



Bend Park &
Recreation
DISTRICT

winter-spring 2019

WINTER-SPRING
REGISTRATION
BEGINS DEC. 10
@ 5:30 AM

your playbook

online preview
edition

includes: Art Station,
The Pavilion, Bend Senior Center
& Juniper Swim & Fitness Center

youth & adult recreation
registration opens
december 10

play for life

CONTACT US

phone: (541) 389-7275

email: info@bendparksandrec.org

website: bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

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

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

Administration will be closed: Jan. 1 - New Year, Jan. 21 - MLK Jr.
Day, Feb. 18 - President's Day, May 27 - Memorial 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 27.

JUNIPER SWIM & FITNESS CENTER

800 NE 6th Street • p. (541) 389-7665

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

Saturdays 7:00 am - 6:00 pm

Sundays 9:00 am - 6:00 pm

Holiday hours and special events: See page 16.

THE PAVILION

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

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

Holiday hours and special events: See page 24.

PARK SERVICES

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

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

Park Services will be closed: Jan. 1 - New Year, Jan. 21 - MLK Jr.
Day, Feb. 18 - President's Day, May 27 - Memorial Day



winter-spring 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 • Joanne Mathews • Ariel Mendez • Daryl Parrish

EXECUTIVE DIRECTOR:

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

ADMINISTRATIVE SERVICES DIRECTOR:

Lindsey Lombard • (541) 706-6109
lindsey@bendparksandrec.org

PLANNING & PARK SERVICES DIRECTOR:

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

RECREATION SERVICES DIRECTOR:

Matt Mercer • (541) 706-6103
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.

Cover: The Pavilion lights up the evening during open skate.

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



*"Life must be
lived as play."
- Plato*

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How to Register

REGISTER ONLINE:

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

Payment in full is required at the time of registration.

New Accounts

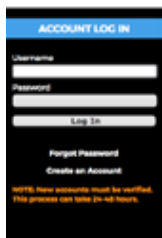
You can go online or come in person to create a new account. New accounts created online must be verified for District residency and accuracy. NOTE: This process is normally completed in 24 hours.

Online Registration Instructions

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

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://register.bendparksandrec.org) or by calling (541) 389-7275.

Credits & Refunds

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

Mark Your Calendar,

Summer 2019 registration begins March 18, 2019.

Fall 2019 registration begins August 12, 2019.

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.





IT'S PLAYTIME!

Facility Fee & Pass Information

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

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

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

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

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

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

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

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

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

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

FACILITY
STANDARD
FEES & PASSES

		FACILITY	JUNIPER SWIM & FITNESS CENTER	JUNIPER SWIM & FITNESS CENTER	BEND SENIOR CENTER	BEND SENIOR CENTER	THE PAVILION: ICE SEASON	THE PAVILION: ICE SEASON
		PASS TYPE	Full Access	Basic	Full Access	Basic	Without Skates	With Skates
		ACCESS	Over 200 weekly group fitness classes and masters swim practices plus full facility use. 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: Early Nov. - Early April	Admission to all public skate sessions. Includes skate rental. Ice Season: Early Nov. - 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: 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%

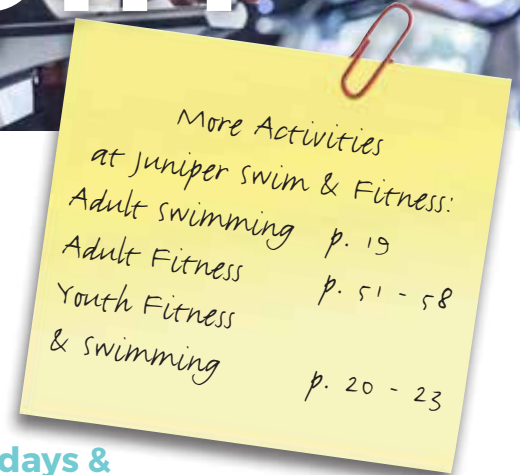
Family Pass Special: Dependent children, 18 years and younger, and spouse receive 50% off passes of equal or less value with the purchase of a full-price adult monthly, 3-month or annual pass. Minimum three pass purchase required. Must purchase at same time. Excludes 10-visit passes.

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



DISCOVER
275+ WEEKLY
FITNESS CLASSES
.....
**ADULT FITNESS
CLASSES**
.....
PAGES 51 - 58

take a spin



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!



Winter-Spring: January 2 - June 12

Regular Hours:

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

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

Visit online at: juniperswimandfitness.com



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

Schedules & Information

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

Fees

Pass information on pages 14 - 15.

Holidays & Special Hours

12/31	New Year's Eve	5:15 am - 6:00 pm
1/1	New Year's Day	9:00 am - 1:00 pm
1/21	MLK Jr. Day	Regular Hours
2/18	Presidents' Day	Regular Hours
4/21	Easter	Noon - 5:00 pm
5/27	Memorial Day	Noon - 5:00 pm

Swim Meets & Special Events

1/18	High School City Meet
2/8 - 9	High School District Meet
2/10	Last Chance Meet
4/6 - 7	Water Polo Tournament
5/4 - 5	May Invite Swim Meet

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.

Pool Party Rentals

NEW

Make your next celebration a splash bash at the pool. Rentals include private party room and swim time. We offer:

- Recreation Swim Parties
- Private Pool Party Packages

Learn more at juniperswimandfitness.com

Juniper Swim & Fitness Center Features

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

Online video tour available at 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.

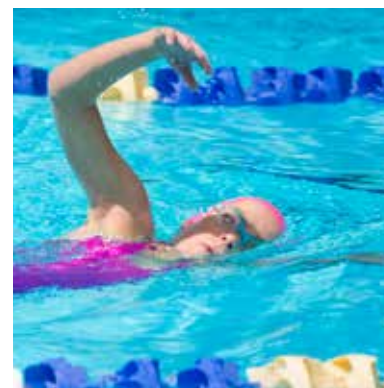
OTHER FEATURES:

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:
\$30.00 ID \$36.00 OD

Drop-in fee per hour, per child:
\$3.50 ID \$4.20 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



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: 1/5, 1/19, 2/2, 2/16,
3/2, 3/16, 4/6, 4/20

Activity: 405599

Sa: 6:30 - 9:30 pm

Fees: Pre-register - \$11.00 ID \$13.20 OD
Day of registration - \$14.00 ID \$16.80 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: 1/12, 2/9, 3/9, 4/13

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.

More at: 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

January 7 - June 12

M: 7:45 - 9:00 pm

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: 1/21, 2/1, 2/18 (1:00 - 4:00 only), 4/10, 4/11

Hours: 1:00 - 4:00 pm

6:30 - 9:00 pm

Dates: 3/25 - 29, 4/12

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

January 6 - June 9

Su: Noon - 1:00 pm

Soak & Float

Combine peaceful times in the hot tub, steam room and sauna with a quiet time in our indoor warm water pools.

Fee: Basic pass or drop-in fee

January 9 - May 22

W: 7:45 - 9:00 pm



Parent-Child Swim

Ages: 6 & under with adult

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

Fee: Basic pass or drop-in fee

January 7 - June 12

M - Th: 7:00 - 9:00 am

10:45 am - 2:30 pm

(10:45 am - 2:00 pm on Wednesday)

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

Tu: 7:30 - 9:00 pm

F: 7:00 am - 4:30 pm

Sa: 7:00 - 9:15 am

Su: 9:00 - 11:00 am

4:00 - 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

Lap Swimming. & Water Running

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

Fee: Basic pass or drop-in fee

January 7 - June 12

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

dive deep

See Lap Swim
Schedules Online
are available at
bendparksandrec.org/lapswim

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

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. Majority of class is in shallow water.

\$40.00 ID \$48.00 OD / session

Activity: 105554

Sa: 7:45 - 8:15 am

Sessions: 1/5 - 2/2 (#305554)

2/16 - 3/16

4/6 - 27

(Adj. Fee \$33.00 ID \$39.60 OD)

5/4 - 6/1 (No class 5/25)

(Adj. Fee \$33.00 ID \$39.60 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.

\$49.00 ID \$58.80 OD / session

Activity: 105555

M/W: 7:15 - 7:45 pm

Sessions: 1/7 - 23 (#30555)

1/28 - 2/13

4/1 - 17

2/18 - 3/6

4/22 - 5/8

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.

\$49.00 ID \$58.80 OD / session

Activity: 105556

Tu/Th: 6:45 - 7:15 pm

Sessions: 1/8 - 24 (#305556)

1/29 - 2/14

2/19 - 3/7

4/2 - 18

4/23 - 5/9

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.

\$162.00 ID \$194.40 OD / session

Activity: 105557

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

Sessions: 1/8 - 1/31

(#305557 \$108.00 ID \$130.00 OD)

2/5 - 3/7

4/2 - 5/2

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: Full Access Pass or drop-in fee.

January 2 - June 13

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.

\$12.00 ID \$14.80 OD / session

Activity: 405100

January 6 - June 2

Su: 4:15 - 6:00 pm

Adult NEW Springboard Diving

Ages: 16 & up

Learn the basics of diving from the 1-meter board. Instructor will lead you through specifics of how to do the approach and dive. You will also learn the back approach and back dive. Come and have fun and become a confident and successful diver.

\$80.00 ID \$96.00 OD / session

Activity: 105559

Sa: 11:30 am - 12:30 pm

Sessions: 1/5 - 2/2

2/16 - 3/16

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.

Recreation Swim Schedules

available on page 18 and at juniperswimandfitness.com.

Find all the times you can come splash and play.

BIG SPLASH!
.....
SWIM LESSONS FOR ALL!
.....
PAGES 20 - 23

splish splash

Dive into fitness and swimming.

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

Youth & 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 14 - 15.

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

Teen Fitness

Ages: 11 - 17

FITNESS CENTER USE:

Improve strength and conditioning in our state-of-the-art fitness center. A Fitness Center Orientation is recommended for **16- to 17-year-olds**; although, they may use the fitness center without restriction.

11- to 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- to 17-year-olds are welcome in all of our regular group exercise classes. 11- to 15-year-olds may attend some classes under parent/guardian supervision.

See classes and schedules online at juniperswimandfitness.com or call (541) 389-7665 for questions.

Youth Swimming

at Juniper Swim & Fitness Center

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.

\$149.00 ID \$178.80 OD / session

Activity: 105540

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: 1/7 - 2/28 (#305540)
4/1 - 5/24



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. NOTE: Participants choose three days per week to attend.

\$149.00 ID \$178.80 OD / session

Activity: 105541

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

Sessions: 1/7 - 2/28 (#305541)
4/1 - 5/31

Springboard Diving

Ages: 9 - 12

Learn the basics of diving from the 1-meter board. An instructor will lead you through the specifics of how to do an approach, front dive, back approach and back dive. Have fun becoming a confident and successful diver.

