragons

**Ages: 4 - 6**

**Odyssey Martial Arts**

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

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

Activity: 306750

**M/W: 4:15 - 4:45 pm**

Sessions: 10/3 - 29  
11/5 - 12/5 (no class 11/19 & 21)  
1/7 - 30

**Tu/Th: 4:15 - 4:45 pm**

Sessions: 10/2 - 25  
11/6 - 12/6 (no class 11/20 & 22)  
1/8 - 31

**M-Th: 4:15 - 4:45 pm**

Session: 12/10 - 20

### More programs for little guys and gals at:

**Art, pages 72 - 78**

**Fitness, page 26**

**Swimming, pages 27 - 29**

**Sports, pages 88 - 98**





## Music

### Kindermusik: Family Class

**Ages: 12 Months - 5 years**  
**Cascade School of Music**

Bringing children of all ages together provides a dynamic and integrated learning experience for everyone. We have rolled our favorite Kindermusik songs and activities into a fun, family class where each child is welcomed and valued and family "together time" is celebrated and cherished.

Fee: \$150 ID \$180 OD / session  
Activity: 306355  
**M: 3:00 - 3:45 pm**  
Sessions: 9/24 - 11/12  
12/3 - 10 (Adj. fee \$45 ID \$54 OD)

### Kindermusik: Laugh & Learn

**Ages: 3 - 4**  
**Cascade School of Music**

Each week we will celebrate your preschooler's natural love of music, storytelling and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth, and self-control.

Fee: \$150 ID \$180 OD / session  
Activity: 306354  
**M: 12:15 - 1:30 pm**  
Sessions: 9/24 - 11/12  
12/3 - 10 (Adj. fee \$45 ID \$54 OD)  
**F: 10:45 - 11:30 am**  
Sessions: 9/28 - 11/16  
12/7 - 14 (Adj. fee \$45 ID \$54 OD)

### Kindermusik: Sing & Play

**Ages: 12 Months - 2 years**  
**Cascade School of Music**

Get ready to sing, play, and move with your little one in this high-energy music class designed to be just right for very young children. This class focuses on your child's beginning movement, helping to build the muscles needed to walk, run, and climb as well as vocal development, helping to nurture your child's speaking and singing voice.

Activity: 306351  
**Eight Weeks**

Fee: \$150 ID \$180 OD / session  
**M: 9:30 - 10:15 am**  
Session: 9/24 - 11/12  
**Tu: 9:30 - 10:15 am**  
Session: 9/25 - 11/13  
**Th: 9:30 - 10:15 am**  
Session: 9/27 - 11/15

### Two Weeks

Fee: \$45 ID \$54 OD / session  
**M: 9:30 - 10:15 am**  
Session: 12/3 - 10  
**Tu: 9:30 - 10:15 am**  
Session: 12/4 - 11  
**Th: 9:30 - 10:15 am**  
Session: 12/6 - 13

### Work for play. Play for work.

View available  
positions at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs)

### Kindermusik: Wiggle & Grow

**Ages: 2 - 3**  
**Cascade School of Music**

Wiggle & Grow is a super-fun music-filled learning experience that celebrates the unique joys of the energetic 2- and 3-year-olds. Your child will love singing, dancing and instrument play activities designed to promote cognitive development, encourage social skills and cultivate early literacy skills.

Fee: \$150 ID \$180 OD / session  
Activity: 306350  
**M: 10:45 - 11:30 am**  
Sessions: 9/24 - 11/12  
12/3 - 10 (Adj. fee \$45 ID \$54 OD)  
**W: 10:45 - 11:30 am**  
Sessions: 9/26 - 11/14  
12/5 - 12 (Adj. fee \$45 ID \$54 OD)  
**Th: 10:45 - 11:30 am**  
Sessions: 9/27 - 11/15  
12/6 - 13 (Adj. fee \$45 ID \$54 OD)

### Kindermusik: 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 success in school and music.

Fee: \$150 ID \$180 OD / session  
Activity: 306356  
**Tu: 3:00 - 3:45 pm**  
Sessions: 9/25 - 11/13  
12/4 - 11 (Adj. fee \$45 ID \$54 OD)

### Kindermusik: Cuddle & Bounce

**Ages: 1 month - 1 year**  
**Cascade School of Music**

Your baby's brain is filled with billions of neurons waiting to be connected through sensory stimulation. Our baby music classes offer a sensory-rich yet caring and gentle environment. The activities and relationships you engage in will develop and strengthen your baby's neural pathways, enhance your growing parent-child bond and help you understand the how's and why's of your baby's development.

Fee: \$150 ID \$180 OD / session  
Activity: 306352  
**W: 9:30 - 10:15 am**  
Sessions: 9/26 - 11/14  
12/5 - 12 (Adj. fee \$45 ID \$54 OD)

## Nature

### Children's Forest: Discover Nature Festival

FREE

**Sunday, September 9**  
**11:00 am - 3:00 pm**  
**Riverbend Park**

Over 35 outdoor recreation and nature education activities for all ages! More information on page 62.





creativity  
equals  
expression

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

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

## Art Parties

### All Ages

The Art Station is a great place to hold private parties! Paint a masterpiece, create clay projects, make your own sculpture - 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.

**Guests:** Adult Party: 10  
Kids Party: 10 children & 10 adult chaperones  
**Fees:** Art Party: \$225 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: [bendparksandrec.org](http://bendparksandrec.org). Please fill out an online party request form.

## Young Children

### Art StART

#### Art Station

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Children ages 2-3 must be accompanied by an adult. Instructor: Kathy Pawelski

Fee: \$65 ID \$78 OD / session  
Activity: 311301

### Awesome Autumn Days

**Ages: 2 - 3**

**W:** 9:00 - 10:00 am

**Ages: 3 - 6**

**W:** 10:30 - 11:30 am

Session: 9/19 - 10/10

### Messy Little Monsters

**Ages: 2 - 3**

**W:** 9:00 - 10:00 am

**Ages: 3 - 6**

**W:** 10:30 - 11:30 am

Session: 10/17 - 11/14 (no program 10/24)



## PreClay

**Ages: 3 - 5**

### Art Station

This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create projects with bright colored glazes. Child must be accompanied by adult. Instructor: Helen Bommarito

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

Activity: 311300

**F: 9:45 - 10:45 am**

Sessions: 10/5 11/9  
12/7

## Art Play Group

**Ages: 2 - 5**

### Art Station

Parents, grandparents, family, nannies get to connect with their child at the art station! Each session will have different activities that are play based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. Child must be accompanied by adult. Instructor: Jessica Dawley

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

Activity: 311302

**F: 9:00 - 10:00 am**

Sessions: 10/12 11/16  
12/14

## Toddler Station Exploration

**Ages: 2 - 3**

### Art Station

Fun art activities just their size! Little ones will have lots of time to explore creative stations that support curiosity and independence! New process based art activities introduced each week, plus familiar favorites so toddlers can feel successful while messing around with interesting materials and tools! Child must be accompanied by adult. Instructor: Kathy Pawelski

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

Activity: 311304

**M: 9:30 - 10:30 am**

Session: 11/26 - 12/17



## Handmade Presents for Little Hands

NEW

**Ages: 2 - 6**

### Art Station

Work together painting & designing unique seasonal keepsakes! Come make colored canvases, dough ornaments and textured cards that little ones can give to someone special. Child must be accompanied by adult. Instructor: Kathy Pawelski

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

Activity: 311305

**Ages: 2 - 3**

**W: 9:00 - 10:00 am**

**Ages: 3 - 6**

**W: 10:30 - 11:30 am**

Session: 12/5 - 12

## Clay

## Youth Wheel Throwing

**Ages: 7 - 13**

### Art Station

All levels are welcome to learn how to make pots on the wheel. Follow the process of basic wheel throwing practice, trimming and glazing. Small class sizes will allow more one on one time with students to improve their skills. Instructor: Art Station staff

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

Activity: 311203

**Tu: 4:00 - 6:00 pm**

Session: 9/25 - 10/16 10/23 - 11/13  
11/27 - 12/18

## Teen Wheel Throwing & Hand Building

**Ages: 13 - 18**

### Art Station

All levels are welcome to learn how to throw pots on the wheel and advance your skills with various hand building techniques. This class will free your imagination and give you the skills to make them a reality. Wheel throwing is a focused escape of fun! Instructor: Helen Bommarito

Fee: \$139 ID \$167 OD / session

Activity: 311202

**W: 2:15 - 5:15 pm**

Session: 9/26 - 10/17



## Kooky Clay Creations

**Ages: 6 - 12**

### Art Station

Come play with clay! Create wacky creatures while learning building techniques. Build your own chia pets, bobble heads and more in this fun and creative class. Imagination is mandatory! Instructor: Amanda Krammes

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

Activity: 311200

**Th: 4:00 - 6:00 pm**

Session: 9/27 - 10/18



## Home School Academy

## Kids & Clay

**Ages: 6 - 12**

### Art Station

Using different pottery techniques learn to create with the pottery wheel, make hand built creations and glaze your projects. Instructor: Art Station staff

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

Activity: 311260

**W: 9:30 - 11:00 pm**

Sessions: 9/26 - 10/17  
11/7 - 12/5  
(No program 11/21)

## Optical Illusions

**Ages: 7 - 13**

Discover how artwork can play tricks with your eyes! Learn about Op Art and optical illusions, and make artwork that appears to shake, shimmy and shift. Create visual illusions by carefully placing lines, shapes and color in ways that will fool your eyes into thinking your artwork is moving. Instructor: Kathy Schoderbek

Fee: \$79 ID \$94 OD / session

Activity: 311260

**M: 1:00 - 3:00 pm**

Session: 10/8 - 22



## No-School Days

### Recyclable Art & Fall Clay Creations

NEW

NO SCHOOL

Ages: 6 - 12

#### Art Station

Half the day, turn recyclables into masterpieces! Have fun making crazy creations out of items one would ordinarily throw away. Use your creativity and imagination to turn disposable items into beautiful landscapes and amazing animals. The other half of the day, let pumpkins, leaves and autumn inspire awesome clay creations. Instructors: Kathy Schoderbek & Amanda Krammes

Fee: \$195 ID \$234 OD / session

Activity: 311400

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

Session: 10/24 - 26

### Critters in Sweaters

NEW

NO SCHOOL

Ages: 6 - 12

#### Art Station

Winter is coming...it's time to pull out the sweaters! Spend half the day drawing adorable furry critters in colorful, patterned and festive sweaters. Learn techniques for drawing animals and showing texture. The other half of the day will be spent making a clay critter wall plaque while learning about texture and hand building. Instructors: Kathy Schoderbek & Amanda Krammes

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

Activity: 311401

M: 9:00 am - 4:00 pm

Session: 11/12

### Foodie Fun

NEW

NO SCHOOL

Ages: 6 - 12

#### Art Station

Pizza, donuts and ice-cream - Oh my! Create favorite treats from papier-mâché, paint, clay and more! You'll be sure to walk away with some colorful, mouth-watering creations! Instructor: Jessica Dawley & Amanda Krammes

Fee: \$195 ID \$234 OD / session

Activity: 311402

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

Session: 11/19 - 21

### Art-rageous Camp

NO SCHOOL

Ages: 6 - 12

#### Art Station

Discover your creative side! Camps will offer a mix of painting, pastels, drawing, clay, sculpture and mixed media... the possibilities are endless! Let's play and create in the studio. Instructor: AS Staff

Fee: \$195 ID \$234 OD / session

Activity: 311405

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

Sessions: 12/26 - 28 1/2 - 4

## Creating with Clay Sheets

Ages: 7 - 13

#### Art Station

Learn new techniques in clay using the slab roller. Create unique textures and designs on slabs using a variety of objects then turn your decorated slabs into wall hangings, fish mobiles and more. Instructor: Amanda Krammes

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

Activity: 311204

Th: 4:00 - 6:00 pm

Session: 11/1 - 15



### Fish Chimes

Ages: 6 - 12

#### Art Station

After creating simple clay pinch pots in a variety of shapes, students add designs with stamps and glaze and then stringing the pots together to make a unique wind chime. This is a two class process with other fishy activities. Instructor: Amanda Krammes