\$48.00 ID \$57.60 OD / session

Activity: 105570

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

Sessions: 1/7 - 1/23 (#305570)
1/28 - 2/13 2/18 - 3/6
4/1 - 17 4/22 - 5/8

Novice Swim Program Assessment FREE

Schedule a swim assessment to talk with a coach and learn more about the novice swim programs. Call (541) 706-6148 to arrange an appointment.

Advanced Springboard Diving

Ages: 9 - 14

This class will challenge the student to learn new skills on the 1-meter and 3-meter boards. Participants will become comfortable on the 3-meter board. Learn front flips, inward and reverse dives from the 1-meter board.

\$48.00 ID \$57.60 OD / session

Activity: 105571

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

Sessions: 1/7 - 23 (#305540)
1/28 - 2/13 2/18 - 3/6
4/1 - 17 4/22 - 5/8

Swim Squad

Ages: 14 & up

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.

\$149.00 ID \$178.80 OD / session

Activity: 305542

T/Th/F: 6:15 - 7:15 pm

Sessions: 2/5 - 3/22 4/2 - 5/24 (#105542)

Swim Stroke Workshop

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.

\$16.00 ID \$19.20 OD / session

Activity: 105410

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

Sessions: Butterfly: 3/5
Backstroke: 3/7
Breaststroke: 3/12
Freestyle: 3/14

Novice Water Polo Workshop

Grades: 1 - 8

Have fun learning basic water polo skills and playing games. Participants must be able to swim 100 meters (4 lengths) continuously.

\$89.00 ID \$106.80 OD / session

Activity: 105412

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

Session: 3/4 - 22



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: 1/5, 1/19, 2/2, 2/16,
3/2, 3/16, 4/6, 4/20

Activity: 405599

Sa: 6:30 - 9:30 pm

Fees: Pre-register - \$11.00 ID \$13.20 OD
Day of registration - \$14.00 ID \$16.80 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: 1/12, 2/9, 3/9, 4/13

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.

More at: bendparksandrec.org/weekendsrock

Preschool

at Juniper Swim & Fitness Center

Busy Buddies Preschool

Includes weekly swim lessons & yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee:

2 days/week: \$158.00 ID \$189.00 OD
(payment is due by the 5th of each month.)

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

Activity: 405601

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

- or -

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

Dates: Now - June 14



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

Check out all the great free and
low-cost weekend options
for kids and families
at JSFC on page 21.



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

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

Fees: ID / OD	MONDAYS
\$48.00 / \$57.60	Jan. 7 - Feb. 4
\$48.00 / \$57.60	Feb. 11 - Mar. 18
\$48.00 / \$57.60	Apr. 1 - 22
\$32.00 / \$38.40	Apr. 29 - May 20
Parent Tot 1,2	9:10 am
Sea Stars	10:00 am
Journey 1, 2, 3	9:10, 10:00 am
Fees: ID / OD	TUESDAYS
\$48.00 / \$57.60	Jan. 8 - Feb. 5
\$48.00 / \$57.60	Feb. 12 - Mar. 19
\$32.00 / \$38.40	Apr. 2 - 23
\$48.00 / \$57.60	Apr. 30 - May 28
Parent Tot 1,2	9:10 am, 10:00 am
Journey1,2,3	9:10 am, 10:00 am
Fees: ID / OD	WEDNESDAYS
\$48.00 / \$57.60	Jan. 9 - Feb. 6
Parent Tot 1,2	9:10 am
Sea Stars	9:10 am
Journey1,2,3	9:10, 10:00 am, 2:45 pm
Journey 4, 5	2:45 pm
Level 1,2,3,4	2:45 pm
\$48.00 / \$57.60	Feb. 13 - Mar. 20
\$32.00 / \$38.40	Apr. 3 - 24
\$40.00 / \$48.00	May 1 - 29
Parent Tot 1,2	9:10 am
Sea Stars	9:10 am
Journey1,2,3	9:10 am, 10:00 am, 3:00 pm
Journey 4, 5	3:00 pm
Level1,2,3,4	3:00 pm

Start times only listed. All classes 45-minutes.

Fees: ID / OD	THURSDAYS
\$48.00 / \$57.60	Jan. 10 - Feb. 7
\$48.00 / \$57.60	Feb. 14 - Mar. 21
\$32.00 / \$38.40	Apr. 4 - 25
\$40.00 / \$48.00	May 1 - 30
Parent Tot 1,2	9:10, 10:00 am
Sea Stars	10:00 am
Journey1,2,3	10:00 am
Fees: ID / OD	FRIDAYS
\$48.00 / \$57.60	Jan. 11 - Feb. 8
\$48.00 / \$57.60	Feb. 15 - Mar. 22
\$32.00 / \$38.40	Apr. 5 - 26
\$32.00 / \$38.40	May 3 - 31
Parent Tot 1,2	5:30 pm
Journey 1, 2, 3	4:30 pm
Level 1, 2, 3, 4	5:30 pm
Fees: ID / OD	SATURDAYS
\$48.00 / \$57.60	Jan. 5 - Feb. 2
\$40.00 / \$48.00	Feb. 16 - Mar. 16
\$32.00 / \$38.40	Apr. 6 - 27
\$32.00 / \$38.40	May 4 - June 1 (no class 5/25)
Parent Tot 1,2	10:05, 11:45 am
Sea Stars	9:15, 10:55 am
Journey 1, 2, 3	9:15, 10:55, 11:45 am
Journey 4, 5	10:05 am
Level 1, 2, 3	9:15, 10:05, 10:55, 11:45 am
Teen Level 1, 2, 3	10:55 am
Level 4	10:05, 11:45 am
Level 5, 6	10:55, 11:45 am

Start times only listed. All classes 45-minutes.

TWO-DAYS- A-WEEK SESSIONS

Fees: ID / OD	M/W EVENINGS
\$65.00 / \$78.00	Jan. 7 - 23
\$58.00 / \$69.60	Jan. 28 - Feb. 20
\$58.00 / \$69.60	Feb. 25 - Mar. 20
\$58.00 / \$69.60	Apr. 1 - 24
\$72.00 / \$86.40	Apr. 29 - May 29
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
Fees: ID / OD	TU/TH EVENINGS
\$65.00 / \$78.00	Jan. 8 - 24
\$58.00 / \$69.60	Jan. 29 - Feb. 21
\$58.00 / \$69.60	Feb. 26 - Mar. 21
\$58.00 / \$69.60	Apr. 2 - 25
\$72.00 / \$86.40	Apr. 30 - May 30
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.

Swim Lesson FREE
Assessment

Not sure where to start? Take the guesswork out - take a free swim assessment to ensure your child is in the right class.

From January 7 - June 7, just drop by the pool:

Tuesday, 10:45 am & 6:30 pm

Saturday, 12:30 pm

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

PLAY DATE!
.....
**SPECIAL
\$6 SKATE
SESSIONS**
.....
PAGE 25

chill out

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)

Now - 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.

Fees

Single visit fees, 10-visit passes and season passes are available. See pages 14 - 15 for details.

Schedules

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

Ice Season: Late October - Early April

Non-Ice Season: May - September

Holidays & Special Hours

12/31	New Year's Eve	12:00 - 9:00 pm
1/1	New Year's Day	11:00 am - 7:00 pm
1/21	MLK Jr. Day	Check schedules online
2/18	Presidents' Day	Check schedules online
3/25 - 29	Spring Break	Check schedules online
4/21	Easter	12:00 - 4:00 pm
5/27	Memorial Day	Closed

ICE SEASON PASSES!

Get the most skating for your money!
See pages 14 - 15.



Public Skating Sessions

Dates: Now - Early April

Check daily schedules at thepavilioninbend.com.

See pages 14 - 15 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.

Adult Skate

Special open skate sessions for adults 18 and over.

Skate Rental

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

Skate Sharpening

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



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.

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

Fees: Adult: \$12.00 / session
Youth: \$10.00 / 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: 110402 - Adult
110401 - Youth

Coached Stick & Puck NEW

The same unstructured hockey "Stick Time" you love, but with coaching available. Get specialized tips and tricks from our coaching staff to help your skill development.

Activity: 110411 - Adult
110410 - 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: 110403 - Adult

Curling Time

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

Activity: 110332 - 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: 110160



Holiday Breaks & No-School Days

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

- **Winter Break:** 12/24 - 1/5
- **MLK Jr. Day:** 1/21
- **No-School Day:** 2/1
- **President's Day:** 2/18
- **Spring Break:** 3/25 - 29

Check schedules online at thepavilioninbend.com

Groups, Schools & Skate Parties

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

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

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

Call (541) 389-7588 for reservations.

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



Pavilion Events

Cascade Invitational Hockey Tournament

January 26 - 28

Regional youth hockey hosted by the Bend Rapids. More at bendice.org

Wally Wallace Cup Hockey Tournament

March 22 - 23 - tentative

Come watch all the great adult hockey action! This tournament honors Wally Wallace, one of the founders of local ice hockey in Bend.

Teams, look for registration to open in January. More on page 60.

Spectators welcome; food and beverages available.

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.

Winter-Spring Ice Sports

Hockey • Curling • Ice Skating

Adult - pages 59 - 62 • Youth - pages 86 - 97

Fall 2019 Ice Season

Mark your calendars for August 12 for registration



Just for you.

Inspiring learning, health and wellness for active older adults.

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

Follow us on Facebook.



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

Bend Senior Center

Winter - Spring: January 2 - May 25

Regular Hours:

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

Located at Larkspur Park:
1600 SE Reed Market Road

p. (541) 388-1133

Schedules & Information

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

Fees

Pass information on pages 14 - 15.

Special Hours & Closures

Jan. 15	MLK Jr. Day	Open Regular Hours
Feb. 19	Presidents' Day	Open Regular Hours
May 27 - Sept. 2		Closed for Renovations

How to Get There

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

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



*Aging is not lost youth
but a new stage of
opportunity
and strength.
~ Betty Friedan*



Fitness passes through health plans? Ask us how.

You may be eligible to receive no-cost or low-cost fitness passes through your health plan. To learn more, ask the staff at the Bend Senior Center front desk for details.

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

Community Information & Support



AARP Tax Aide Program

FREE

February 4 - April 15

The AARP Tax Assistance Program is sponsored by The AARP Foundation and is hosted at the Bend Senior Center.

There are three different ways to schedule an appointment for tax assistance beginning Monday, January 28, 10:00 am.

ONLINE: Go online to <https://bprd.simplybook.me>. Select the time and day of your appointment. Easy to use and available 24/7.