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

Activity: 311205

M: 4:00 - 6:00 pm

Session: 10/8 - 15

W: 2:30 - 4:30 pm

Session: 11/28 - 12/5

### Ceramic Weaving Looms

NEW

Ages: 6 - 12

#### Art Station

Create a beautiful keepsake that combines sculpting with clay and weaving with string. Take home a colorful and unique piece of art to hang on the wall. Instructor: Amanda Krammes

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

Activity: 311206

M: 4:00 - 5:30 pm

Session: 12/3 - 10



## Drawing & Painting

### Autumn Watercolors

NEW

Ages: 8 - 12

Art Station

Kids have so much fun learning beginner watercolor techniques! We'll blend colors for bright colorful autumn leaves and learn to transfer favorite leaf shapes onto watercolor paper. Students learn techniques used in watercolor including blending, sponge painting and splatter painting. Instructor: Jodi Schneider

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

Activity: 311222

W: 2:30 - 4:00 pm

Session: 9/26 - 10/17

### Watercolor & Ink Mandalas

NEW

Ages: 6 - 12

Art Station

Come explore the beauty of this ancient circular design as we create a vibrant watercolor mandala. Add intricate details with permanent ink and paint pens resulting in a visually intriguing work of art. Instructor: Jessica Dawley

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

Activity: 311242

Tu: 4:00 - 5:30 pm

Session: 10/23 - 11/6



**Private lessons available  
in clay and multimedia  
for youth and adults.**

Call (541) 617-1317

## Learn to Draw Manga

Ages: 8 - 16

Art Station

Kids with an interest in Japanese animation (Anime), superheroes, comics and cartoons - this is the class for you! Learn the basics of drawing the Manga style. In addition to figure construction, students also learn about costume design, gesture, facial expression, inking and color techniques. Instructor: Carolyn Parker

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

Activity: 311210

Sa: 9:00 am - 12:00 pm

Session: 10/27

## Multimedia

### Fairy Gardens

Ages: 7 - 14

Art Station

Make your own fairy garden! First, sculpt and glaze a ceramic house. Next, fill pots with dirt, construct fences, ladders, swings and benches to place in the gardens. The result is imaginative and magical sculptures! Instructor: Amanda Krammes

Fee: \$69 ID \$83 OD / session

Activity: 311240

Sa: 10:00 am - 12:00 pm

Session: 9/22 - 29

W: 2:30 - 4:30 pm

Session: 11/7 - 14

### Mixed-Media Mural

NEW

Ages: 6 - 12

Art Station

Create a large-scale mixed media work of art as we explore layering, with creative mark-making, painting, printmaking, stamping and collage. Every piece turns out wildly unique and can be enjoyed for years to come. Instructor: Jessica Dawley

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

Activity: 311241

Tu: 4:00 - 5:30 pm

Session: 9/25 - 10/9

Th: 4:00 - 5:30 pm

Session: 11/1 - 15



## Artist Elements

Ages: 6 - 13

Art Station

Artist Elements classes are designed to strengthen art skills and encourage an appreciation for art. Participants will learn about art fundamentals, terms and techniques to improve art skills and develop creativity. Instructor: Sue Wilhelm

Fee: \$99 ID \$118 OD / session

Activity: 311250

### Multimedia Design Experiments

NEW

Design is where it's at! Come draw, paint, collage, print and learn elements of design to make your artwork exciting. Design experiments open our minds to fun and surprise, excitement and wonder. Design marks us as artists and helps us grow through our art journey.

Th: 4:30 - 6:00 pm

Session: 9/20 - 10/18

### Acrylic Painting

NEW

Learn all the tricks of the trade! Explore how to mix colors and different ways to apply the paint for the affects you want. Explore a range of painting surfaces and styles ranging from realism to full abstract design. Be prepared to paint what you want with this fun and versatile paint medium.

M: 4:30 - 6:00 pm

Session: 10/1 - 29



## Art Station FREE Open House

**Sunday, September 23**  
**10:00 am - 12:00 pm**

Visit the Art Station for free art activities, clay wheel-throwing demos and a raffle to be used towards the Art Station classes.

Activities are designed for ages 5 and up. Come check out the Art Station and learn what we have to offer for all ages!



### Work for play at BPRD.

Learn more at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs)



## Art Night Out: Gift Giving

**Ages: 6 - 10**

**Art Station**

Parents enjoy a night out while your kids explore their creative side. It's an opportunity for children to enjoy exploring different art techniques in the multi-media studio while creating holiday gifts for family and friends. Instructor: Jessica Dawley

Fee: \$36 ID \$42 OD / session

Activity: 311247

**F: 6:00 - 9:00 pm**

Session: 11/16 12/14

## Multimedia Creatures NEW

**Ages: 6 - 12**

**Art Station**

Calling all animal lovers! There are so many adorable animals and interesting insects to inspire us. Let's learn and explore with a variety of materials and create our own works of art featuring our favorite creatures! Instructor: Jessica Dawley

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

Activity: 311243

**W: 2:30 - 4:30 pm**

Session: 12/5 - 19

## Multimedia: DIY Doll

### DIY Doll Accessories

**Ages: 6 - 10**

**Art Station**

Create items just for your doll including pretend food, sleeping bags and more. It's a time to create and play with others who love their dolls. Ideally this would be for the popular 18" dolls (American Girl or Our Generation Girl) but can be adapted for other kinds/sizes. Instructor: Jessica Dawley

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

Activity: 311244

**Sa: 1:00 - 5:00 pm**

Sessions: 10/13 11/10

### DIY Doll Accessories 2

**Ages: 6 - 10**

**Art Station**

It's a time to create more doll accessories and play with others who love their dolls, too! For students that have attended DIY Doll Accessories (and new students welcome too), we'll offer different projects and items just for your doll. Ideally this would be for the popular 18" dolls (American Girl or Our Generation Girl) but can be adapted for other kinds/sizes. Instructor: Jessica Dawley

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

Activity: 311245

**Sa: 1:00 - 5:00 pm**

Session: 10/27

## DIY Doll: Holiday Edition NEW

**Ages: 6 - 10**

**Art Station**

Celebrate with your doll! Create holiday accessories like holiday cookies, stockings and gifts for your doll. It's a time to create and play with others who love their dolls, too. Ideally this would be for the popular 18" dolls (American Girl or Our Generation Girl) but can be adapted for other kinds/sizes. Instructor: Jessica Dawley

Fee: \$69 ID \$83 OD / session

Activity: 311246

**Sa: 1:00 - 5:00 pm**

Session: 12/8

## With Your Child: Clay

### With Your Child: Clay Pumpkins NEW

**Ages: 5 & up with adult**

**Art Station**

Come and sculpt a festive pumpkin out of clay. Create a pumpkin using pinch pot or coil techniques. Choose your shape and build, then add a fun face. Choose a removable lid or hollow bottom. Finally, glaze your piece, place a candle inside and watch your ceramic pumpkin glow. Instructor: Amanda Krammes

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

Activity: 311500

**Sa: 10:00 am - 1:00 pm**

Sessions: 9/15 10/13

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



## With Your Child: Leaf Platters

**Ages: 5 & up with adult**

### Art Station

Bring the falling leaves to your dinner table by cutting your favorite leaf shapes out of clay slabs and adding or carving the stems and veins for a realistic look. Instructor: Helen Bommarito

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

Activity: 311502

Sa: 10:00 am - 1:00 pm

Sessions: 9/29 10/20

## With Your Child: Family Wall Hangings

**Ages: 5 & up with adult**

### Art Station

Create unique wall plaques from clay to celebrate your family's name. Build your own letters or use stamps. Add details like your address or a special quote to make this family keepsake even more special. Instructor: Amanda Krammes

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

Activity: 311501

Sa: 10:00 am - 12:00 pm

Sessions: 10/6 11/10

## With Your Child: Tiny Homes

**Ages: 5 & up with adult**

### Art Station

Together you and your child create a magical tiny home! Learn various techniques while adorning your home with textured details and miniature features. Instructor: Helen Bommarito

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

Activity: 311503

Sa: 10:00 am - 1:00 pm

Sessions: 10/27 12/1



## With Your Child: Heirloom Ornaments

**Ages: 5 & up with adult**

### Art Station

Create family holiday ornaments with clay using cookie cutters or use your imagination to make your own original shapes! Press patterns or messages on your ornaments using stamps. Hang them on your own tree or share them as gifts. Instructor: Amanda Krammes

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

Activity: 311505

Sa: 10:00 am - 12:00 pm

Sessions: 11/17 12/8

## With Your Child: Fused Glass

## With Your Child: Halloween Dishes

**Ages: 5 & up with adult**

### Art Station

Work side by side to create a 5x5" fused and slumped glass Halloween-themed dish. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$36 ID \$44 OD / session

Activity: 311562

Sa: 9:00 - 11:30 am

- OR -

Sa: 1:00 - 3:30 pm

Session: 10/6

## With Your Child: Four-legged Friends

NEW

**Ages: 5 & up with adult**

### Art Station

Begin with a four legged pre-fired 12x3" "template" that consists of a glass head, torso, and tail, all attached with copper wire. Families add glass details including eyes, nose, nostrils, scales, stripes, dots, and other embellishments. After fired to a "tack fuse", which provides texture, copper legs can be bent and the head and tail can also be carefully repositioned. These little critters have character! Additional charge of \$35 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$36 ID \$44 OD / session

Activity: 311561

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 9/22

## With Your Child: Dia De Los Muertos Skeletons

NEW

**Ages: 5 & up with adult**

### Art Station

Child and adult work side by side to create a 4x10" Dia De Los Muertos hanging "skeleton" art piece inspired by Mexican culture and tradition. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$36 ID \$44 OD / session

Activity: 311563

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 10/20

## Volunteer with art programs.

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

## With Your Child: Turkey Handprints in Glass

NEW

**Ages: 5 & up with adult**

### Art Station

Using a technique called "kiln carving," your child's handprint will be used to create the head, body and feathers of a turkey. Embellishments will be added to further create your turkey, which will become a fused and slumped 6x6" dish. Additional charge of \$35 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$36 ID \$44 OD / session

Activity: 311564

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 11/3



## With Your Child: Glass Photo Holder

NEW

**Ages: 5 & up with adult**

### Art Station

A unique and great way to display your child's picture is in their own original art! Families will work together to create designs in glass which will be fired and slumped into a freestanding photo holder. Additional charge of \$25-30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$36 ID \$44 OD / session

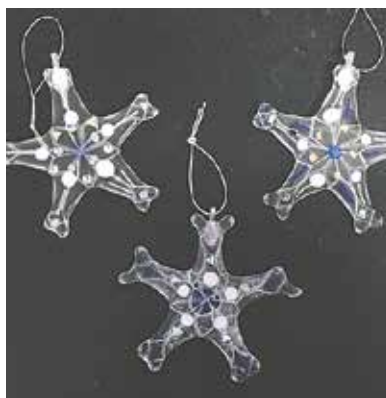
Activity: 311565

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 11/17



## With Your Child: Glass Holiday Ornaments

**Ages: 5 & up with adult**

**Art Station**

A variety of hanging ornament designs and choices will be available for you and your child to craft. Make a special gift for family, friends and teachers that is handcrafted with love. Additional charge of \$10-\$15 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$36 ID \$44 OD / session  
Activity: 311567  
Sa: 10:00 am - 12:30 pm  
- OR -  
Sa: 2:00 - 4:30 pm  
Session: 12/1

## With Your Child: Fused Glass Ornaments

**Ages: 5 & up with adult**

**Bend Senior Center**

Make a family treasure to hang on your holiday tree! In this introductory class, you'll learn all about glass fusing in a fun, informative environment. You will complete two ornament projects in class. Projects will be kiln fired and available for pickup a week after class. Instructor: Diane Burns.