IN PERSON: To schedule an appointment in person, come to the Bend Senior Center, Monday - Friday from 10:00 am to 2:00 pm.

BY PHONE: Call (541) 706-6234, Monday - Friday from 10:00 am to 2:00 pm and leave a voice message. A volunteer will call you back within 48 hours to schedule your appointment.

Sorry, no walk-in appointments.

AARP Driver's Safety

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

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

Social Security Basics

FREE

**3rd Wednesday of each month:
4:30 - 5:30 pm
February - May**

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

Medicare 101

FREE

**3rd Wednesday of each month:
5:30 - 6:30 pm
February - May**

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

The ABC & D's of Medicare

FREE

**1st Thursday of each month:
4:00 - 5:00 pm**

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

Note: No meeting in January.

Alzheimer's & Dementia Caregiver Support Group

FREE

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

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

BSC Health Clinics

Provided by local health practitioners for your convenience.

Foot Clinic

**Every 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

**1st Thursday in February & May:
10:00 - 11:30 am**

Provided by licensed audiologist



VOLUNTEER WITH BPRD.

Meet new people,
lend a hand!
Contact Kim at
(541) 706-6127.

Fit. Flexible. For life.

Weekly Fitness Classes

January 2 - May 25

Fee: Full Access Pass or single visit fee (see pages 14 - 15)

Updates at bendparksandrec.org.

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



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

Class descriptions on
pages 58 - 64
in Adult Fitness.
Look for the icon.

BSC Fitness Center

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

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

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

New users to the Fitness Center must attend a free "Fitness Center Orientation" to learn how to safely and effectively use the equipment.

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

Personal Training

Individual Training Rates:

Initial Consultation
and Assessment: \$75.00
1 - 2 Sessions: \$60.00/ea.
3 - 5 Sessions: \$57.00/ea. (5% off)
6 - 11 Sessions: \$54.00/ea. (10% off)
12 + Sessions: \$51.00/ea. (15% off)

Partner Training Rates: (per person):

1 - 2 Sessions: \$45.00/ea.
3 - 5 Sessions: \$42.75/ea. (5% off)
6 - 11 Sessions: \$40.50/ea. (10% off)
12 + Sessions: \$38.25/ea. (15% off)

Personal Trainers

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

Visit bendseniorcenter.org
for trainer bios.

Let's be social.

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



Tuesday Afternoon at the Movies

FREE

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 Afternoon Dance

FREE

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 \$5.00 per person.

Pool/Billiards

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

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!

BSC Book Discussion Group

FREE

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

Cards & Games

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

Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

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.

WEEKLY SOCIAL ACTIVITY SCHEDULE

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

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

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

THURSDAY:	
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:00 - 12:30 pm	Thursday Social Lunch
1:00 - 2:30 pm	Afternoon Dance

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

SATURDAY:	
9:30 am - 3:00 pm	Pool/Billiards
11:15 am - 2:30 pm	Siamese Mahjong
11:30 am - 3:00 pm	Social Bridge

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

VOLUNTEER AT EVENTS

Meet new people, lend a hand!
Contact Kim at (541) 706-6127.



Brown Bag Lunch & Learn Series

FREE

Wednesdays • 12:00 - 1:00 pm

Presented in partnership
with PacificSource Medicare Health Plans

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

Bring your lunch; dessert and coffee are on us.

- 2/6 Are You Ready? Preparedness 101**
Ashley Volz, Deschutes County Sheriff's Office
- 2/13 Medical Necessities:
Three Health Care Documents Oregonians Need**
Janay Haas, Retired Senior Legal Services Developer
- 2/20 A Day in the Life of a Wildland Fire Fighter**
Janessa Wells, Wildland Fire Fighter
- 2/27 The History of the Bend Water Pageant**
Kelly Cannon-Miller, Deschutes Historical Society
- 3/6 No Cost Phones for People with Disabilities**
Susan Kirk, Oregon Relay
- 3/13 Newberry National Volcanic Monument**
Karen Gentry,
Education Programs Director Discover Your Forest
- 3/27 Images of America: Sunriver**
Tor Hanson, Author and Local Historian
- 4/3 Toys, Tricks & Trust: Working with Street Children in India**
David Purvience, World's Children Organization
- 4/10 Deschutes Land Trust:
Conserving Land for Future Generations**
Sarah Mowry, Deschutes Land Trust
- 4/17 Safe Banking for Seniors**
Andrea Zechmann, Manager, First Interstate Bank
- 4/24 Sunriver Nature Center & Observatory:
50 years of Education and Discovery**
Amanda Accamando, Nature Center Manager



Sunday Afternoon Dance

1st Sunday of each Month

2:00 - 4:00 pm

\$5.00 per person

Featuring the Notables Swing Band.

St. Patrick's Day Dinner Dance

Friday, March 15

6:00 - 7:00 pm Dinner

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

\$12.00 per person

(Advance sale only; tickets on sale beginning 2/1.)

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

Premier World Discovery Armchair Travel Informational Meeting

January 31 and April 18,
11:45 am - 12:45 pm

Come learn about the great 2019 travel options. A representative will cover the program particulars and answer your questions.

The Larkspur Community Center

YOUR FUTURE PLAY & WELLNESS CENTER

Larkspur Community Center will be a new recreation center at the expanded home of the Bend Senior Center. Scheduled to break ground in spring 2019, the facility will be a vibrant place to come together for play, wellness and enrichment when it opens in fall 2020. Patience is much appreciated when we temporarily close Bend Senior Center in summer 2019 to get the bulk of the noisy, dusty work completed. Bend Senior Center will reopen in fall 2019 as work continues on the expansion. The Larkspur Community Center will add 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.

LET'S
GET ARTY!
.....
PAINTING
CLASSES
& MORE
.....
PAGES 36 - 38

the art of 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 page 33.

Bend Senior Center

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

Facility information on page 27.



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 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 34 - 38.

YOUTH CLASSES
on pages 70 - 76.

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:	\$18.00 ID \$22.00 OD / visit (3 hours) \$162.00 ID \$192.00 OD for 10-visit pass - save 10%
Activity:	111197 - Single Visit 411195 - 10-visit (1/1/19 - 12/31/19 Limited open studio in July & August)

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:	\$225.00 for 2 hours
Clay Party:	\$250.00 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.



MICHAELE GREENE WORKSHOP:

INTRODUCTION TO CLAY SCULPTURE NEW

Ages: 16 & up

Art Station

All levels are welcome! Come try something new and explore different methods to sculpt with clay. The first three workshop sessions will be hands-on sculpting instruction and the fourth class will be "cold finishing" techniques including washes, waxes, acrylic and sealing of your artwork.

\$199.00 ID \$238.80 OD / session

Activity: 111106

Sa: 2:00 - 5:00 pm

Session: 2/23 - 3/16

ABOUT MICHAELE:

Michaele Greene has been a sculptor for many years in Denver and now Bend. In Denver, her unique sculpting style was shown in many galleries and juried shows. Having worked in other mediums including cement and plaster, her first love is creating with clay. Michaele also is experienced in "cold finishes" which are a variety of techniques for finishing bisqueware other than traditional glazing. Her unique whimsical art works also include other elements such as wire, rope and fabric.

Clay

All Skills Pottery

Ages: 16 & up

Art Station

Learn basic stoneware pottery techniques, including hand-building and wheel thrown, 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

\$199.00 ID \$238.80 OD / session

Activity: 111101

W: 6:00 - 9:00 pm

Sessions: 1/16 - 2/20
3/6 - 4/17 (No class 3/27)
5/1 - 6/5

Day Clay

Ages: 16 & up

Art Station

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

\$199.00 ID \$238.80 OD / session

Activity: 111100

F: 11:00 am - 2:00 pm

Sessions: 1/18 - 3/1 (No class 2/1)
3/8 - 4/26 (No class 3/29 & 4/12)
5/3 - 6/7

Wheel Experience

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: Madeleine Meyers

\$169.00 ID \$202.80 OD / session

Activity: 111105

M: 6:00 - 9:00 pm

Session: 4/1 - 22



Drawing, Ink & Multimedia

Bullet Journaling NEW

Ages: 14 & up

Art Station

Do you like to doodle and sketch? Or have you heard about bullet journaling but don't know where to start? Bullet journaling is described as combining artistic note taking and drawing that is meant "to help you track the past, organize the present, and plan for the future." Discover the basics while getting organized and creative! Bring some ideas of what you'd like to track and organize in your life and a dotted journal of your choice. Instructor: Madeleine Meyer

\$85.00 ID \$102.00 OD / session

Activity: 111140

W: 5:30 - 8:00 pm

Session: 1/23 - 2/6

Heart of Bend String Art

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

\$55.00 ID \$66.00 OD / session

Activity: 111145

Tu: 6:00 - 8:30 pm

Session: 1/29 4/9

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 74 - 76.

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

\$69.00 ID \$82.80 OD / session

Activity: 111111

Tu: 6:30 - 8:30 pm

Session: 2/12 - 26 5/7 - 21



One-of-a-kind Printmaking

NEW

Ages: 14 & up

Art Station

Learn how to create prints with monoprinting or gelli plate printing and discover different texturizing and layering techniques. Create beautiful works of art that can be turned into greeting cards, gift tags, bookmarks, labels, wrapping paper or wall art. The perfect class for beginners and those looking to try printmaking! Instructor: Madeleine Meyer

\$49.00 ID \$58.80 OD / session

Activity: 111132

Sa: 1:00 - 5:00 pm

Session: 2/23 4/13



Intro to Calligraphy

Ages: 14 & up

Art Station

An ancient writing technique, calligraphy uses flat-edged pens to create artistic lettering using thick and thin lines depending on the direction of the stroke. Learn some essential tips and techniques all beginners can use to improve their letter forms and calligraphy style. Instructor: Amanda Krammes

\$89.00 ID \$106.80 OD / session

Activity: 111143

Th: 6:00 - 8:30 pm

Session: 3/7 - 21

W: 6:00 - 8:30 pm

Session: 5/22 - 6/5

Gyotaku Fish Prints

Ages: 14 & up

Location: 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

\$49.00 ID \$58.80 OD / session

Activity: 111131

Tu: 5:30 - 9:00 pm

Session: 3/12

Keep on Drawing! **NEW**

Ages: 16 & up

Art Station

The more you draw, the better you get! Bring your representational drawing skills to a higher level with continued practice and personalized instruction in the use of values, line, achieving accurate proportion and perspective. Using pencil, ink and charcoal techniques will help you find different approaches to drawing what you see. Come explore drawing for drawing's sake or to enhance your skill in order to improve your paintings. Though this class is designed for those with some drawing experience, beginners are welcome too. Bring a sketchbook to class, we provide the rest. Instructor: Vicki Shuck

\$189.00 ID \$226.80 OD / session

Activity: 111110

Th: 10:00 am - 12:30 pm

Session: 4/25 - 5/30



Art Station **FREE** Open House

Sunday, April 29

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 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 artists of all ages!





PAUL BENNETT FOLK ARTIST

LARGE NEW COLORFUL PAINTINGS WORKSHOP

Ages: 16 & up

Art Station

Create large, colorful paintings on 3' x 3' 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: \$125.00 ID \$150.00 OD

Activity: 111128

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

Session: 4/4 - 5

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

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 \$5 - \$20 materials and firing fee paid to instructor for each piece. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 111163

Tu: 5:30 - 8:00 pm

Session: 1/22

Creating Waves in Fused Glass NEW

Ages: 14 & up

Art Station

Create your very own beautiful, calming wave designs in fused glass. You'll complete an 8 x 12" wave design that will be tack fused and slumped for display on a table or windowsill. Additional \$70 materials and firing fee paid to instructor for each piece. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 111160

Tu: 5:30 - 8:30 pm

Session: 2/5

Exploring Color & Texture in Fused Glass

Ages: 14 & up

Art Station

In this create-and-play workshop, an 8 x 8" clear glass sheet is your blank "canvas" and you apply a variety of glass materials in a plenitude of colors and textures 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, nightlights or a small vase. Additional \$50 - \$80 materials and firing fee paid to instructor for each piece. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 111161

Tu: 5:30 - 8:30 pm

Session: 3/5

Fused Glass Aspen Forest Scenes

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 8 x 12" piece to be tack fused and slumped for display on a table or windowsill. Additional \$70 materials and firing fee paid to instructor for each piece. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 111162

Tu: 5:30 - 8:30 pm

Session: 4/16

Creating with Wire

Ages: 14 & up

Art Station

This jewelry class is perfect for beginners who want to learn the essential skills to work with wire to make earrings, clasps, pendants and findings as well as to repair jewelry. Don't throw out that broken jewelry, bring it in and reinvent it! Instructor: Laura Von der Osten

\$99.00 ID \$118.80 OD / session

Activity: 111172

Th: 5:45 - 8:00 pm

Session: 5/2 - 9



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, values and composition. Take home a finished, ready-to-frame painting. Take one or all five of the classes! \$20 supply fee due to instructor at each class. Instructor: Carol Picknell, certified acrylic instructor.

\$15.00 ID \$18.00 OD / session

Activity: 102409

Th: 1:00 - 3:30 pm

Sessions: 1/10: Winter's Night
2/14: Rose in a Vase
3/14: Clouds in the Moonlight
4/11: April Showers
5/9: Signs of Spring



Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

Acrylic Pouring: Mountain Range Silhouette

Ages: 14 & up

Art Station

Swirl, slip and slide 100% non-toxic, zero VOC acrylic paint across a 16 x 20" 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

\$109.00 ID \$130.80 OD / session

Activity: 111144

Tu: 6:00 - 8:30 pm

Session: 1/15 4/2

Paint Your Favorite Photo!

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, 8 x 11" photo copy of image. Instructor: Jodi Schneider

\$119.00 ID \$142.80 OD / session

Activity: 111120

F: 10:00 am - 12:00 pm

Session: 1/18 - 2/15 (No class 2/1)

CINDY BRIGGS WORLD RENOWNED PLEIN AIR ARTIST

WATERCOLOR WORKSHOPS

Ages: 16 & up

Art Station



Quick Sketch Watercolors

NEW

Discover how to draw with flowing lines and paint with flowing, mingled watercolors. You'll learn to quickly and easily use flowing colors and lines in sketchbooks, postcards or separate paper samples and complete multiple easy sketch watercolors following hands-on demonstrations and by trying some surprising techniques. Cindy demonstrates how to simplify and add exciting color to most any subject in this fun class for all levels. She'll also share her many travel sketchbooks from her painting journeys. Supply list to be provided.

\$155.00 ID \$186.00 OD / session

Activity: 111126

M/Tu: 9:30 am - 3:00 pm

Session: 6/3 - 4

Sunlit Watercolors

NEW

Capture the sunlight with your paintbrush! Brighten up your walls with a selection of subjects from the country or the city. Do a few warmups, design your watercolor, then paint with guidance each step of the way. In this class designed for experienced beginners to advanced intermediate painters, Cindy will provide one-on-one attention to help you as you paint one or more complete paintings. Supply list to be provided.

\$155.00 ID \$186.00 OD / session

Activity: 111126

Th/F: 9:30 am - 3:00 pm

Session: 6/6 - 7



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.



Getting Started in Oil Painting

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

\$155.00 ID \$186.00 OD / session

Activity: 111121

Th: 10:00 am - 1:00 pm

Session: 2/7 - 28

Ease into Watercolor Painting

Ages: 14 & up

Art Station

Have you always wanted to watercolor paint but didn't know how to begin? Or maybe you tried it long ago and wondered how to start again? Then this is the class for you and anyone wanting to paint more independently. In this class, we'll begin with the basics, creating fun designs and representational paintings while practicing wash techniques, texture methods and design principles. Instructor: Jodi Schneider

\$129.00 ID \$154.80 OD / session

Activity: 111124

Th: 6:00 - 8:00 pm

Session: 2/7 - 28

Encaustic Painting

Ages: 16 & up

Art Station

Explore 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

\$175.00 ID \$210.00 OD / session

Activity: 111125

W: 5:45 - 8:45 pm

Session: 2/13 - 3/6
3/13 - 4/10 (No class 3/27)

Watercolor Pet Portraits

Ages: 16 & up

Art Station

Paint your pet in watercolor! All levels welcome, no experience needed. Bring a clear 8 x 11" 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. Instructor: Jodi Schneider

\$119.00 ID \$142.80 OD / session

Activity: 111122

Tu: 1:00 - 3:00 pm

Session: 2/19 - 3/12

Intro to Chinese Brush Painting

All Adults

Bend Senior Center

Learn the basics of traditional Chinese brush painting in this introductory class. We will have fun learning how to use the brush to make a simple painting. No experience necessary. \$10 supply fee due to instructor at class. Instructor: Michelle Oberg.

\$25.00 ID \$30.00 OD / session

Activity: 102405

Th: 1:00 - 3:30 pm

Session: 3/7

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 at class. Instructor: Jennifer Ware-Kempke.

\$25.00 ID \$30.00 OD / session

Activity: 102400

Th: 1:00 - 3:30 pm

Session: 3/21



Textile Art

Basic Batik

Ages: 16 & up

Art Station

Learn the wax-resist method of designing and dying fabric. Use tjanting needles to "draw" with liquid wax onto fabric and the wax will resist the dyes that will be used. Learn traditional techniques and create a stunning finished piece. Instructor: Julie Wilson

\$99.00 ID \$118.80 OD / session

Activity: 111180

M: 6:30 - 8:30 pm

Session: 1/21 - 2/11

W: 6:30 - 8:30 pm

Session: 4/24 - 5/15

The Art of Felting NEW

Ages: 16 & up

Art Station

Learn to "paint" with fleece and dry felt raw fibers to create a finished felted picture. Dye your own fabric background and use special needles to join loose fibers to a sheet of wool in brilliant colors. Learn to dry felt fibers with a needle and foam base to create a finished felted piece. Instructor: Julie Wilson

\$119.00 ID \$142.80 OD / session

Activity: 111181

M: 6:00 - 8:00 pm

Session: 4/1 - 29



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?

Baking

Simply Baked: Scratch Cakes NEW

All Adults

Bend Senior Center

Learn to make cakes from scratch in this hands-on baking class. Discover tips and techniques to make your cakes look and taste at a professional level. Once you have learned these tips from a professional pastry chef you will think twice about ever using a box cake again. Instructor: Tami Johnson

\$59.00 ID \$70.80 OD / session

Activity: 102244

Sa: 11:00 am - 2:00 pm

Session: 1/26

Puff Pastry Four Ways NEW

All Adults

Bend Senior Center

Learn new tricks with frozen puff pastry! Join the fun by learning how to use frozen puff pastry four different ways. We'll create delicious breakfast pastries, sweet desserts, savory appetizers and more. Bring your apron and containers to take home goodies. Instructor: Tami Johnson

\$59.00 ID \$70.80 OD / session

Activity: 102240

Sa: 11:00 am - 2:00 pm

Session: 2/9



Gluten-Free Bread & Cookies NEW

All Adults

Bend Senior Center

Stop sacrificing flavor and texture in your fresh-baked, gluten-free treats. Discover how to create sweet and savory recipes and make delicious, seeded gluten-free bread and cookies. We will use unique gluten-free flour blends, learn tips for working with and storing gluten-free baked goods, and practice comprehensive, easy-to-master baking techniques. Instructor: Tami Johnson

\$59.00 ID \$70.80 OD / session

Activity: 102242

Tu: 5:00 - 8:00 pm

Session: 2/19

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.



With Your Child: **Danish Aebleskivers**

Ages: 6 & up

Bend Senior Center

Learn to make Danish Aebleskivers with your child. Aebleskivers are a traditional pancake shaped like a sphere. They are delightfully light and fluffy. They can be filled with anything your heart desires. These delicious bites are the perfect addition to any breakfast menu. Class is priced per adult and child team; only the adult registers. Instructor: Jessica Carleton.

\$59.00 ID \$70.80 OD / session

Activity: 102243

F: 5:00 - 7:00 pm

Session: 3/1

Cast Iron Skillet Desserts

All Adults

Bend Senior Center

Sure, we love fancy bakeware, but for some desserts nothing beats a classic cast iron skillet. Use it to perfectly bake scrumptious desserts. During the class, you'll also pick up tips for caring for your cast iron cookware so it can become a true family heirloom. Instructor: Tami Johnson

\$59.00 ID \$70.80 OD / session

Activity: 102246

Tu: 5:00 - 8:00 pm

Session: 3/5

Crème Brûlée & Panna Cotta Demystified

All Adults

Bend Senior Center

Any pastry chef will tell you that the simple mixture of eggs and cream will yield almost magical and infinite variations. We explore many of them here, including Custards, Crème Brûlée and Panna Cotta. Join us as we explore the fundamentals of making classic custards and creams. Instructor: Tami Johnson

\$59.00 ID \$70.80 OD / session

Activity: 102238

Sa: 11:00 am - 2:00 pm

Session: 3/9

Tarts & Galettes

All Adults

Bend Senior Center

Learn the basics behind pie dough, pâte sucrée and pâte sablée dough. Discover how to turn them into decadent dishes as we experiment with recipes and techniques of both savory and sweet galettes and tarts. Instructor: Tami Johnson

\$59.00 ID \$70.80 OD / session

Activity: 102245

Sa: 11:00 am - 2:00 pm

Session: 3/30

Cheesecake Decadence

All Adults

Bend Senior Center

Learn the method most pros use to make decadent cheesecakes. In this hands-on workshop you will learn the tips and techniques to make a perfectly smooth cheesecake and ideas for classic and unique flavor combinations. Instructor: Tami Johnson

\$59.00 ID \$70.80 OD / session

Activity: 102239

Sa: 11:00 am - 2:00 pm

Session: 4/6

With Your Child: Handmade Pretzels

Ages: 6 & up

Bend Senior Center

Enjoy an evening of one-on-one time with your child as we learn to make soft, hot, fresh pretzels and a dipping sauce. Learn all of the tricks and enjoy them fresh out of the oven. Class is priced per adult and child team; only the adult registers. Come have fun with your child. Instructor: Jessica Carleton.