Fee: \$49 ID \$61 OD / session  
Activity: 302414  
Tu: 5:00 - 7:00 pm  
Session: 12/11

## With Your Child: Glass Mosaic Dish

**Ages: 5 & up with adult**

**Art Station**

A variety of colors and styles will be available for you and your child to create the perfect glass mosaic. Finished 5x5" pieces will be slumped into dishes or used flat for a trivet or spoon rest. Additional charge of \$25-30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$36 ID \$44 OD / session  
Activity: 311568  
Sa: 10:00 am - 12:30 pm  
- OR -  
Sa: 2:00 - 4:30 pm  
Session: 1/5

## With Your Child: Multimedia

### With Your Child: Paint Night

**Ages: 6 & up with adult**

**Bend Senior Center**

Come create a two-sided painting with your child. We'll start off with some bagels and juice to get your creative juices flowing. Then each child /adult team will each paint their own canvas. When put together this will make a beautiful painting. The design is traced onto the canvas before you arrive and the instructor will guide you through the process of creating the painting. This class is designed for children ages 6 years and up. Instructor: Diane Burns

Fee: \$59 ID \$71 OD /session  
Activity: 302416  
F: 4:00 - 6:30 pm  
Session: 9/21: Jack Pumpkin  
Tu: 4:00 - 6:30 pm  
Session: 11/27: Rudy Reindeer

## DIY: Handmade Driftwood & Glass Wind Chimes NEW

**Ages: 5 & up with adult**

**Bend Senior Center**

Create with your child a beautiful wind chime. Learn how to incorporate sea glass, beads, and other glass trinkets into a unique hand crafted masterpiece. Perfect for gift giving. All supplies included. Instructor: Diane Burns

Fee: \$59 ID \$71 OD / session  
Activity: 302413  
Th: 5:00 - 6:30 pm  
Session: 9/27 - 10/4

## With Your Child: Acrylic Pouring

**Ages: 7 & up with adult**

**Art Station**

Make your masterpiece using museum quality pigments and products. Swirl, slip and slide 100% non-toxic acrylic paint across an 8x10" canvas. Learn to combine products from the pour kit and pouring techniques and applications and then seal finished artwork with eco-friendly protective finish. Instructor: Jessica Gamble

Fee: \$55 ID \$66 OD / session  
Activity: 311541  
Sa: 10:00 - 11:30 am  
Sessions: 10/13 11/10



## With Your Child: Santa Cookie Plate

**Ages: 5 & up**

**Bend Senior Center**

Get the kiddos involved in creating a custom plate for Santa's cookies. This is great opportunity for some quality one-on-one time with your child or grandchild. In this class you will decorate a ceramic plate for firing with your child. This plate will become a family treasure for sure as it is durable and can be washed and reused year after year. Supplies and firing included. Instructor: Diane Burns.

Fee: \$59 ID \$71 OD / session  
Activity: 302415  
F: 5:00 - 7:00 pm  
Session: 12/7



## With Your Child: Holiday Tree String Art NEW

**Ages: 7 & up with adult**

**Art Station**

Create a memory to cherish this holiday season! Play connect the dots on reclaimed wood using nails and embroidery floss then spruce it up with non-toxic acrylic paint. Voila! A handmade rustic treasure to display in your home every winter! Instructor: Jessica Gamble

Fee: \$55 ID \$66 OD / session  
Activity: 311542  
Sa: 10:00 am - 12:00 pm  
Session: 12/8





NO  
SCHOOL  
DAY  
PROGRAMS  
.....  
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## ENRICHMENT WEDNESDAYS

### At Your School:

#### Early Release Wednesdays:

2:00 - 3:30 pm

Fee: \$80 ID \$96 OD / session

W: 2:00 - 3:30 pm

Session: 9/12 - 10/17 (Adj. Fee \$70 ID \$84 OD; no class 10/24)  
10/31 - 12/19 (no class 11/21)  
1/9 - 2/20

Each week, Bend La Pine Schools have school improvement Wednesdays where kids end their school day at 2:00 pm.

What to do? Don't fret, Enrichment Wednesdays are here for you!

We host five enrichment sessions each year and they are all located at your child's school - how convenient! Each offering rotates every six to eight weeks depending on the school calendar year. Offerings include movement classes like dance, games or martial arts and a variety art, science and foreign language options. Try something new or try them all!

### BEAR CREEK ELEMENTARY

All Programs: 406601

#### Theatre with Miss Lovely

Grades: K - 5

Session: 9/12 - 10/17 (no class 10/24)  
10/31 - 12/19 (no class 11/21)  
1/9 - 2/20

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits or a short play for family and friends will be held on the last day of each session to showcase the kids' talents.

#### Creative Clay

Grades: K - 5

Session: 9/12 - 10/17 (no class 10/24)

Join in the fun as we make a different clay project every week such as small creatures, figurines, and beautiful ceramic art.

#### Nature Discovery

Grades: K - 5

Session: 10/31 - 12/19 (no class 11/21)

Join a Sunriver Nature Center Naturalist to explore the different animals that call Oregon 'home'! Discover colorful invertebrates, slithering snakes, large-eyed owls, and more!

#### Fun Science Projects

Grades: K - 5

Session: 1/9 - 2/20

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.

### BUCKINGHAM ELEMENTARY

All Programs: 406602

#### Martial Arts

Grades: K - 5

Session: 9/12 - 10/17 (no class 10/24)

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.

#### Experiment with Art

Grades: K - 5

Session: 10/31 - 12/19 (no class 11/21)

Try your hand at a variety of art mediums and see which you like the best. Learn new techniques and bring home a project each week.

#### Creative Computer Coding

Grades: K - 5

Session: 1/9 - 2/20

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.

#### Volunteer with kids!

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

### WEDNESDAYS

**Early Release Wednesdays: 2:00 - 3:30 pm**

Fee: \$80 ID \$96 OD / session Sessions: 9/12 - 10/17 (Adj. Fee \$70 ID \$84 OD; no class 10/24) | 10/31 - 12/19 (no class 11/21) | 1/9 - 2/20



#### ELK MEADOW ELEMENTARY

All Programs: 406603

##### Spanish Immersion

Grades: K - 5

Session: 9/12 - 10/17 (no class 10/24)

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

##### Mixed Martial Arts

Grades: K - 5

Session: 10/31 - 12/19 (no class 11/21)

Learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

##### Nature Discovery

Grades: K - 5

Session: 1/9 - 2/20

Join a Sunriver Nature Center Naturalist to explore the different animals that call Oregon home! Discover colorful invertebrates, slithering snakes, large-eyed owls and more!

#### HIGH LAKES ELEMENTARY

All Programs: 406605

##### OSU 4H: Mighty Machines

Grades: K - 5

Session: 9/12 - 10/17 (no class 10/24)

Use robotic and LEGO kits to bring science to life through hands-on projects. Learn the basics of mechanical engineering, programming, and design skills with motors, sensors and an easy to learn graphic interface. A great starting point for beginner programmers and LEGO fans.

##### Fun, Funky, Fresh Dance

Grades: K - 5

Session: 10/31 - 12/19 (no class 11/21)

Have fun by moving and grooving to music and expressing yourself through dance. We'll also integrate dance games including limbo, freeze dance, dance teacher and more!

##### Martial Arts

Grades: K - 5

Session: 1/9 - 2/20

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.



#### HIGHLAND ELEMENTARY

All Programs: 406606

##### Fun Science Projects

Grades: K - 5

Session: 9/12 - 10/17 (no class 10/24)

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.

##### Creative Computer Coding

Grades: K - 5

Session: 10/31 - 12/19 (no class 11/21)

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.

##### Mixed Martial Arts

Grades: K - 5

Session: 1/9 - 2/20

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

#### JEWELL ELEMENTARY

All Programs: 406607

##### Nature Discovery

Grades: K - 5

Session: 9/12 - 10/17 (no class 10/24)

Join a Sunriver Nature Center Naturalist to explore the different animals that call Oregon 'home!' Discover colorful invertebrates, slithering snakes, large-eyed owls and more!

##### Sportsters

Grades: K - 5

Session: 10/31 - 12/19 (no class 11/21)

Calling all kids! Join us for gym games, flag tag and sport skills.

##### Experiment with Art

Grades: K - 5

Session: 1/9 - 2/20

Try your hand at a variety of art mediums and see which you like the best. Learn new techniques and bring home a project each week.

#### JUNIPER ELEMENTARY

All Programs: 406608

##### Experiment with Art

Grades: K - 5

Session: 9/12 - 10/17 (no class 10/24)

Try your hand at a variety of art mediums and see which you like the best! Learn new techniques and bring home a project every week.

##### Gifts from the Heart

Grades: K - 5

Session: 10/31 - 12/19 (no class 11/21)

Want to give someone special a handmade gift? Join local artist Diane Burns and make unique one of a kind gifts that your friends and family will love to receive. A great class for the holidays!



**Early Release Wednesdays: 2:00 - 3:30 pm**

Fee: \$80 ID \$96 OD / session Sessions: 9/12 - 10/17 (Adj. Fee \$70 ID \$84 OD; no class 10/24) | 10/31 - 12/19 (no class 11/21) | 1/9 - 2/20

ENRICHMENT

WEDNESDAYS

YOUTH ACTIVITIES

## Colorful Canvases

**Grades: K - 5**

Session: 1/9 - 2/20

Explore your artistic side and draw, paint and sculpt while creating art to decorate your room or share as a gift.

## LAVA RIDGE ELEMENTARY

**All Programs: 406609**

## Creative Computer Coding

**Grades: K - 5**

Session: 9/12 - 10/17 (no class 10/24)

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.

## Fun Science Projects

**Grades: K - 5**

Session: 10/31 - 12/19 (no class 11/21)

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.

## Fun, Funky, Fresh Dance

**Grades: K - 5**

Session: 1/9 - 2/20

Have fun by moving and grooving to music and expressing yourself through dance. We'll also integrate dance games including limbo, freeze dance, dance teacher and more!



## MILLER ELEMENTARY

**All Programs: 406610**

## Fun, Funky, Fresh Dance

**Grades: K - 5**

Session: 9/12 - 10/17 (no class 10/24)

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!

## Martial Arts

**Grades: K - 5**

Session: 10/31 - 12/19 (no class 11/21)

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.

## Spanish Immersion

**Grades: K - 5**

Session: 1/9 - 2/20

Hola! Receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

## PINE RIDGE ELEMENTARY

**All Programs: 406611**

## Mixed Martial Arts

**Grades: K - 5**

Session: 9/12 - 10/17 (no class 10/24)

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

## 4-H: Engineering Mighty Machines

**Grades: K - 5**

Session: 10/31 - 12/19 (no class 11/21)

Come join us and SPRK Some Fun! Students will use Sphero SPRK + robots to learn about the engineering design process, programming, design skill and coding. Using simple code, kids will program robots to dance, speak, change color and much more.

## Sportsters

**Grades: K - 5**

Session: 1/9 - 2/20

Calling all kids! Join us for gym games, flag tag and sport skills.

## SILVER RAIL ELEMENTARY

**All Programs: 406613**

## Sportsters

**Grades: K - 5**

Session: 9/12 - 10/17 (no class 10/24)

Join us for fun games, flag tag, sports and high energy play.

## Spanish Immersion

**Grades: K - 5**

Session: 10/31 - 12/19 (no class 11/21)

Hola! Receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

## 4-H: Engineering Mighty Machines

**Grades: K - 5**

Session: 1/9 - 2/20

Come join us and SPRK Some Fun! Students will use Sphero SPRK + robots to learn about the engineering design process, programming, design skill and coding. Using simple code, kids will program robots to dance, speak, change color and much more.

## For Kids' Sake

Bend Park & Recreation District and Bend-La Pine Public Schools work cooperatively to ensure that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.



## Before & Afterschool Programs

# KIDS INC.

bend park & recreation district

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.

**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.

For more information: Call (541) 389-7275.

### SCHOOL LOCATIONS:

AMITY (AM)  
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.



### 2018 - 19 School Year

Many Kids Inc. programs are full.  
Please sign up on waitlist.

**Registration Fee:** \$20 AM / \$20 PM  
per child for each program.  
Non-refundable.

**Monthly Fees:** AM Fee: \$59 / month  
PM Fee: \$145 / month

AM and PM fee is a single price regardless of  
number of days used.

# REC ZONE

Grades: K - 5

**SCHOOL  
LOCATIONS:**  
HIGH LAKES  
HIGHLAND  
MILLER

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.

### Hours of Operation:

M/T/Th/F: 3:30 - 4:30 pm  
(no program Wednesday afternoon)

### 2018 - 19 School Year

Reserve your child's spot now.

**Registration Fee:** \$20 per child.  
Non-refundable.

**Monthly Fee:** \$37 / month

For more information: Call (541) 389-7275.