\$59.00 ID \$70.80 OD / session

Activity: 102241

F: 5:00 - 7:00 pm

Session: 4/12



Cooking

Family Favorites: Easy Meatless Meals

All Adults

Bend Senior Center

Create great, easy-to-prepare meatless dishes from simple ingredients. Learn about well-balanced protein combinations for a vegan diet. These hearty, meatless meals are high in protein and great tasting for the vegetarians and meat lovers alike. This class will be part demonstration and group effort. Instructor: Suzanne Landry

\$49.00 ID \$58.80 OD / session

Activity: 102228

Th: 5:00 - 7:30 pm

Session: 1/10

Mmm... Homemade Soup

All Adults

Bend Senior Center

There's nothing quite as comforting as hearty soups when it's cold. Learn to make healthy soups to freeze and store. We will make mushroom barley, vegetable, split pea, butternut squash, tomato basil soups and cheddar crackers. Bring your aprons and freezer containers. Instructor: Marsha Palmer

\$49.00 ID \$59.80 OD / session

Activity: 102231

Tu: 5:00 - 7:30 pm

Session: 1/15

Winter Warming Side Dishes

All Adults

Bend Senior Center

We'll prepare some hearty, warming winter vegetable dishes from hearty greens and winter squash dishes to root vegetables. Create delicious dishes using classic winter staples: Herbed Roasted Vegetables in Phyllo; Beet and Tangerine Salad with Feta; Brussels Sprouts and Spuds Casserole; Cheesy Kale Chips; Three Sisters Squash Stew and more! Instructor: Suzanne Landry.

\$49.00 ID \$58.80 OD / session

Activity: 102230

Th: 5:00 - 7:30 pm

Session: 2/21





Italian Dinner Night for Two

NEW

All Adults

Bend Senior Center

Bring your friend, family member or significant other to this class and have a blast together while learning how to make fresh handmade pasta, stuffed pasta, perfect sauces and all the accompaniments! There's nothing like handmade pasta's flavor and texture. Together, we'll learn to make dough the Old World way, and then we'll shape, cut and stuff it. You and your companion will create a complete fresh Italian meal. Only one person needs to register. Instructor: Jessica Carleton.

\$89.00 ID \$106.80 OD / session

Activity: 102257

F: 5:00 - 8:00 pm

Session: 2/8

Make Your Own Kimchi at Home

All Adults

Bend Senior Center

Kimchi is a traditional fermented Korean delicacy made with vegetables, the most common being cabbage. It is a low-calorie, high fiber and nutrient-packed side dish and the health benefits of kimchi like other fermented foods has been well-documented. We will learn to make Napa cabbage kimchi and other recipes. Instructor: Jessica Carleton.

\$39.00 ID \$46.80 OD / session

Activity: 102222

Tu: 5:30 - 7:30 pm

Session: 2/12

A Taste of India for Two

NEW

All Adults

Mantra Indian Kitchen

Learn to make a traditional Indian meal and be familiarized with Indian spices, traditional recipes and customs. Learn the basics of Indian cooking with hands-on experience creating a four-course meal. Class is priced per couple. Only one person needs to register. Instructor: Arun Srikantaiah

\$89.00 ID \$106.80 OD / session

Activity: 102265

Su: 4:00 - 7:00 pm

Sessions: 2/24 3/10

A Taste of Japan: Miso Soup

All Adults

Bend Senior Center

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 that it is the secret behind their longevity. Bring containers for leftovers. Instructor: Yoko Godlove

\$49.00 ID \$58.80 OD / session

Activity: 102267

Th: 5:30 - 7:30 pm

Session: 2/28

A Taste of Japan: Okonomiyaki

All Adults

Bend Senior Center

Okonomiyaki (literally means grilled as you like it) is a savory version of Japanese pancake, made with flour, eggs, shredded cabbage, meat/protein and topped with a variety of condiments. Bring your aprons and a leftovers container. Instructor: Yoko Godlove

\$49.00 ID \$58.80 OD / session

Activity: 102268

W: 5:30 - 7:30 pm

Session: 3/6



Knife Skills & Kitchen Shortcuts

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 102227

Th: 5:00 - 7:30 pm

Session: 3/21

Recipe Rehab

NEW

All Adults

Bend Senior Center

Step inside the Recipe Rehab class where you can learn healthy cooking secrets and create recipe makeovers in your own kitchen. Learn tips for making healthier homemade meals that are easy and quick enough for weeknights. Instructor: Marsha Palmer

\$39.00 ID \$46.80 OD / session

Activity: 102233

Tu: 5:00 - 7:30 pm

Session: 4/16



Artisan Cheese Making

All Adults

Bend Senior Center

Simple Cheese Making for Soft Cheeses

NEW

In this class you will learn how to make simple soft cheeses with minimal supplies and equipment. Learn the ins and outs of choosing the appropriate dairy source, flavorings, cultures and rennet. This process will take you from start to finish. Instructor: Elizabeth Guerin.

\$59.00 ID \$70.80 OD / session

Activity: 102221

Sa: 11:00 am - 2:00 pm

Session: 2/2

Making Pressed Cheeses at Home

NEW

Let's take home cheese making to the next level. This class uses many of the same principals from the previous soft cheese making class to make pressed cheese. We will delve into learning how to use cultures and flavorings as well as how to press curds. In this hands-on class the instructor will carefully guide you through the process to produce pressed cheeses. Instructor: Elizabeth Guerin.

\$59.00 ID \$70.80 OD / session

Activity: 102224

Sa: 11:00 am - 2:00 pm

Session: 3/2



Easy One-Pot Cooking NEW

All Adults

Bend Senior Center

Graduate from the pre-cooked, pre-packaged foods without sacrificing convenience. See how easy and delicious 'made from scratch' can taste. Using simple sauces and seasonings you can create a delicious and nutritious meal with just one pot to clean up! This class is part demonstration and part hands-on. Instructor: Suzanne Landry

\$49.00 ID \$58.80 OD / session

Activity: 102226

Th: 5:00 - 7:30 pm

Session: 4/18

Fancy Fondue NEW

All Adults

Bend Senior Center

Dress up your evening with fancy fondue. Let's go 'old school' with a three-course fondue dinner: a classic cheese fondue, a tasty main course with dipping sauces and delicious chocolate fondue dessert. Instructor: Tami Johnson

\$59.00 ID \$70.80 OD / session

Activity: 102236

Sa: 11:00 am - 2:00 pm

Session: 4/27

Get Creative with the Spiralizer NEW

All Adults

Bend Senior Center

Join us for an evening of fun as we create 'zoodle noodles.' Learn to make an array of amazing dishes with the spiralizer. This innovative gadget transforms vegetables into ribbons, spaghetti-like noodles, shoestrings, hair strands and more. No experience is required. Instructor: Marsha Palmer

\$49.00 ID \$58.80 OD / session

Activity: 102235

Tu: 5:00 - 7:30 pm

Session: 5/7

Putting More Flavor in Your Food NEW

All Adults

Bend Senior Center

Add delicious herbs and mildly spicy flavors to entrees, soups, salads and veggie dishes. We'll cover the difference between herbs vs spices; substituting fresh herbs for dried; how to store them; as well as the best practices for stocking your pantry with a basic spice list. Class is part demonstration and part hands-on. Instructor: Suzanne Landry.

\$49.00 ID \$58.80 OD / session

Activity: 102229

Th: 5:00 - 7:30 pm

Session: 5/16



Dance

Silver Swans

Ages: 30 & up

Academie De Ballet Classique

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

\$95.00 ID \$115.00 OD / session

Activity: 102173

Tu: 11:30 am - 12:30 pm

Sessions: 1/8 - 2/19

2/26 - 4/16 (No class 3/26)

Country Western Line Dancing

Ages: 16 & up

Bend Senior Center

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

\$59.00 ID \$70.80 OD / session

Activity: 102113

M: 6:10 - 7:10 pm

Sessions: 2/4 - 3/11 3/25 - 4/29



Social & Club Dancing

Ages: 16 & up

Bend Senior Center

Perfect class for beginners! Whether your preference is Salsa, Jitterbug or Tango, this class will show you all the smooth moves of partner dancing so you look and feel confident on the dance floor. No partner needed. Instructor: Barry Jost.

\$59.00 ID \$70.80 OD / session

Activity: 102140

M: 7:15 - 8:15 pm

Sessions: 2/4 - 3/11: Tango
3/25 - 4/29: Salsa

DIY

DIY: Mosaic Stained Glass Block Night Light NEW

All Adults

Bend Senior Center

Create a one-of-a-kind night light using a glass block and stained glass pieces, to bring a soft glowing ambiance to any room. Class will focus on design, cutting/nipping glass, applying pieces to your base and grouting. All materials provided. Close-toed shoes and glasses required (reading or safety glasses). Instructor: Jessica Carleton

\$69.00 ID \$82.80 OD / session

Activity: 102418

Th: 5:00 - 8:00 pm

Session: 2/7

DIY: Memorial Wind Chimes **NEW**

All Adults

Bend Senior Center

Remember your loved one or pet every time the wind blows by creating a ceramic wind chime in their honor. Personalized with their name and "When the wind blows know that I am near" stamped in clay it is a wonderful way to remember and honor. We will create, paint and put together these chimes in three sessions. Instructor: Diane Burns

\$79.00 ID \$94.80 OD / session

Activity: 102413

Th: 5:30 - 7:30 pm

Session: 3/14 - 28



DIY: Beginning Stained Glass Workshop **NEW**

All Adults

Bend Senior Center

No prior skills needed! See if stained glass is something you would be interested in before making the investment in supplies and tools. Learn step-by-step instructions on how to cut glass, pattern preparation, foiling and soldering. Supplies and tools are available for use in class. Instructor: Diane Burns

\$79.00 ID \$94.80 OD / session

Activity: 102419

Th: 5:00 - 8:00 pm

Session: 4/4

DIY: Driftwood & Glass Wind Chimes **NEW**

All Adults

Bend Senior Center

Wind chimes are one of the world's first musical instruments. We will create one-of-a-kind wind chimes using driftwood and fused glass. Hang your chimes at your house to add a little music. Learn the basics of working with fused glass in this two-session introductory class. Instructor: Diane Burns.