## More Afterschool

### Kids On-the-Move **FREE**

Grades: 1 - 5

**Silver Rail Elementary  
& Ensworth Elementary**

Join your friends for some active play and nature-themed activities that will get your heart pumping! Each day after school, the focus will be on fun, fitness, nutrition and nature! On most days, activities will be outdoors so dress appropriately. Does not meet if there is no school.

Fee: FREE

Activity: 307901

**Silver Rail**

**M: 3:30 - 5:00 pm**

**W: 2:00 - 4:30 pm**

Session: 9/17 - 11/14

**Ensworth:**

**Tu/Th: 3:30 - 5:00 pm**

Session: 9/18 - 11/15



## No School Days



Grades: K - 5

**Pine Ridge Elementary & Ponderosa Elementary**

Operation Recreation meets the needs of the working parent and the fun seeking child! This program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips.

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

Fee: \$45 ID \$54 OD per day

Activity: 307400

**Weekdays: 7:00 am - 6:00 pm**

Sessions:

Wednesday: 10/24	Wednesday: 12/26	Wednesday: 1/2
Thursday: 10/25	Thursday: 12/27	Thursday: 1/3
Friday: 10/26	Friday: 12/28	Friday: 1/4
Monday: 11/19	Monday: 12/31	
Tuesday: 11/20		
Wednesday: 11/21		

**NO SCHOOL**

## Cooking

### I Love Sushi

Ages: 10 - 15

**Harmon Park Hobby Hut**

Make your own sushi! Learn to hold a knife, cut fresh fish and make perfect sushi rice. Prepare your favorite sushi rolls and enjoy a delicious and impressive homemade sushi meal. On the menu: California roll, tempura shrimp roll, dragon roll and assorted vegetable roll. Bring a cutting board and a container for leftovers. Includes recipes and sushi to take home.

Fee: \$50 ID \$60 OD / session

Activity: 306226

**Sa: 1:00 - 4:00 pm**

Session: 9/22 10/13



### Holiday Sweet Treats

Ages: 10 - 14

**Cascade Middle School**

You do the cooking while learning to make a variety of easy, festive goodies. Celebrate the holidays with these great treats for friends and family.

Fee: \$69 ID \$82 OD / session

Activity: 306221

**Sa: 10:00 am - 12:30 pm**

Session: 11/3

### Breakfast Fun

Ages: 10 - 14

**Cascade Middle School**

Breakfast! Brunch! It is all the same! Learn to make unique breakfast foods such as quiche, German pancakes, crepes and much more.

Fee: \$69 ID \$82 OD / session

Activity: 306222

**Sa: 10:00 am - 12:30 pm**

Session: 11/10



## Crafts

### DIY Chunk Candles

#### Wick'd DIY Candle Lounge

Learn to create a chunk candle! Kids participate in the entire process - from pouring tiles and making wax "cookies" to creating their own design, chunking tiles and adding fragrance. Kids 11 and under create a non-burning, "wickless" option. Candles available for pick up the next day.

Fee: \$25 \$30 OD / session  
Activity: 306150

**Ages: 7 - 11**

**W:** 2:30 - 4:30 pm

Sessions: 9/12, 9/26, 10/10, 10/24, 11/14, 11/28, 12/12

**Ages: 12 - 14**

**W:** 1:30 - 3:30 pm

Sessions: 9/19, 10/3, 10/17, 11/7, 12/5, 12/19

### Superhero Camp NO SCHOOL

**Ages: 6 - 10**

**Local school, to be determined**

Join the Super Squad and create costumes of your favorite superhero and go through superhero training. Make superhero training cards, masks and write your own superhero comic. Rad!

Fee: \$54 ID \$65 OD / session  
Activity: 306103

**W:** 9:00 am - 3:00 pm

Session: 10/24

### Hand-Sewing Fun

**Ages: 10 - 14**

**Cascade Middle School**

Learn decorative stitches and complete a creative simple hand-sewing project for yourself or as a gift. No sewing machine needed and all materials provided.

Fee: \$30 ID \$36 OD / session  
Activity: 306101

**Sa:** 10:00 am - 12:30 pm

Session: 12/1

### Upcycle Your Clothes NEW

**Ages: 10 - 14**

**Harmon Park Hobby Hut**

Bring an old clothing item to embellish such as old jeans or a jacket you don't wear anymore. If there is a rip or a stain, we can hide or eliminate it. Hand-sew decorative stitches or maybe make the item into something else! No sewing experience needed. Go home with a completed project or one to finish later on your own. A sewing machine will be on-hand if needed.

Fee: \$30 ID \$36 OD / session  
Activity: 306102

**Sa:** 10:00 am - 12:30 pm

Session: 12/8

### Volunteer with kids!

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

## Dance & Movement

### Contemporary Mix Dance

**Ages: 13 - 18**

**Academie De Ballet Classique**

Explore new realms of dance! Stretch your ballet background and add creativity to your dancing. Ballerinas need variety and this class fulfills that necessity. Some prior dance experience recommended.

Fee: \$84 ID \$101 OD / session

Activity: 306568

**M:** 6:30 - 7:45 pm

Sessions: 9/10 - 10/22 10/29 - 12/10

### Ballet on the Ball: Progressing Ballet Technique® NEW

**Ages: 10 - 15**

**Academie De Ballet Classique**

Enhance your ballet technique in this fitness course for proper muscle development and muscle memory. All forms of dance benefit from this carefully-designed and trademarked program. Find your core strength for better pirouettes. Gain more control in allegros for clean technique and safer dancing. Minimize potential for injury. Come dressed in layers of ballet or workout attire.

Fee: \$70 ID \$84 OD / session  
Activity: 306567

**Tu/Th:** 6:00 - 6:55 pm

Sessions: 9/11 - 10/25  
10/30 - 12/18 (no class 11/22)



## Beginning Tap

**Ages: 9 - 12**

**Academie De Ballet Classique**

With a tap class this fun, children fly into the studio, jumping with enthusiasm to begin their session. Join instructor Michelle Mejaski as she brings her passion and enthusiasm into every minute of class.

Fee: \$90 ID \$108 OD / session

Activity: 306574

**W:** 4:00 - 5:00 pm

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

## Beginning Tap II

**Ages: 10 - 13**

**Academie De Ballet Classique**

For the dancer with one year of class experience, explore and grow with improved skills for even more fun, while wowing friends and family with your new moves. Feel a sense of achievement as you get better each lesson!

Fee: \$90 ID \$108 OD / session  
Activity: 306572

**W:** 3:00 - 4:00 pm

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

## Jazz & Broadway Dance

**Ages: 7 - 11**

**Academie De Ballet Classique**

This fast-paced class is perfect for aspiring and beginning dancers. Dancers will learn Jazz technique and Broadway choreography.

Fee: \$90 ID \$108 OD / session  
Activity: 306569

**W:** 4:15 - 5:10 pm

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

### Work for play. Play for work.

Current job openings at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).





## Ballet FUNDamentals: Beginning Ballet

Ages: 8 - 12

### Academie De Ballet Classique

A great introduction to the magic and culture of dance - the poise, respect and joy of doing one's best! Whether to improve gymnastics, hip hop or other dance forms, this class presents ballet basics through meaningful learning, demonstration assistance and encouragement. Lessons follow the practices of the Royal Academy of Dance and British education requirements. Parents and families invited for observation at last class.

Fee: \$90 ID \$108 OD / session

Activity: 306576

Th: 6:00 - 6:55 pm

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

## Superhero Dance Camp

Ages: 6 - 10

### Academie De Ballet Classique

Bring your energy and dancing toes for a rousing three days of dance and inspire your inner superhero. You'll be introduced to the stylings of classical ballet, Broadway jazz, hip-hop, lyrical and Broadway theater. Enjoy a craft project that draws on your creativity and brings physical and visual arts together. Craft supplies provided. Bring healthy snacks to keep your energy high.

Fee: \$105 ID \$126 OD / session

Activity: 306565

W - F: 9:00 am - 12:30 pm

Session: 10/24 - 26

## Zoo Dance Camp

Ages: 6 - 10

### Academie De Ballet Classique

Find your animal side and bring your energy to three exciting days packed with dance. You'll be introduced to the stylings of classical ballet, Broadway jazz, hip-hop, lyrical and Broadway theater. Celebrate all creatures wonderful with a craft project that draws on your creativity and brings the physical and visual arts together. Craft supplies provided. Bring healthy snacks to keep energy high.

Fee: \$105 ID \$126 OD / session

Activity: 306564

M - W: 9:00 am - 12:30 pm

Session: 11/19 - 21

## Runaway Reindeer Dance Camp

Ages: 4 - 10

### Academie De Ballet Classique

If you want your kids to get moving and/or burn off energy, the perfect answer is Reindeer Dance Camp! We're talking dancing, playing games and crafting, all while enjoying time in a group and independently. Bring healthy snacks to keep energy high.

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

Activity: 306566

F/Sa: 4:00 - 7:00 pm

Session: 12/21 - 22

## Royal Dance Camp

Ages: 6 - 10

### Academie De Ballet Classique

With crafts added to the fun, children dance through magical places while using newly learned dance steps. This fantasy-themed camp is designed to cultivate your child's creativity, individuality and artistry while discovering dance terminology. Bring healthy snacks to keep energy high.

Fee: \$105 ID \$126 OD / session

Activity: 306563

W - F: 9:00 am - 12:30 pm

Session: 1/2 - 4

The Children's Forest  
of Central Oregon presents



September 9  
Riverbend Park  
11am-3pm  
Free!

DISCOVERY! EXPLORATION! ADVENTURE!  
over 30 outdoor recreation, nature education, and  
health and wellness activities for the whole family  
to enjoy!  
[childrensforestco.org](http://childrensforestco.org)

PARTNERS



SPONSORS





## Beginning Instrumental Studies

### Cascade School of Music

Make friends while making music! This is an engaging, formal music study which includes musical field trips, performances and more.

Attend the open house/orientation on:  
Sunday, September 9, 4:30 - 6:00 pm

Fee: \$335 ID \$402 OD / session      Activity: 306360  
Payment options available. Call (541) 706-6105 for more information.

### INTRO TO PIANO 1 (KEYBOARD)

**Ages: 7 - 9**  
**M:** 4:00 - 4:50 pm  
Session: 9/17 - 1/14  
**Ages: 10 - 13**  
**M:** 5:00 - 5:50 pm  
Session: 9/17 - 1/14  
**Ages: 7 - 9**  
**W:** 2:30 - 3:20 pm  
Session: 9/19 - 1/16  
**Ages: 10 - 13**  
**W:** 4:00 - 4:50 pm  
Session: 9/19 - 1/16

### INTRO TO DRUMS 1

**Ages: 8 - 10**  
**M:** 4:00 - 4:50 pm  
Session: 9/17 - 1/14  
**Ages: 8 - 10**  
**F:** 4:00 - 4:50 pm  
Session: 9/21 - 1/18  
**Ages: 11 - 13**  
**F:** 5:00 - 5:50 pm  
Session: 9/21 - 1/18

**Note:** No programs held during school breaks  
of Nov 19 - 23, Dec 24 - Jan 4.

### INTRO TO GUITAR 1

**Ages: 7 - 9**  
**M:** 4:00 - 4:50 pm  
Session: 9/17 - 1/14  
**Ages: 10 - 13**  
**M:** 5:00 - 5:50 pm  
Session: 9/17 - 1/14  
**Ages: 7 - 9**  
**W:** 4:00 - 4:50 pm  
Session: 9/19 - 1/16  
**Ages: 10 - 13**  
**W:** 5:00 - 5:50 pm  
Session: 9/19 - 1/16

### INTRO TO VIOLIN 1

**Ages: 7 - 9**  
**T:** 4:00 - 4:50 pm  
Session: 9/18 - 1/15  
**Ages: 10 - 12**  
**T:** 5:00 - 5:50 pm  
Session: 9/18 - 1/15

### INTRO TO STRINGS 1

**Ages: 10 - 13**  
**Th:** 5:00 - 5:50 pm  
Session: 9/20 - 1/17

## Learning Workshops

### KPOV No-School Radio Camp

NO  
SCHOOL

**Ages: 10 - 14**

#### KPOV Radio

Curious how radio works? Come discover what happens behind the scenes. Go on air, record in our studio, interview a friend and tell a story. Produced pieces will be broadcast on 88.9 FM and you get a copy on CD to take home!

**Fee:** \$50 ID \$60 OD / session  
**Activity:** 306650  
**M:** 9:00 am - 3:00 pm  
**Session:** 11/12

## Music & Voice

### Sing, Jam & Write Songs with Shireen

NO  
SCHOOL

**Ages: 8 - 11**

#### Silver Rail

Join local musician/artist Shireen Amini and learn music fundamentals through drumming, singing and songwriting. You'll even get to "jam" as part of a band and create your own music! No music or songwriting experience needed.

**Fee:** \$54 ID \$65 OD / session  
**Activity:** 306310  
**W:** 9:00 am - 3:00 pm  
**Session:** 10/24

## MUSIC & VOICE PARTICIPANTS:

Attend Orientation  
Sunday, Sept. 9,  
2:00 - 3:30 pm  
at Cascade School of Music

## Introduction to Ukulele

**Ages: 6 - 11**

### Cascade School of Music

A beginner-friendly instrument, the ukulele sounds great whether you're playing by yourself or in a group. You'll experience an introduction to chords, strums and picking notes in this class that includes Hawaiian, folk and contemporary songs. A fun performance will be held at the end of the session.

**Fee:** \$225 ID \$270 OD / session  
**Activity:** 306368  
**Tu:** 4:00 - 4:50 pm  
**Session:** 9/18 - 1/15  
(no class 11/20, 12/25 & 1/1)

## Little Singers

**Ages: 5 - 8**

### Cascade School of Music

This is a beginning singing class for children who love to sing. We will incorporate vocal exercises and solfege techniques with movement to engage their whole body while singing fun and familiar songs. Attend orientation on Sunday, September 9 at 2:00 - 3:30 pm.

**Fee:** \$155 ID \$186 OD / session  
**Activity:** 306362  
**W:** 2:30 - 3:20 pm  
**Session:** 9/19 - 1/16  
(no classes 11/21, 12/26 & 1/2)

## Rhythm FUNdamentals

**Ages: 6 - 9**

### Cascade School of Music

Every musician needs a solid foundation in rhythm and this is an excellent preparation for formal instrumental study. Utilizing music and technique from around the world, we'll enlist a variety of fun percussion instruments to build essential rhythmic skills and rhythm reading ability.

**Fee:** \$155 ID \$186 OD / session  
**Activity:** 306365  
**W:** 3:30 - 4:20 pm  
**Session:** 9/19 - 1/16  
(No classes 11/21, 12/26 & 1/2)



## Musical Universe

Ages: 5 - 6

Cascade School of Music

Your child will learn to play simple musical patterns and songs using the glockenspiel and flutophone. Using games and activities, students learn to play the instruments and grow to understand musical concepts, such as piano and forte, crescendo, staccato and legato, as well as learn to read and notate music on staff. With an emphasis on multicultural music and exposure to a variety of musical styles and composers, your child will learn new games and dances from around the world as well as the ability to improvise and write their own music.

Fee: \$185 ID \$222 OD / session

Activity: 306369

W: 2:30 - 3:15 pm

Session: 9/19 - 1/16  
(no class 11/21, 12/26, & 1/2)

## World Choir for Girls

Ages: 9 - 16

Cascade School of Music

With fun performances throughout the school year, the World Music Choir explores music from around the world. This educational choir will introduce young singers to the basics of healthy vocal technique as they sing songs with beautiful melodies and rhythm. Singing in other languages is a wonderful cultural experience plus a great way to develop vocal skills for ease in diction and sounding vowels. Students also have the opportunity to play hand percussion instruments to emphasize rhythm and develop a solid sense of musical pulse. No experience necessary. A \$50 performance fee paid directly to CSM by first day of class, which is NOT included with tuition.

Fee: \$325 ID \$375 OD / session

Activity: 306366

Th: 4:30 - 5:45 pm

Session: 10/4 - 5/23  
(no classes 11/22, 12/27, 1/3, 3/28)

## Science & Technology

### Bot Lab 100/200

NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center

These one-day workshops are designed to promote STEM education, keep learning fun, encourage creativity and challenge students to problem-solve and work logically. Students work with LEGO® technology to build themed robots and use computer software to program them to come to life! Lunch provided from 12:00 - 12:30 pm for full-day option, if registered for both morning Bot Lab and afternoon Engineering Lab.

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

Activity: 306656

M: 10:00 am - 12:00 pm

Session: 11/12 NWX Location

F: 10:00 am - 12:00 pm

Session: 12/28

F: 12:30 - 2:30 pm

Session: 1/4

### Engineering Lab 100/200

NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center

Use your engineering brain while planning, designing, building and testing simple machines and complex bridge structures in this one-day workshop. Join us to explore the STEM world and discover the mechanics behind the machines we use every day! Lunch provided from 12:00 - 12:30 pm for full-day option, if registered for both morning Bot Lab and afternoon Engineering Lab.

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

Activity: 306653

M: 12:30 - 2:30 pm

Session: 11/12 NWX Location

F: 12:30 - 2:30 pm

Session: 12/28

F: 10:00 am - 12:00 pm

Session: 1/4



Ages: 6 - 11

Held at

Elk Meadow Elementary

Bring your sense of fun and adventure along with a water bottle, lunch and healthy snack.

### Halloween Science

NO SCHOOL

Join The Master and Dr. Nope as we explore the mysteries of cool Halloween special effects! We'll play with dry ice, lasers, glow in the dark materials and more. Prepare to be amazed!

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

Activity: 306616

W/Th: 9:00 am - 3:00 pm

Session: 10/24 - 25

### Space Explorers For A Day

NO SCHOOL

Make rockets and land a rover on Mars. End the day with a planetarium show where we will explore all of known space! Bring a clean, empty 2 liter bottle for project.

Fee: \$50 ID \$60 OD / session

Activity: 306601

M: 9:00 am - 3:00 pm

Session: 11/19

### Dinosaur Day

NO SCHOOL

Explore the world of paleontology by examining and creating fossils, teeth and other clues about how the dinosaurs lived. You'll get to take home lots of fun keepsakes to share with your family!

Fee: \$50 ID \$60 OD / session

Activity: 306615

Tu: 9:00 am - 3:00 pm

Session: 11/20

### Lights & Lasers

NO SCHOOL

Want to learn more about lasers and light? Join us to explore telescopes, kaleidoscopes, periscopes and more! Learn about lasers in the Laser Dome. Take home your creations to continue your scientific explorations.

Fee: \$50 ID \$60 OD / session

Activity: 306613

W: 9:00 am - 3:00 pm

Session: 11/21

### Detective For A Day

NO SCHOOL

Who stole the cookies from the cookie jar? Get the skills you need to find out. Learn to take fingerprints, investigate a crime scene, examine the evidence and use your deductive reasoning skills to find the culprit.

Fee: \$50 ID \$60 OD / session

Activity: 306603

W: 9:00 am - 3:00 pm

Session: 1/2

### It's Shocking!

NO SCHOOL

Learn about electricity and magnetism using hands-on experiments to discover the principles of static, current, conductivity and resistance.

Fee: \$50 ID \$60 OD / session

Activity: 306614

Th: 9:00 am - 3:00 pm

Session: 1/3

### Crazy Chemistry

NO SCHOOL

Fizz, bang, pop! Create crazy concoctions while learning the basics of chemistry in a safe, fun way. Explore the dynamics of solids, liquids, and gases using hands-on experiments.

Fee: \$50 ID \$60 OD / session

Activity: 306611

F: 9:00 am - 3:00 pm

Session: 1/4



## Everybody wins.

Sports, whether team-based or individual, are a great activity for kids that provide a variety of benefits beyond 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.

## Sports Camps

### All Sports Camp NO SCHOOL

Ages: 7 - 11

Cascade Indoor Sports

Sign up as an individual or join with your friends! We'll play a variety of games such as: soccer, kickball, tag, Ultimate Frisbee, flag football, dodge ball, capture the flag, floor hockey, volleyball, garbage ball, skating and more. It's a fun sports mix up! Bring a water bottle and snack each day.

Single Day Fee: \$40 ID \$48 OD

All 3 Days Fee: \$120 ID \$144 OD

Daily: 8:30 am - 12:30 pm

#### Thanksgiving Break: 11/19 - 21

Activity: 303300

M: 11/19

Tu: 11/20

W: 11/21

#### Winter Break: 12/26 - 28

Activity: 303301

W: 12/26

Th: 12/27

F: 12/28

#### New Year Break: 1/2 - 4

Activity: 303302

W: 1/2

Th: 1/3

F: 1/4

## Basketball

### Start Smart Basketball

Ages: 3 - 5

Pacific Crest Middle School

Get involved with your child in this fantastic introductory basketball program! Move through stations and activities with your child using soft equipment to learn the basics of dribbling, passing, shooting and defense. Equipment is provided for players to keep. Parent/guardian must participate with child.

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

Activity: 303020

Su: 10:30 - 11:20 am

Session: 11/4 - 12/9 (No session 11/25)

### Bitty Ball Basketball League

Boys & Girls Grades: K - 2

Cascade Middle School

A good introduction for the younger player, this league focuses on skill development, teamwork and fun. Teams practice and scrimmage every Saturday. Team t-shirt and basketball included. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a volunteer application.

Fee: \$55 ID \$65 OD / session

Sa: One hour each week;  
times to be announced

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

Registration Deadline: 10/11 or until full

Activity: 303400	Coed - Kindergarten
303401	Coed - Grade 1
303403	Boys - Grade 2
303404	Girls - Grade 2



# Youth Basketball League

Boys & Girls Grades: 3 - 5

Local schools

This recreational league emphasizes skill development, maximum participation, good sportsmanship and fun. Teams will practice twice during the week after 6:00 pm (coaches will select time and location). All games will be played on Saturday.

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

Season: 1/7 - 3/9

Registration Deadline: 11/13

Activity: 303405 Boys - Grade 3  
303406 Girls - Grade 3  
303407 Boys - Grade 4  
303408 Girls - Grade 4  
303409 Boys - Grade 5  
303410 Girls - Grade 5



# High School Basketball League

Grades: 9 - 12

Pacific Crest Middle School

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

Fee: \$62 ID \$74 OD / season

Su: Late afternoon/  
early evening

Season: 12/2 - 2/24

Registration Deadline: 11/25  
or until full

Activity: 303500 - Grades 9 & 10  
303502 - Grades 11 & 12



# Middle School Basketball League

Boys & Girls Grades: 6 - 8

This joint program between Bend - La Pine School District and Bend Park & Recreation District emphasizes individual and team skill development, maximum participation, good sportsmanship and fun. Teams practice during the week; games played on weeknights. Uniform tops are provided for the season. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

Fee: \$59 / season

Boys' Season: 11/1 - 12/20

Boys' Reg. Deadline: 10/8

Girls' Season: 1/15 - 3/7

Girls' Reg. Deadline: 12/21

Cascade Middle School

#: 303412 - Boys 303431 - Girls

High Desert Middle School

#: 303413 - Boys 303432 - Girls

Pacific Crest Middle School

#: 303414 - Boys 303433 - Girls

Pilot Butte Middle School

#: 303415 - Boys 303434 - Girls

Sky View Middle School

#: 303416 - Boys 303435 - Girls

Three Rivers School

#: 303420 - Boys 303440 - Girls

La Pine Middle School

#: 303421 - Boys 303441 - Girls

Seven Peaks School

#: 303422 - Boys 303442 - Girls

St. Francis School

#: 303424 - Boys 303444 - Girls

Bend International School

#: 303426 - Boys 303446 - Girls

# COBO Basketball Clinics, Camps & Training

Directed by basketball coach Craig Reid and his staff, these camps offer a friendly environment to gain basketball knowledge and experience, develop individual skills and learn team concepts.

## ADVANCED BASKETBALL TRAINING

Highland Elementary School

Prepare for the coming season as you practice and develop shooting, ball handling, passing, post play, perimeter attack skills, rebounding and defense. The goal is to expose players to advanced training, techniques and drills that can improve your individual game.