\$65.00 ID \$78.00 OD / session

Activity: 102417

Th: 5:30 - 7:30 pm

Session: 4/25 - 5/2

DIY: Building a Succulent Garden Dish **NEW**

All Adults

Bend Senior Center

Create a beautiful, one-of-a-kind succulent dish garden. Bring a favorite container from home and pick out gorgeous succulent cuttings from our 'succulent buffet.' Perfect for your home or garden. Create living art. Instructor: Marsha Palmer.

\$49.00 ID \$58.80 OD / session

Activity: 102219

Th: 5:00 - 7:00 pm

Session: 5/9



Fiber Arts

Easy Does it Shawl: Next Step Builder

All Adults

Bend Senior Center

You know the basic knit, purl, cast-on and bind-off stitches. This project will not only be a refresher but will enhance your skills. The class project will be an asymmetrical scarf with easy-to-remember rows and changing sections to keep your interest. Some supplies provided. Instructor: Kristina Romer.

\$49.00 ID \$58.50 OD / session

Activity: 102472

W: 9:30 - 11:30 am

Session: 3/6 - 20

With Your Child: Beginning Loom Knitting

Ages 6 & up with Adult

Bend Senior Center

Spend some quality time with your child and learn to knit. Learn the basics of knitting on a loom. Learn to cast-on, use knit and purl stitches and bind-off. All supplies provided. Fee is for an adult/child team. Only the adult needs to register. Instructor: Kristina Romer.

\$49.00 ID \$58.80 OD / session

Activity: 102474

Sa: 9:30 am - 12:30 pm

Session: 3/16

Art Quilt Retreat: Bread Baking & Art Quilts **NEW**

All Adults

Bend Senior Center

Bread baking with a quilting twist! Roll up your sleeves and learn bread making techniques and tips: measuring, mixing, kneading, shaping, baking. We will make delicious bread, rolls, pizza and more. While the bread is rising, learn to make a simple collage art quilt and tips for solving quilting challenges. Workshop is a two day class. We will provide healthy snacks, lunch on Saturday and a 15-minute chair massage. Leave class feeling relaxed and accomplished! Quilt supply list provided at registration. Instructors: Cindy Heath and Paula Gray

\$129.00 ID \$154.80 OD / session

Activity: 102486

F: 5:00 - 8:00 pm

Sa: 9:00 am - 3:30 pm

Session: 3/29 - 30

Knitting on Circular Needles - Skill Builder

All Adults

Bend Senior Center

Learn how to knit 'in the round' on circular and 'double-pointed' needles. You will make a baby's beanie. Learn how to customize with color or simple stitch changes. Supply list. Instructor: Kristina Romer.

\$49.00 ID \$58.80 OD / session

Activity: 102473

W: 9:30 - 11:30 am

Session: 4/3 - 17



Aging with Grace

All Adults

Bend Senior Center

Embrace aging and live fully with grace and health! Learn the importance of acknowledging life's last stages with valuable information, talking about our wishes, celebrating a life well-lived and learning to let go of fears as we plan for our loved ones when we are gone. This workshop encourages discussion about mortality with family, friends and community; educates on end-of-life services for medical and estate planning, and inspires creativity about reflection and commemorating your own life or a loved one's.

Instructors: Erin Collins, RN BSN and Jamie Kertay, RN BSN. Certified Hospice and Palliative Care Nurses and End of Life Doulas.

Embrace Graceful Dying: Get the tools to talk practically about death and plan for your care, including crafting an advance directive and a vigil plan.

Planning for Your Legacy: Planning for when you are gone: your estate and finances, as well as the legacy you will leave behind in photographs, words, art and/or contributions.

End of Life Choices: Get an overview of palliative care, hospice care, death with dignity and family-centered, end-of-life care.

\$49.00 ID \$58.80 OD / session
Activity: 102218

Sa: 1:00 - 5:00 pm
Session: 2/23



Fitness - Specialized

Stand Tall - Don't Fall

Ages: 50 & up

Bend Senior Center

As we age, a loss of balance can lead to fear of falling and 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. Class is limited to 30 and taught by certified Arthritis instructors. Prerequisite: ability to stand unassisted for 15-20 minutes.

\$40.00 ID \$48.00 OD / session
Activity: 102777

W: 10:00 - 11:00 am
Sessions: 1/16 - 3/13 3/27 - 5/22

GET CREATIVE WITH A CHILD!

"With Your Child"
art classes
on pages 74 - 76.

Lifestyle

Kombucha: Fun With Flavor

All Adults

Bend Senior Center

Learn to make your own homemade kombucha and discover the benefits of this fast growing trend in digestive health. Experiment with flavors to create your own unique flavor blend. Bring an 8 - 16 oz. jar with mason lid along with a gallon glass jug with a tight lid to take your batch home.

\$49.00 ID \$58.80 OD / session
Activity: 102211

M: 5:30 - 7:30 pm
Session: 2/11

The Power of Mindful Eating

NEW

All Adults

Bend Senior Center

Looking for greater peace and daily contentment? Discover new levels of enjoyment when practicing mindful eating that will nourish you from the inside out. We will focus on nutrition and the power of mindful eating. All participants receive a lifestyle guide and enjoy an evening of delicious fresh eats. Instructor: Layla McGlone

\$39.00 ID \$46.80 OD / session
Activity: 102210

M: 5:30 - 7:30 pm
Session: 3/11

Anti-Inflammatory Lifestyle & Eats

All Adults

Bend Senior Center

Learn how a few simple nutrition and lifestyle shifts can help you create your own meal plan and grocery list. You'll leave empowered with a collection of recipes and lifestyle practices for your new lifestyle! Instructor: Layla McGlone.

\$39.00 ID \$46.80 OD / session
Activity: 102212

M: 5:30 - 7:30 pm
Session: 3/18



Music

Introduction to Voiceovers

All Adults

Offered online

Explore the voiceover industry! Discover current trends, tools and opportunities. Read a real script and receive coaching from your instructor, a professional voice actor from the training company, Voices for All, to improve your delivery. One-time, 90-minute, one-on-one, video-chat class. Instructor and student will set a class time using chat technology, such as Skype, iChat or Facetime.

\$49.00 ID \$58.80 OD / session
Activity: 102160

Online: At your convenience
Session: 1/2 - 5/31

Beginning Guitar I

All Adults

Bend Senior Center

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

\$39.00 ID \$46.80 OD / session
Activity: 102106

M: 5:00 - 6:00 pm
Sessions: 1/7 - 28 2/4 - 25
3/4 - 25 4/1 - 22
4/29 - 5/20



Beginning Guitar II

All Adults

Bend Senior Center

In Beginner Guitar we learned basic chords, basic strumming and very basic songs. In Beginner Guitar II, we will expand our knowledge base and learn how to use different strum patterns. We will also incorporate picking and simple bar chords to expand our chord and song knowledge, along with a music theory. Improve your skills and build your confidence.

\$39.00 ID \$46.80 OD / session

Activity: 102107

M: 6:15 - 7:15 pm

Sessions: 1/7 - 28 2/4 - 25
3/4 - 25 4/1 - 22
4/29 - 5/20

Beginning Ukulele I

Ages: 16 & up

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. Baritone Ukuleles not covered. Instructor: Carl Ventis.

\$39.00 ID \$46.80 OD / session

Activity: 102100

W: 5:00 - 6:00 pm

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

Beginning Ukulele II

All Adults

Bend Senior Center

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

\$39.00 ID \$46.80 OD / session

Activity: 102103

W: 6:15 - 7:15 pm

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

Technology

iCloud Essentials

Ages: 16 & up

Bend Senior Center

Learn how to sync across all your devices, share with family and friends, and manage your backups with automatic syncing. Bring your iPhone, iPad or Mac. Instructor: Robyn Lyman.

\$19.00 ID \$22.80 OD / session

Activity: 102561

Th: 12:00 - 1:30 pm

Session: 4/4

iPad Essentials

All Adults

Bend Senior Center

We will cover everything you need to know to get you up and running on your iPad, from customizing the screen to internet, email, texting, adding apps, Siri and more. Bring your iPad with you running iOS 10. Instructor: Robyn Lyman

\$59.00 ID \$71.80 OD / session

Activity: 102560

Th: 12:00 - 2:00 pm

Session: 4/18 - 5/2

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 as you seek to become a more effective iPhone user. Instructor: Robyn Lyman.

\$19.00 ID \$22.80 OD / session

IPHONE: SETUP & CUSTOMIZATION

Got a new iPhone or don't know where to start? This is the first step when learning the iPhone. We will start off with the basics then move onto personalizing the phone to your liking.

Activity: 102551

Th: 12:00 - 1:30 pm

Session: 2/14

IPHONE: APPS & ITUNES STORE

Get the most out of your iPhone by discovering new and powerful apps to make everyday life better and easier. We will also look at iTunes store for music, movies, ringtones and more.

Activity: 102552

Th: 12:00 - 1:30 pm

Session: 2/21

IPHONE: INTERNET & MAIL

Explore at Apple's in house web browser, Safari, and how to navigate, bookmark, print and more. We will then look at the email app and learn how to add additional accounts and how to customize it.

Activity: 102553

Th: 12:00 - 1:30 pm

Session: 2/28

IPHONE: CONTACTS & CALENDAR

Learn how to fill out a contact form in its entirety. Including how to add events into the calendar using not only time and dates but adding reminders, alerts and repeating events.

Activity: 102554

Th: 12:00 - 1:30 pm

Session: 3/7

IPHONE: CAMERAS & 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: 102555

Th: 12:00 - 1:30 pm

Session: 3/14

IPHONE: TEXTING, MAPS & SIRI

Explore how to send and receive text messages and all of the additional features that make it fun and exciting. We'll look at the Maps app and explore real-time traffic, turn-by-turn directions and more. Then we'll cover Siri, Apple's personal digital assistant, and how Siri can make every day easier.

Activity: 102556

Th: 12:00 - 1:30 pm

Session: 3/21



Tours

The Out to Lunch Bunch

All Adults

Bend Senior Center

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

\$19.00 ID \$22.80 OD / session

Activity: 102530

Th: 11:00 am - 1:00 pm

Sessions: 2/14 3/14
4/11 5/9



Bend Makers: Bend Equine Medical Center

NEW

All Adults

Bend Senior Center

Tour a state-of-the-art medical facility that offers performance horse medicine, podiatry and urgent care services for Central Oregon. Learn how the Bend Equine Medical Center uses the latest in veterinary medicine and technology for large and small animals. Transportation provided.