Fee: \$139 ID \$167 OD / session

Activity: 303055

Grades: 5 - 6

M/W: 6:00 - 7:30 pm

Sessions: 9/17 - 10/3

10/8 - 24

Grades: 7 - 8

M/W: 7:30 - 9:00 pm

Sessions: 9/17 - 10/3

10/8 - 24

## PRE-SEASON CLINICS

Grades: 5 - 6

Mountain View High School

Get ready for the coming basketball season and tryouts! Clinics will enhance and strengthen your skills.

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

Activity: 303056

Su: 6:00 - 8:00 pm

Session: 10/7 - 21

## BASKETBALL SKILLS DAYS

NO SCHOOL

Cascade and Pilot Butte Middle School

Get ready for hoop season! This camp is geared towards the middle school participant. Join us to work on your passing, dribbling, shooting and defensive skills. Includes fun drills and lots of games. Bring a water bottle and snack.

Activity: 303060

Grades: 3 - 5

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

M: 9:00 am - 12:00 pm

Session: 11/12 Pilot Butte MS

Grades: 6 - 8

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

F: 9:00 am - 12:00 pm

Session: 10/26 Pilot Butte MS

Grades: 3 - 5

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

Th/F: 9:00 am - 12:00 pm

Sessions: 12/27 - 28 Pilot Butte MS

1/3 - 4 Cascade MS



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

**Yo! Sports Fans!**

**Plan Ahead!**

**2018-19**

**Youth League**

**Registration Deadlines:**

**FALL 2018 REGISTRATION: Opens August 6**

Program/League	Season	Registration Deadline
Youth Volleyball League	October - Dec.	Sept. 23
Bitty Basketball	Nov. - Dec.	Oct. 11 or full
Middle School Basketball - Boys	Nov. - Dec.	Oct. 8
High School Basketball League	Dec. - March	Nov. 25 or full
Youth Basketball League	January - March	Nov. 13
Middle School Basketball - Girls	January - March	Dec. 21
Youth Hockey League	January - March	Dec. 3

**WINTER-SPRING 2019 REGISTRATION: Opens Dec. 10**

Program/League	Season	Registration Deadline
Youth Lacrosse League	April - June	March
Girls Softball League	April - June	March
Bitty Baseball	April - May	March
Middle School Flag Rugby League	April - May	March

**SUMMER 2019 REGISTRATION: Opens March 18**

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	July
Kindergarten Soccer League	September - October	August
6th Grade Volleyball League	September - October	August
Middle School Tennis League	September - October	August



**Fencing**

**Beginning Foil Fencing**

**Ages: 9 - 11**

**High Desert Fencing**

Learn to swordfight like an Olympic fencer. We'll 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).

Fee: \$76 ID \$91 OD / session

Activity: 306780

Tu: 4:30 - 5:30 pm

Session: 9/25 - 11/13

**Beginning Epee Fencing**

**Ages: 12 - 18**

**High Desert Fencing**

Challenge your body and mind in Olympic-style epee fencing, an exciting game of physical chess. We'll 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).

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

Activity: 306782

Tu: 5:30 - 7:00 pm

Session: 9/25 - 11/13

**Golf**

**Youth Golf Lessons**

**Ages: 8 - 13**

**River's Edge Golf Course**

Introduce your child to this lifelong sport or continue to improve your game. Taught by golf professional Stuart Allison in a small group setting, emphasis is on fundamentals including grip, posture, ball position, alignment and swing mechanics as well as golf etiquette. Clubs provided or bring your own.

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

Activity: 303095

W: 3:30 - 5:00 pm

Session: 9/12 - 26



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

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





## Hockey

### Learn to Play Hockey 1

Ages: 4 - 14

#### The Pavilion

Our "Learn to Play" program is designed to introduce players with little or no skating / 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. The first meeting is off-ice for parents and participants. Learn to get your child dressed and ready for practice as well as the basic fundamentals and progression of BPRD hockey programs.

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

Activity: 310201

Sa: 10:45 - 11:45 am

Session: 11/3 - 12/22 (No program 11/24)

1/12 - 3/2 (No program 1/26)

Registration opens Dec. 10

### Learn to Play Hockey 2

Ages: 5 - 14

#### The Pavilion

Continue your progression of hockey with the next level. Participants must have participated in a previous session of Learn to Play Hockey or have 1 - 3 years experience. Participants will continue to refine their fundamental hockey skills and start to transfer their practice skills into fun game-like scrimmages. Protective equipment kits are available to rent for \$50 while in the program. Kits include: pants, shin pads, elbow pads, shoulder pads, helmet with face mask, gloves and stick. Rental skates available.

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

Activity: 310202

Sa: 12:00 - 1:00 pm

Session: 11/3 - 12/22 (No program 11/24)

1/12 - 3/2 (No program 1/26)

Registration opens Dec. 10

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

**See page 93 for Hockey Skate Lessons.**

## Youth Hockey League

Ages: 7 - 15

#### The Pavilion

Let's play hockey! We're talking hockey skill development and game action for both girls and boys. Some prior skating and/or hockey experience is recommended 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: \$160 ID \$192 OD / season

Activity: 310203

M/W: 4:00 - 7:00 pm

(Games and practice times will vary)

Season: 1/7 - 3/13

Registration Deadline: 12/3



### Required Hockey League Gear

Protective equipment is required for each participant including: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads. Rental equipment is not available for this program.

Uniforms including jersey and socks will be provided and are for the players to keep.

## Specialized Ice Sessions

Fees: Youth: \$10 / session

**MORE SESSIONS = MORE SAVINGS!**

**Purchase four sessions, get your fifth session for FREE!**

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

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

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

### Stick Time

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

Activity: 310401 - Youth

### Freestyle

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

Activity: 310160

### Speed Skating

Come and practice your speed skating. The rink will be set up just bring your equipment.

Activity: 310336

## Learn to Skate: Youth



**Ages: 4 - 15**

### The Pavilion

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

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

### Our ice skating lessons are...

- **Age Appropriate:** Most classes grouped by ages 4 - 5, 6 - 11, 12 - 15 and 16+.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating or hockey.
- **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 (skates not included).

**REGISTRATION TIP:** Pre-requisites for each class are listed in the class description at <https://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 1, 2 & 3

**Ages: 4 - 5**

**KinderSkate 1:** Learn how to stand, march, dip and swizzle on the ice with fun songs and games. Protective headgear required.

Activity: 310101

**KinderSkate 2:** The journey continues! Kinders will practice longer glides across the ice, forward swizzles and backward wiggles. Protective headgear required. Prerequisite: Successful completion of KinderSkate 1.

Activity: 310102

**KinderSkate 3:** Work on one-foot glides, backward swizzles, & snowplow stops. Protective headgear required. Prerequisite: Successful completion of KinderSkate 2.

Activity: 310103

NEW

## KinderSkate Hockey 1

**Ages: 4 - 5**

Learn hockey skating skills to help with the game of hockey. We will practice stance, falling, swizzles, & snowplow stops with fun games and drills. Protective headgear and hockey skates required; other protective gear optional. All elements will be taught without a stick and puck. One previous ice skating experience preferred.

Activity: 310104

## Family Learn to Skate Level 1

NEW

**Ages: 6 - 11**

Young skaters - grab a parent, a relative or another adult in your life and come learn to skate together! Through new skills and fun games, we'll help you become confident enough to skate during our Open Skate sessions or to progress to higher-level group classes on your own. Register the child's name and one adult is included. Figure or hockey skates available. Helmets recommended.

Activity: 310110

## 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. Helmets recommended.

Activity: 310111

## 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.

Activity: 310112

## 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. Prerequisite: Successful completion of Level 2.

Activity: 310113

## Level 4: Polar Bears

**Ages: 6 - 11**

Find your strength and grace on the ice! Polar Bears will work on mastering forward crossovers, backwards skating skills and even a beginning spin. Prerequisite: Successful completion of Level 3.

Activity: 310114

## Level 5: Yetis

**Ages: 6 - 15**

Yetis will work on more advanced skills including backward edges, backward crossovers and outside 3-turns. Prerequisite: Successful completion of Level 4 or Teen 3/4.

Activity: 310115

## Level 6: Snow Leopards

**Ages: 6 - 15**

Learn grace on the ice as we practice inside 3-turns, spirals and beginning one-foot spins! This class emphasizes body position and precision as we work toward more advanced skills. Prerequisite: Successful completion of Level 5 or Teen Level 3/4

Activity: 310116

## Level 7/8: Pre-Freeskate

NEW

**Ages: 6 - 15**

Introduces basic jumps, spins, and the skills needed to learn them successfully including landing position, Mohawks and edge transitions. Pre-Freeskate is the final level offered within our Learn to Skate program. We recommend skaters join Bend Ice Figure Skating Club (for skaters Level 4 and above) to continue with progressive lessons. Prerequisite: Successful completion of Level 6.

Activity: 310117



### Teen Levels 1/2

**Ages: 12 - 15**

Come learn how to skate! 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. Figure or hockey skates okay.

Activity: 310131

### Teen Levels 3/4

**Ages: 12 - 15**

Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for turns, edgework and crossovers. Prerequisite: Successful completion of Teen Level 1/2.

Activity: 310133

### Hockey Skate Level 1

**Ages: 6 - 11**

Learn hockey skating skills to be successful in the game of hockey. We will practice stance, falling, swizzles & snowplow stops with fun games and drills. Protective headgear recommended; other protective gear optional. This class is taught without a stick and puck. One previous ice skating experience preferred.

Activity: 310120

### Hockey Skate Level 2

**Ages: 6 - 11**

Advance your hockey skating skills! Work on C-Cuts, T-Pushes and 2-foot turns with fun games and drills. Protective headgear recommended; other protective gear optional. Hockey skates only. This class is taught without a stick and puck. Prerequisite: Successful completion of Hockey Level 1.

Activity: 310122

### Free Practice FREE

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

See session descriptions on page 92.

Schedules at [pavilioninbend.com](http://pavilioninbend.com).

### ONE-DAY-A-WEEK SESSIONS

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

KinderSkate 1

KinderSkate 2

KinderSkate 3

KinderSkate Hockey

Family Skate Level 1

Level 1: Snow Bunnies

Level 2: Penguins

Level 3: Arctic Foxes

Level 4: Polar Bears

Level 5: Yetis

Level 6: Snow Leopards

Level 7: Teen Level 1/2:

Level 8: Teen Level 3/4:

Hockey Skate Level 1

Hockey Skate Level 2

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

KinderSkate 1

KinderSkate 2

KinderSkate Hockey

Level 1: Snow Bunnies

Level 2: Penguins

Level 3: Arctic Foxes

Level 4: Polar Bears

Level 5: Yetis

Level 6: Snow Leopards

Hockey Skate Level 1

Hockey Skate Level 2

Each lesson is 30 minutes long. Start times listed.

### TUESDAYS

**Oct. 23 - Nov. 13**

**Nov. 27 - Dec. 18**

**Jan. 8 - 29**

4:30, 5:10 pm

4:30 pm (11/27 & 1/8 session only)

5:10 pm (11/27 & 1/8 session only)

5:10 pm (10/23 session only)

5:50 pm

4:30, 5:10 pm

4:30, 5:10 pm

4:30 pm (11/27 & 1/8 session only)

5:10 pm (10/23 session only)

5:50 pm (11/27 & 1/8 session only)

4:30 pm (11/27 & 1/8 session only)

5:10 pm (10/23 session only)

5:10 pm (11/27 & 1/8 session only)

5:50 pm

5:50 pm

5:50 pm

5:50 pm (11/27 & 1/8 session only)

### THURSDAYS

**Oct. 25 - Nov. 15**

**Nov. 29 - Dec. 20**

**Jan. 10 - 31**

4:30, 5:10 pm

4:30 pm

5:10 pm

4:30, 5:10 pm

4:30, 5:10 pm

4:30 pm

4:30 pm

5:10 pm

5:10 pm

5:50 pm

5:50 pm

Each lesson is 30 minutes long. Start times listed.



### ONE-DAY-A-WEEK SESSIONS

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

KinderSkate 1

KinderSkate 2

KinderSkate Hockey

Family Skate Level 1

Level 1: Snow Bunnies

Level 2: Penguins

Level 3: Arctic Foxes

Level 4: Polar Bears

Level 7/8: Pre-Freeskate

Each lesson is 30 minutes long. Start times listed.

### SATURDAYS

**Oct. 27 - Nov. 17**

**Dec. 1 - Dec. 22**

**Jan. 5 - Feb. 2** (No class 1/26)

8:45, 9:55 am

9:20 am

9:20 am

9:55 am

8:45 am

9:20 am

9:55 am

9:55 am

9:55 am (12/1 session only)

### Skate Lesson FREE Assessment

Unsure which class to register your child in? Take the guesswork out - come for a free skate skill assessment to ensure your child is in the right class. Call (541) 389-7588 to arrange an appointment.

## About Bend Ice

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

### Bend Rapids Hockey Club

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

### Bend Ice Figure Skating Club

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

For more information, visit [bendice.com](http://bendice.com)



## Ice Skating

### Parent & Seal Pup: Skate Together

**Ages: 3 - 5**

#### The Pavilion

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.

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

Activity: 310100

**Tu: 9:45 - 10:15 am**

Session: 11/27 - 12/18 1/8 - 29

**Sa: 8:45 - 9:15 am**

Session: 10/27 - 11/17 12/1 - 22  
1/5 - 2/2 (No class 1/26)

### Skate & Splash Day Camp

NO SCHOOL

NEW

**Ages: 7 - 11**

#### The Pavilion

It's the polar bear lifestyle! Play on the ice; play in the water! This camp is something different and super cool! In the morning, we'll ice skate, play games both on-and-off the ice and do art projects. In the afternoon, we'll head to Juniper Swim & Fitness Center for recreation swim. It's a splash!

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

Activity: 310150

**Daily: 9:00 am - 4:00 pm**

Sessions: 11/12  
11/19, 11/20, 11/21  
12/27, 12/28  
1/2, 1/3, 1/4

### Ice Skating Troupe

**Ages: 11 & up**

#### The Pavilion

Bring your creativity and teamwork to the ice! We'll work together to enhance our individual and synchronized skating skills with music, choreography and costumes. The first session will focus on "Theater on Ice," creating a performance for the Pavilion's Winter Solstice event in December. After winter break, the second session will focus on Synchronized Skating and we'll perform at The Pavilion Skate Showcase (dates TBD). For level 4+ figure skaters only (must be comfortable with forward crossovers and using edges).

Fee: \$125 ID \$150 OD /session

Activity: 310163

**Th: 3:15 - 4:15 pm**

Sessions: 10/25 - 12/20  
1/10 - 2/28



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

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





## Martial Arts

### Lil'est Dragons

Age: 3

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

Activity: 306752

Tu/Th: 3:30 - 4:00 pm

Sessions: 10/2 - 25  
11/6 - 12/6 (no class 11/20 & 22)  
1/8 - 31

### Lil' Dragons

Ages: 4 - 6

#### Odyssey Martial Arts

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

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

Activity: 306750

M/W: 4:15 - 4:45 pm

Sessions: 10/3 - 29  
11/5 - 12/5 (no class 11/19 & 21)  
1/7 - 30

Tu/Th: 4:15 - 4:45 pm

Sessions: 10/2 - 25  
11/6 - 12/6 (no class 11/20 & 22)  
1/8 - 31

M-Th: 4:15 - 4:45 pm

Session: 12/10 - 20

### Kids MMA

Ages: 8 - 12

#### Smith Martial Arts

Learn MMA 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 boxing gloves and t-shirt.

Fee: \$219 ID \$263 OD / session

Activity: 306755

Tu/Th: 4:30 - 5:15 pm

Sessions: 9/4 - 10/18  
10/23 - 12/13 (no class 11/20 & 22)

### Kickboxing

Ages: 13 & up

#### Smith Martial Arts

Kick and punch your way into tip top shape with this fun, energetic class. Features bag drills, body weight exercises, resistance training, kickboxing technique and self-defense. Fee includes boxing gloves and a t-shirt.

Fee: \$219 ID \$263 OD / session

Activity: 306756

Tu/Th: 5:30 - 6:20 pm

Sessions: 9/4 - 10/18  
10/23 - 12/13 (no class 11/20 & 22)

### Juniors' Karate

Ages: 6 - 14

#### Odyssey Martial Arts

Discover what martial arts is all about! Students will learn self-control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

Fee: \$84 ID \$101 OD / session

Activity: 306751

M/W: 5:00 - 5:45 pm

Sessions: 10/3 - 29  
11/5 - 12/5 (no class 11/19 & 21)  
1/7 - 30

Tu/Th: 5:00 - 5:45 pm

Sessions: 10/2 - 25  
11/6 - 12/6 (no class on 11/20 & 22)  
1/8 - 31

M - Th: 5:00 - 5:45 pm

Session: 12/10 - 20



## Skateboarding

### Intro to Skateboarding

NO SCHOOL

Ages: 5 - 12

#### Bearings Skateboard Academy

Learn the fundamentals of skateboarding in the fun, controlled environment of our indoor skate park. Our professional coaches combine group instruction with one-on-one guidance and feedback with lots of high-fives! First-time skateboarders start with the basics of foot positioning, posture and control. Returning students unlock skills such as kick-turns, Ollies and drop-ins. Come build the skills, confidence and safety awareness to take skating to outdoor parks and beyond.

Fee: \$185 ID \$222 OD / session

Activity: 306772

W - F: 10:00 am - 1:00 pm

Session: 10/24 - 26

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

Session: 11/19 - 21

### Get Out of the Cold & Sk8!

NO SCHOOL

Ages: 5 - 12

#### Bearings Skateboard Academy

Get out of the snow and come sk8 like it's summer in our indoor skate park. Our professional coaches combine group instruction with one-on-one guidance and feedback with lots high-fives! This is an all-skill level sk8 camp made for everyone. Come have fun and rip it up!

Fee: \$185 ID \$222 OD / session

Activity: 306773

W - F: 10:00 am - 1:00 pm

Session: 1/2 - 4

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

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



## Bend FC Timbers

### Futsal League

**Ages: U10 - U14**

Come join the Bend FC Timbers professional coaching staff for our Winter Futsal League. This league plays indoors at the Bend Elks Fieldhouse. This is a fun way to get lots of touches on the ball and improve your skills in small-sided games.

### Technical Training

**Ages: U6 - U14**

Come join the Bend FC Timbers professional coaching staff for our Winter Technical Training series. Weekly, hour-long sessions led by the Bend FC Timbers Coaching staff. Small player-to-coach ratio with topics including ball mastery, passing, receiving, shooting and more!

### Goalkeeper Training

**Ages: U8 - U14**

Come join the Bend FC Timbers professional goal keeping staff for our Winter Goalkeeping Series. Weekly, hour-long sessions led by Bend FC Timbers Director of Goalkeeping. Topics to be covered include techniques of ball handling, diving, kicking, and more!

For more information on Bend FC Timbers Academy programs, visit [BendFCTimbers.com](http://BendFCTimbers.com).



## Soccer

### 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 - 2 Years**

This parent participation class is a physical development program to engage kids in physical activity. Parent/guardian must participate with child.

Fee: \$95 ID \$114 OD / session

Activity: 303310

**Tu: 10:00 - 10:55 am**

Sessions: 9/11 - 10/23  
10/30 - 12/18 (No session 11/20)

**W: 11:00 - 11:55 am**

Sessions: 9/12 - 10/24  
10/31 - 12/19 (No session 11/21)

**Th: 5:00 - 5:55 pm**

Sessions: 9/13 - 10/25  
11/1 - 12/20 (No session 11/22)

**Sa: 9:00 - 9:55 am**

Sessions: 9/15 - 10/27  
11/3 - 12/22 (No session 11/24)

### SoccerTots - Cubs

**Ages: 3 - 4**

An introductory class teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions. We do not play competitive games in this class.

Fee: \$95 ID \$114 OD / session

Activity: 303311

**M: 5:00 - 5:55 pm**

Sessions: 9/10 - 10/22  
10/29 - 12/17 (No session 11/19)

**Tu: 11:00 - 11:55 am**

Sessions: 9/11 - 10/23  
10/30 - 12/18 (No session 11/20)

**Tu: 4:00 - 4:55 pm**

Sessions: 9/11 - 10/23  
10/30 - 12/18 (No session 11/20)

**W: 10:00 - 10:55 am**

Sessions: 9/12 - 10/24  
10/31 - 12/19 (No session 11/21)

**W: 4:00 - 4:55 pm**

Sessions: 9/12 - 10/24  
10/31 - 12/19 (No session 11/21)

**Th: 4:00 - 4:55 pm**

Sessions: 9/13 - 10/25  
11/1 - 12/13 (No session 11/22)

**Sa: 9:00 - 9:55 am**

Sessions: 9/15 - 10/27  
11/3 - 12/22 (No session 11/24)

**Sa: 10:00 - 10:55 am**

Sessions: 9/15 - 10/27  
11/3 - 12/22 (No session 11/24)

### 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: \$95 ID \$114 OD / session

Activity: 303312

**M: 4:00 - 4:55 pm**

Sessions: 9/10 - 10/22  
10/29 - 12/10 (No session 11/19)

**Tu: 5:00 - 5:55 pm**

Sessions: 9/11 - 10/23  
10/30 - 12/11 (No session 11/20)

**W: 3:00 - 3:55 pm**

Sessions: 9/12 - 10/24  
10/31 - 12/12 (No session 11/21)

### Youth Indoor Soccer League

**Grades: K - 8**

#### Cascade Indoor Sports

Get out of the cold weather and join a youth indoor soccer league this winter! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All players receive a team shirt. Games played on Saturdays. Space is limited.

Fee: \$95 ID \$114 OD / session

### Session 1: 11/3 - 12/22

**Registration Deadline: 10/4 or until full**

Activity: 303340

Grade: Saturdays:

K Mid-morning

1 - 2 Early afternoon

3 - 5 Late afternoon

6 - 8 Early evening

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

**Registration Deadline: 12/13 or until full**

Activity: 303345

Grade: Saturdays:

K Mid-morning

1 - 2 Early afternoon

3 - 5 Late afternoon

6 - 8 Early evening



# Volleyball

## Fall Volleyball Clinics

Grades: 3 - 5

Pilot Butte Middle School

Get ready for the upcoming season by practicing serving, setting, hitting and passing. All sessions under the direction of club and high school volleyball coaches.

Fee: \$52 ID \$62 OD / session

Activity: 303125

Su: 5:30 - 7:00 pm

Session: 9/30 - 10/14

## Youth Volleyball Camp

Grades: 3 - 5

Trinity Lutheran School

Join our coaches for this great one-day camp to improve your game. Bring your knee pads and a water bottle.

Fee: \$28 ID \$34 OD / session

Activity: 303127

M: 10:00 am - 12:30 pm

Session: 11/12

## Volleyball Skills Day

Grades: 3 - 5

Pilot Butte Middle School

Led by high school and club volleyball coaches and players. Enjoy a no school day by playing volleyball with your friends. This clinic includes drills, skill-building and games.

Fee: \$25 ID \$30 OD / session

Activity: 303129

Th: 9:30 - 11:30 am

Session: 10/25



## Youth Volleyball League

Boys & Girls Grades: 3 - 5

Local schools

Get ready to be part of one of the biggest sports in Central Oregon! This league emphasizes individual and team skill development, maximum court time, good sportsmanship and fun. Teams will practice for one hour in the evening, twice during the week after 6:00 pm (coaches will select days, time and location) and play games on Saturdays. Games last one hour and times will vary. This program is dependent on volunteer coaches. Anyone interested in coaching, please head to our website to complete a volunteer application.

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

Season: 10/15 - 12/22

Registration Deadline: 9/23 or until full

Activity: 303553 - Grade 3

303554 - Grade 4

303555 - Grade 5

# Wheelchair Sports

## Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

Fee: \$3 ID \$3 OD / session

Activity: 304200

M: 6:00 - 8:00 pm

Session: 9/20 - 12/17

## Wrestling

### Lava Bear Wrestling Club

Bend High School

Learn age and ability level appropriate wrestling. We will have three levels available. Athletes will learn valuable skills that include: character building (hard work, discipline, dedication, citizenship), balance, coordination, core-strength, conditioning and, of course, wrestling maneuvers. The coaching staff is experienced and coordinates with local school-based wrestling programs. Volunteer coaches needed in addition to club coaches. Includes t-shirt, shorts and USA Wrestling card.