\$15.00 ID \$18.00 OD / session

Activity: 102302

W: 1:00 - 3:00 pm

Session: 2/27

Bend Makers Tour: Picky Bars

NEW

All Adults

Bend Senior Center

Picky Bars were developed right here in Bend. A bar that is made of high-energy, good for you, wholesome foods that's balanced great fuel for athletes. Come tour the facility, and learn why professional athletes loves Picky Bars. Transportation provided.

\$15.00 ID \$18.0 OD / session

Activity: 102305

Th: 12:30 - 3:00 pm

Session: 3/7

A Different Kind of Brew: Making Soy Sauce

NEW

All Adults

Bend Senior Center

Take a tour of the Yamasa Corporation's Soy Sauce Brewing Factory in Salem, Oregon. The Willamette Valley's moderate climate, humidity, and water are the perfect environment for the six month fermentation process. We will enjoy a delicious lunch at a Japanese restaurant and visit the newly opened Blossom Japanese Culture Society. Transportation, admission and lunch included in registration fee.

\$99.00 ID \$118.80 OD / session

Activity: 102335

Th: 9:00 am - 7:00 pm

Session: 3/28



Bend Makers Tour: Avid Cider

NEW

All Adults

Bend Senior Center

Learn how hard cider is made right here in Bend. Move over beer, there's a new bubbly beverage in town. Hard ciders are fermented from natural juice, naturally gluten-free and are made with regional and local ingredients like berries, apples, apricots and even bacon. Transportation provided.

\$15.00 ID \$18.00 OD / session

Activity: 102306

Th: 12:30 - 3:00 pm

Session: 4/18

Bend Makers Tour: Oxford Hotel

NEW

All Adults

Bend Senior Center

The Oxford Hotel is an eco-boutique hotel. Everything from the custom designed eco-friendly rooms to the building materials were intentional choices. Even the housekeeping uses cleaning products made from electrolyzed water. Come with us as we discover what makes this hotel sustainable. Transportation provided.

\$15.00 ID \$18.00 OD / session

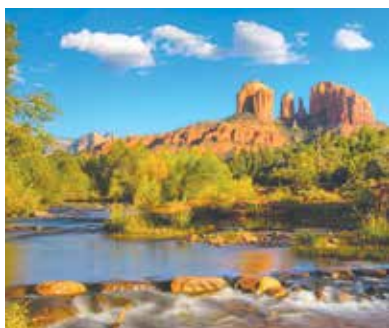
Activity: 102310

Th: 12:30 - 3:00 pm

Session: 5/16

Volunteer coaches needed for youth sports.

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



Trips

Great Trains & Grand Canyons

All Adults

Explore the Southwest's top attractions while staying in the artistic town of Sedona, famous for its 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.

\$2,245.00 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. Tour includes a six-night stay in a four-star hotel in Rapid City. Tour includes Mount Rushmore, Devil's Tower National Monument, Crazy Horse Memorial, Badlands National Park & more! Call BSC for an information packet at (541) 388-1133.

\$2,725.00 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.

\$2,800.00 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.

\$5,495.00 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.

Bend Park & Recreation
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION

SEASON'S
OUTINGS
.....
**SNOWSHOE
DISCOVERY**
.....
PAGE. 49

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

Vista Seekers

All Adults

BPRD District Office

Level 2+ & 3 - Join the camaraderie of a group of folks that enjoy socializing while seeking out scenic views. The Vista Seekers explore moderately challenging trails at a comfortable pace. Hikes range from four to six miles with some elevation change (may include some steep trail sections). Leader: Eric Denzler

\$25.00 ID \$30.00 OD / session

Activity: 108740

Tu: 9:00 am - 4:00 pm

Sessions:

- 3/19: Smith Rock Misery Ridge
- 4/2: Tam-a-lau Trail
- 4/16: Pine Mt. Ridge
- 4/30: Clear Lake
- 5/14: Paulina Lake Loop
- 5/28: Black Butte

Natural Spring Walks

NEW

All Adults

BPRD District Office

Level 1+ & 2 - The optimism of an upwelling spring coming out of the ground and turning into a cheerful stream mirrors the general exuberance of the spring season. These walks (up to three miles) will visit a different stream and spring each outing. Leader: Eric Denzler

\$25.00 ID \$30.00 OD / session

Activity: 108723

Th: 9:00 am - 3:00 pm

Sessions:

- 4/4: Headwaters Metolius River
- 4/18: Headwaters Fall River
- 5/2: Great Spring on McKenzie

Daytrippers:

Looking for more fabulous tours or day trips? BPRD is hosting several different day-long outings this fall.

See page 46.

Tuesday Hikes

All Adults

BPRD District Office

Level 2 - Shorter hikes, four to five miles, at a moderate pace with stops along the way. It's a great way to get good exercise while seeing a variety of scenic trails and locations around Central Oregon. Transportation included. Leader: Walter Major

\$20.00 ID \$25.00 OD / session

Activity: 108718

Tu: 9:30 am - 2:30 pm

Sessions:

- 4/9: Cline Butte Trail
- 4/23: Suttle Lake Loop
- 5/7: Chimney Rock Trail
- 5/21: Metolius River Trail
- 6/4: Deschutes River Trail





Trailpacers

All Adults

BPRD District Office

Level 3 - Get a weekly dose of good exercise, great companionship, and gorgeous Central Oregon scenery. Hikes are typically six to ten miles at a steady pace, with some moderate elevation gain. Leader: Leslie Olson

\$75.00 ID \$90.00 OD / session

Activity: 108715

Th: 8:30 am - 4:00 pm

Sessions: 4/4 - 18 4/25 - 5/9
5/16 - 30

History & Geology Outings

All Adults

BPRD District Office

Level 1 & 2 - Broaden your understanding of Central Oregon's cultural and geologic history while enjoying a bit of physical activity. Learn of the great railroad "war" to extend the railroad into Central Oregon: Includes pancake breakfast at historic train depot in Metolius (short walks). Hike the Carol Rim trail overlooking the scenic Painted Hills for a more in-depth view of Oregon geology (1.8 mile RT hike). Leader: Eric Denzler

\$30.00 ID \$36.00 OD / session

Activity: 108925

Sa: 8:00 am - 5:00 pm

Sessions:
4/27 Railroad History
5/11 Carol Rim Painted Hills

Ski & Snowshoe

Cross-Country Ski Tour

All Adults

The Pavilion

Level 2 - For those who have taken the "Get Started XC Ski Touring" class or who have a bit of previous cross-country ski experience, we'll continue to work on skill development as a small group and get out for a variety of short ski tours. Destinations dependent on conditions. Equipment not included. Leader: Eric Denzler

\$25.00 ID \$30.00 OD / session

Activity: 108474

Tu: 9:30 am - 2:30 pm

Sessions: 1/15, 1/29, 2/12, 2/26, 3/12

Snowshoe Discovery

All Adults

The Pavilion

Level 2 - Take the next step after you've started 'shoeing' and join a group for some shorter snowshoe hikes that build strength, stamina and general fitness while enjoying outings in the snowy woods. Snowshoe hikes generally around two to three miles. Equipment not included. Destinations dependent on conditions. Leader: Walter Major

\$20.00 ID \$24.00 OD / session

Activity: 108415

Tu: 9:30 am - 2:30 pm

Sessions: 1/8, 1/22, 2/5, 2/19, 3/5

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 from four to six miles. Equipment not included. Leader: Leslie Olson

\$75.00 ID \$90.00 OD / session

Activity: 108424

Th: 9:00 am - 3:30 pm

Sessions: 1/24 - 2/7 2/14 - 2/28

Hike, Walk & Snowshoe Ratings

Use the following guide to select outdoor programs that fit your abilities. Times and distances may vary from indicated and at times be more or less strenuous than implied. In all cases, access to advanced medical help may be limited or delayed.

LEVEL 1: Moderate walks. Walking surface typically developed (paved, gravel or other), although uneven surfaces, hills or stairs may be encountered, as on a walking tour of gardens or at a large museum. Prerequisite: Participants should have the ability to walk one mile continuously in 30 minutes without physical difficulty.

LEVEL 2: Outings on trails. Hiking trails typically maintained, but with occasional rocks, roots and other obstacles requiring balance. May be rough, hilly or at higher altitudes. Prerequisite: Participants should have the ability to walk up Pilot Butte at an easy pace without physical difficulty.

LEVEL 3: Outings typically in more remote and rugged locations. Hiking trails may not be well maintained, may be very rough, steep and at altitude. Prerequisite: Participants should have the ability to hike up Pilot Butte at an energetic pace without physical difficulty.

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.

Nature WITH THE CHILDREN'S FOREST OF CENTRAL OREGON

Presented by the Children's Forest of Central Oregon partners, these family programs have something for kids (and adults) of all ages. Programs are designed for families to connect in nature together and are open to parents, grandparents, and siblings. Learn more at childrensforestco.org/family.



Discover Nature Day: Winter Survival

FREE

Ages: 6 - 12 with family

Saturday, January 26: 10:00 am - 12:00 pm

Skyliner Lodge

Join Wildheart Nature School in the snow and learn essential survival skills including shelter building, fire making and emergency signaling.

Puddlestompers

FREE

Ages: 3 - 5 with family

Spark a sense of wonder for nature through imaginative play, exploration, songs and stories.

Saturdays, 11:00 am - 12:00 pm

MARCH 16: ROCKRIDGE PARK

Wildlife is Everywhere with Wildheart Nature School

APRIL 13: RILEY RANCH NATURE RESERVE

Toad Houses with
Discover Your Forest

MAY 18: STONE CREEK PARK

Fledgling Fun with High Desert Museum

Birds Without Borders: A Migratory Bird Day Event

NEW

All ages

Saturday, May 11, 9:00 am - 1:00 pm

Tumalo State Park

\$5 park admission per vehicle

An International Migratory Bird Day event, cosponsored by the partners of the Children's Forest of Central Oregon and Oregon State Parks. Family event featuring kid-friendly bird walks, educational activities, cultural and art activities, and more. Activities offered in English and Spanish.



Wilderness & Outdoor Safety

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 required. Presented by NOLS Wilderness Medicine. CPR not included.

\$235.00 / session

Activity: 408360

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

Sessions: 4/6 - 7 6/8 - 9

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. Adult/child CPR certification included. Presented by NOLS Wilderness Medicine.

\$770.00 / session

\$400.00 deposit required at registration with balance due 30 days prior to start of training.

Activity: 408364

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

Session: 4/9 - 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.