Activity: 303135

Grades: K - 2

Fee: \$109 ID \$131 OD / session

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

Session: 11/5 - 12/19

Grades: 3 - 8

Fee: \$119 ID \$143 OD / session

M/W/Th: 5:30-7:00pm

Session: 11/5 - 1/30

## Adaptive Equipment

Adaptive equipment is available for people with physical disabilities including an adaptive golf cart, sports wheelchairs, adult hand-cycles and child hand-cycles. If you are interested in using or renting this equipment for an outing, call (541) 706-6121.

BIG HIGH FIVES!



## Big thanks to our spring youth 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 2018 spring sports sponsors:

## Youth Lacrosse Program Sponsor: Krueger & Lenox Oral & Maxillofacial Surgery

## YOUTH SPORTS TEAM SPONSORSHIP OPPORTUNITIES

Promote your business while supporting Bend Park & Recreation District youth sports! Each team sponsor will have their business name printed on the back of team jerseys and receive a team photo plaque. For information, call Russ Holliday at (541) 706-6108. Sponsoring a team is easy! Simply go to the BPRD registration website and enter in the number of the team sport you'd like to sponsor:

Activity: 303000

Youth Basketball: \$275 / team (boys & girls grades 3 - 5)

Activity: 303001

Youth Volleyball: \$275 / team (boys & girls grades 3 - 5)



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:

**Youth Volleyball**

**Bitty Ball Basketball**

**Youth Basketball**

**Middle School Basketball**

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](mailto:rich@bendparksandrec.org).

Many thanks to every volunteer who generously contributed time as a coach for youth spring sports programs. These people shared 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!

## Youth Lacrosse

Nick Allen	Dave Cieslowski	Angel Herrera	Steve Klee	Mason Payer	Kevin Schaffer
Mike Ardeljan	Nate Dachtler	Mark Hinkle	Devin Lewis	Tim Peterson	Chris Stringer
Wells Ashby	David Dodge	Stephanie Jacobson	Miles Lilly	Michele Preim	Sauna Sturgill
John Audette	Mike Dyer	Rob Jensen	Soma Lilly	Laurie Purcell	Steve Tague
John Baumann	Steve Emery	Dave Kelly	Darin MacDonald	Scott Purcell	Aaron Thomas
Randon Beech	Frank Groundwater	Jamie Kendellen	Tyler Mackeson	Jason Quade	Tiffany Tisdal
Brent Brussett	Hilary Gilmore	Matt Kettering	Jack Menefee	Geoff Raynak	Franchot Tone
Mike Byler	Pat Harrison	Brian Kissell	Ken Merrill	Jay Riker	Danielle Vidalli
Casey Capell	Aaron Harvey	Lee Kissinger	Nate Neil	Mike Rodgers	Jay Wilkins
Carrie Carney	Robert Harwell	Barry Klecker	Joel Palenuk	Peter Rodgers	Justin Winn

## Bitty Baseball

Adam Allen	'Heather Blaser	Echo Kang	Erin Martin	Calli Riley
Melissa Allen	John Blaser	Ryan Kelling	Luke Maurer	Kevin Riley
Rachael Baker	Jerry Bradley	Trevor Lizee	Chris McCarty	Carlee Stiltner
Michael Benson	Brian George	David Martin	Jude Quilter	James Tibbot

## Girls Fast Pitch Softball

Brady Bafford	Jerry Brown	Jeremy Cox	Kelly Foster	Eric Mettler	Christina Rea	Brittany Dean -
Russell Bahr	Julie Brown	Stacey Cox	Jennifer Gerlach	Robin Nuyen	Nick Schaan	Ziegler
Brady Bedsford	Sierra Brown	Justin Earl	Zach Hall	Jason Offutt	Justin Scott	
Shirl Benjamin	Mike Carpenter	Beau Eastes	Michelle Henry	Kyle Olechnowicz	Jon Trapper	
Rich Blakely	Julie Chambers	Don Fain	Kristi Lawson	Ryan Rasmussen		



# Program Locations

Locations of all fall BPRD programs are in alphabetical order below.

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

**Art Station**  
313 SW Shevlin Hixon Dr, Bend, OR 97702

**Bearings Skateboard Academy**  
615 SE Glenwood Dr, Bend, OR 97702

**Bear Creek Elementary School**  
51 SE 13th St, Bend, OR 97702

**Bend Art Center**  
550 SW Industrial Way #180, Bend, OR 97702

**Bend High School**  
230 NE 6th St, Bend, OR 97701

**Bend International School**  
6304 O.B. Riley Rd, Bend, OR, 97701

**Bend Senior Center**  
1600 SE Reed Market Rd, Bend, OR 97702

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

**Buckingham Elementary**  
62560 Hamby Rd, Bend, OR 97701

**Cascade Indoor Sports**  
20775 High Desert Ln, Bend, OR 97701

**Cascade Middle School**  
19619 Mountaineer Way, Bend, OR 97702

**Cascade School of Music**  
200 NW Pacific Park Ln, Bend, OR 97701

**Drake Park**  
777 NW Riverside Blvd, Bend OR 97701

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

**Ensworth Elementary School**  
2150 NE Daggett Ln, Bend, OR 97701

**Harmon Park, Hobby Hut  
& Outdoor Center**  
1100 NW Harmon Blvd, Bend, OR 97701

**High Desert Fencing**  
61445 S Hwy 97, Suite D, Bend, OR 97702

**High Desert Middle School**  
61111 SE 27th St, Bend, OR 97702

**High Lakes Elementary School**  
2500 NW High Lakes Lp, Bend, OR 97701

**Highland Elementary School at Kenwood**  
701 NW Newport Ave, Bend, OR 97701

**Hollinshead Park & Barn**  
1235 NE Jones Rd, Bend, OR 97701

**Jewell Elementary School**  
20550 Murphy Rd, Bend, OR 97702

**Juniper Elementary School**  
1300 NE Norton, Bend, OR 97701

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

**KPOV – High Desert Community Radio**  
501 NW Bond St, Bend, OR 97701

**La Pine Middle School**  
16360 1st St, La Pine, OR 97739

**Lava Ridge Elementary School**  
20805 Cooley Rd, Bend, OR 97701

**Miller Elementary School**  
300 NW Crosby Dr, Bend, OR 97701

**Mountain View High School**  
2755 NE 27th St, Bend, OR 97701

**Norton Ave. Apartments**  
415 NE Norton Ave, Bend, OR 97701

**Odyssey Martial Arts**  
924 B SE Wilson Ave, Bend, OR 97702

**Pacific Crest Middle School**  
3030 NW Elwood Ln, Bend, OR 97701

**The Pavilion**  
1001 SW Bradbury Way, Bend, OR 97702

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

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

**Riley Ranch Nature Reserve**  
19975 Glen Vista Rd, Bend, OR 97701

**Riverbend Park**  
799 SW Columbia St, Bend, OR 97702

**River’s Edge Golf Course**  
400 NW Pro Shop Drive, Bend, OR 97701

**Seven Peaks School**  
19660 Mountaineer Way, Bend, OR 97702

**Silver Rail Elementary School**  
61530 SE Stone Creek St, Bend, OR 97702

**Sky View Middle School**  
63555 NE 18th St, Bend, OR 97701

**Smith Martial Arts**  
100 SE Bridgeford Blvd, Suite A  
Bend, OR 97702

**St. Francis School**  
2540 NE 27th St, Bend, OR 97701

**Stone Creek Park**  
61531 SE Stone Creek Ln, Bend, OR 97702



**Sylvan Learning Center - Main**  
2150 NE Studio Rd, Bend, OR 97701

**Sylvan Learning Center - NW Crossing**  
2863 NW Crossing Dr, Bend, OR 97701

**Three Rivers School**  
56900 Enterprise Dr, Sunriver, OR 97707

**Trinity Lutheran School**  
2550 NE Butler Market Rd, Bend, OR 97701

**Twin Knolls Transition Co-op**  
2500 NE Twin Knolls Dr, Bend, OR 97702

**Wick’d DIY Candle Lounge**  
61334 S US Hwy 97, Bend, OR 97702

# Park Features & Amenities

Get out and play with our features and amenities guide. Need to know how to get to a park? An interactive map is available online at [bendparksandrec.org](http://bendparksandrec.org) and a print map is available at our facilities.

For additional information on parks and trails, visit our website at [bendparksandrec.org](http://bendparksandrec.org) or call (541) 389-7275.

## PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at [bendparksandrec.org](http://bendparksandrec.org).

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans. Dogs are allowed in all parks except for Riley Ranch Nature Reserve.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on District property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

## TRAIL USE:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails or in Riley Ranch Nature Reserve. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•		•			
Alpine Park	19500 Century Dr								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Senior Center	1600 SE Reed Market Rd					•			•				•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr														•		
Big Sky Park	21690 NE Neff Rd	•			•				•		•	•	•				
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•								•		
Canal Row Park	1630 NE Butler Market Rd								•		•	•		•			
Columbia Park	264 NW Columbia St							•			•	•	•		•		
Compass Park	2500 NW Crossing Dr								•		•	•	•				
Discovery Park	1315 NW Discovery Dr				•				•		•		•				
Dohema River Access	35 NW Drake Rd														•		
Drake Park	777 NW Riverside Blvd						•						•		•		
Eagle Park	62891 NE Nolan St										•	•		•			
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 Blvd	•									•	•	•		•		
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		•					•	•		•	•	•				
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
McKay Park	166 SW Shevlin Hixon Dr						•						•		•		
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•								•	•		•			
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•								•		
The Pavilion	1001 SW Bradbury Way					•							•				
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•		•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•		•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•			•	
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
Riley Ranch Nature Reserve	19975 Glen Vista					•		•				•		•			
River Canyon Park	61005 Snowbrush Dr							•									
River Rim Park	19400 Charleswood Ln							•								•	
Riverbend Park	799 SW Columbia St						•				•		•		•		
Riverview Park	225 NE Division St								•					•			
Rockridge Park	20885 Egypt Dr			•					•		•	•	•			•	
Sawyer Park	62999 O.B. Riley Rd						•		•				•		•		
Sawyer Uplands Park	700 NW Yosemite Dr								•			•					
Shevlin Park	18920 NW Shevlin Park Rd					•	•		•		•		•				
Skyline Sports Complex Park	19617 Mountaineer Way	•									•	•	•				
Stone Creek Park	61531 Stone Creek Ln							•		•	•		•			•	
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•						•								•
Sun Meadow Park	61150 Dayspring Dr		•								•	•		•			
Sunset View Park	990 NW Stannium Rd								•								
Sylvan Park	2996 NW Three Sisters Dr								•			•					•
Three Pines Park	19089 Mt Hood Pl											•					
Wildflower Park	60955 River Rim Dr										•	•					
Woodriver Park	61690 Woodriver Dr		•									•		•			



Pine Nursery Park Small Dog Off-Leash Area



Sawyer Park



Hollygrape Park



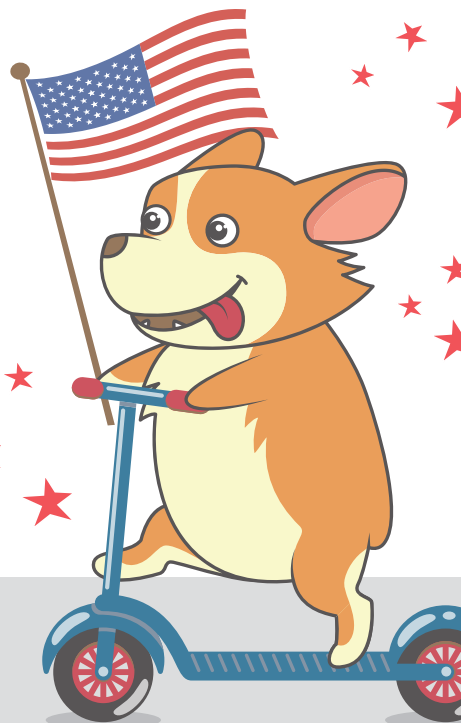
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**We've made a great catch!**



Please join Bluefish in welcoming a new member to our team, pediatric dentist Sheala Lansden. Dedicated, friendly and compassionate, Dr. Sheala loves making a positive, healthy difference for children and their families. We are so excited to welcome Dr. Sheala to our community!

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**Curtis Vogel, News and Local Content**

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ACTIVITIES**  
.....  
PAGES 72- 98

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