\$340.00 / session

Activity: 408362

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

Session: 3/8 - 10

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

Sessions: 2/23 - 25 4/20 - 22

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

Session: 4/30 - 5/2

Backcountry Dog First Aid

All Adults

Hollinshead Barn

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 innovative course provides critical training in prevention, assessment, effective field treatments and interventions, as well as medical and evacuation decision-making. Designed by a Veterinary Tech, Wilderness EMT and Medicine Educator. No prior first aid or wilderness medicine training needed. Please leave your dog at home while you attend this training.

\$190.00 ID \$228.00 OD / session

Activity: 108975

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

Session: 5/4 - 5



FREE

CLASSES
&
CLINICS

WINTER
KICKOFF

January 7 - 13

you fit here

You're Invited: Free Classes & Clinics

FREE

Winter Kickoff - January 7 - 13

JSFC

BSC

Get connected, stay engaged and be inspired! Join our team of fitness experts for free classes and workshops:

- **ASK A PT**
- **FITNESS 101 CLASSES**
- **FREE FAMILY NIGHT**
- **FITNESS CENTER ORIENTATIONS**
- **GET STARTED MINI CONSULTATIONS**
- **PRENATAL/BABY & ME FITNESS CLASSES**

Look for more on our Fitness & Workshops schedule at bendparksandrec.org/events

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. You can even download to your own mobile device 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 14 - 15.](#)

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

Two great fitness facilities!

Juniper Swim & Fitness Center

JSFC

800 NE 6th St.
p. (541) 389-POOL (7665)

Facility information on pages 16 - 18.

Bend Senior Center

BSC

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

Facility information on pages 27 - 31.

Look for the JSFC and BSC icons with class descriptions.

A variety of passes are available for both locations. Pass information on pages 14 - 15.

Bilingual Spanish/English fitness instructors available.

View classes online at bendparksandrec.org/espanol.

Disponibilidad de Instructores Bilingües en Inglés y Español.

Para mayor información visite bendparksandrec.org/espanol.



Follow us on Facebook!

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

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.

Personal Training: BSC Individual & Group JSFC

Reach your fitness goals with the help of a personal trainer. A trainer can help you:

- Focus on your personal goals.
- Prepare for an upcoming adventure, race or event.
- Make your fitness routine fresh and interesting.
- Meet your desired activity and fitness level.

BPRD has a diverse group of trainers and services to meet your needs.

Individual Training Session Rates:

Initial Consultation and Assessment:	\$75.00
1 - 2 Sessions:	\$60.00/each
3 - 5 Sessions:	\$57.00/each (5% off)
6 - 11 Sessions:	\$54.00/each (10% off)
12 + Sessions:	\$51.00/each (15% off)

Partner Training Rates (per person):

1 - 2 Sessions:	\$45.00/each
3 - 5 Sessions:	\$42.75/each (5% off)
6 - 11 Sessions:	\$40.50/each (10% off)
12 + Sessions:	\$38.25/each (15% off)

Group Training Available: Are you and some friends training for a race or event? Small group trainings of three or more people make it more affordable and fun to train!

Visit bendparksandrec.org for trainer bios and fitness options. Contact the Fitness Team at (541) 706-6188 to set up a session.

Private & Semi- JSFC BSC Private Instruction

Looking for personalized instruction of one of BPRD's classes? Want to hone in on an advanced movement or a specific fitness area? 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: \$25.00

60-minute session: \$50.00

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

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



LET'S GET
YOU
MOVING!

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 for an orientation and to get a great start. Questions? Call our helpful staff for assistance at (541) 706-6188.

WEEKLY FITNESS CLASSES

on pages 56 -58.

THERAPEUTICS FITNESS

on pages 54 -55.

Fitness Centers

Fit 4U FITNESS CENTER JSFC ORIENTATION 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.



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 Fit 4U icon with class descriptions on pages 56 - 58. Visit our website at bendparksandrec.org/fit4u for the Fit4U class schedule.



Pre- and Postnatal Fitness

Prenatal Fitness JSFC

Fee: 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.

These classes 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)

Prenatal Deep Water Workout (Page 58)

Online schedules at bendparksandrec.org

Baby & Me Fitness JSFC

Ages: 6 weeks to walking

Fee: 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 get back in shape.

Come connect with other parents and guardians in a supportive community. Weekly classes in:

Baby & Me Cycle/Core (page 55)

Baby & Me Yoga (Page 57)

Online schedules at bendparksandrec.org

Baby & Me Postnatal Fitness JSFC NEW

Ages: 6 weeks to walking

Little bundles of joy, babies take body strength - lifting, carrying and more! This class will focus on strategic engagements, proper alignment and purposeful movements in order to support your body as your grow into newfound strength.

The session will begin with individual evaluations, assisting in creating your healthy fitness path. Class will focus on core rehab as you connect with your body and your baby. Come with a well-fitting baby carrier.

\$48.00 ID \$57.60 OD / session

Activity: 105308

W: 10:30 - 11:45 am

Sessions: 1/9 - 2/6 4/3 - 5/1

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: 105630

Th: 6:45 - 8:00 pm

Sessions: 1/17 - 2/21 3/7 - 4/11
5/2 - 6/6

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: 105631

M: 2:00 - 2:55 pm

Sessions: 1/14 - 3/4 (no class 1/21 & 2/18)
4/1 - 5/6

Need child care while you work out?

With Kids' Corner, we've got you covered.

Learn more on page 17.

WANT MORE? Look for:
ADULT FITNESS on pages 56 -58.
ADULT SWIMMING on page 19.
YOUTH FITNESS & SWIMMING on pages 20 - 23.



Therapeutic Fitness

As Bend Park and Recreation District encourages everyone in our community to Play for Life, we are here to help you make the most of your fitness with targeted therapeutic fitness programs which research has shown to offer health benefits.

Here are some health challenges where therapeutic fitness could offer help:

- **MOBILITY ISSUES**
- **CHRONIC CONDITIONS, ESPECIALLY RELATED TO JOINTS & MUSCLES**
- **PREVENTING INJURY**
- **PREPARING FOR SURGERY**
- **RECOVERING FROM SURGERY OR INJURY**
- **NEXT STEPS FROM PHYSICAL THERAPY**
- **WEIGHT LOSS**

Whether you are seeking low-impact and light-intensity, cardio, strength or mobility, you can take a class or work individually with an instructor or trainer to get back on track. All classes are designed to help you make the modifications recommended by your health care professional.

To get started, call (541) 706-6188.

We're here to help. BPRD has numerous options for you whether you are transitioning from physical therapy or beginning a dialogue with your physician to discuss your exercise plans. Contact us to keep moving to enjoy your Bend lifestyle.

Bend Park and Recreation District features three therapeutic fitness program options to ensure you can Play for Life.

1 INDIVIDUALIZED FITNESS PROGRAMS

It's like having your own fitness coach! Beginning with a personal consultation, your unique needs will be assessed and individualized sessions created to meet your fitness goals.

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 range of movement, balance, flexibility and strength. Call (541) 706-6189 to schedule your personal consultation.

Initial Personal Consultation & Assessment: \$75.00
Personalized Session: \$60.00

Looking to get in shape before or after surgery?
- OR -
Looking for your next step from physical therapy?

Therapeutic fitness can help you transition.

2 THERAPEUTIC 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.

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

Stand Tall - Don't Fall BSC

Ages: 50 & up

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

\$40.00 ID \$48.00 OD / session

Activity: 102777

W: 10:00 - 11:00 am

Sessions: 1/9 - 3/13
3/27 - 5/22

Yoga for a Healthy Back Level 1 JSFC NEW

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.

\$60.00 ID \$72.00 OD / session

Activity: 105613

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

Sessions: 1/15 - 31 4/2 - 18

Yoga for a Healthy Back Level 2 JSFC NEW

All Adults

Continuation of basic skills learned in the Level 1 Yoga for a Healthy Back. Focus in level 2: awareness of lower back pain and impact on both yoga practice and everyday life, build core strength, learn tools to modify and strengthen yoga poses. Completion of Level 1 suggested but not required.

\$60.00 ID \$72.00 OD / session

Activity: 105613

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

Sessions: 2/12 - 28 5/14 - 30

3 DROP-IN WEEKLY THERAPEUTIC FITNESS CLASSES

Join in regular weekly fitness classes that match your needs for recovery, chronic conditions and injuries.

Use your Drop-In or Full-Access Pass

Fit 4U Moving to Music **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.

Fit 4U Water Therapy Class **JSFC**

Research has shown that therapeutic fitness in the water can make a difference in outcomes. Water's natural resistance provides a low-impact environment to gain strength and water's buoyancy relieves compression on the joints and improves range of motion. Ideal for those preparing for, or recovering from surgery or an injury.

LOOK FOR FIT4U AND 101 CLASSES

For more classes to match your therapeutic fitness needs, look for both Fit4U and 101 classes which are specially-designed for those wanting a lower impact and light intensity workout. Learn more on page 52.



Drop-in 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.

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.

CYCLE FOR ATHLETES **JSFC**

Progressive, planned workouts that will help you build your winter base and get ready to race!

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 inspire you as you navigate hills, flats and intervals with 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 SKILLS 101** JSFC

Instructor will introduce you to basic Ballet steps.

BALLET DANCE WORKOUT JSFC

Classical Ballet technique, cueing, body alignment, and musicality. Instruction focuses on proper position, variations and building of Ballet dance choreography.

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.

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 and fuse it all together. Set to numerous genres of music. Various cardio dance formats offered.

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 **NIA®** 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.



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 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 free and offered weekly.

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

Conditioning drills using a variety of equipment. Classes include sports-type drills, speed and agility.

TOTAL BODY WINTER CONDITIONING JSFC

Muscle-specific winter sports conditioning drills using a variety of equipment.



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.

Need child care while you work out?

With Kids' Corner, we've got you covered.

Learn more on page 17.

Fit 4U POWER STRETCH & STRENGTH **BSC**

Start your day out with this energetic workout. Practice proper techniques of strength training and stretching. Class uses a variety of equipment with stretching woven in throughout the class.

Fit 4U GROUP FITNESS **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.

Fit 4U 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.

Fit 4U BALANCE ESSENTIALS **BSC**

Combines a variety of exercises to improve your strength, balance, endurance and flexibility.

PICKLEBALL CONDITIONING **BSC** **NEW**

Get ready for pickleball! Build endurance and flexibility to improve your game and help avoid injuries in this strength and conditioning class.

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

Fit 4U YOGA 101 **JSFC** **BSC**

Get started in yoga! We will cover the foundations of poses along with modifications and class formats. Learn how to build a practice that meets your needs and goals.

Fit 4U STRETCH & RELAX **BSC**

Gentle stretching to relieve tension, increase flexibility and improve range of motion. Class format is on the floor with mats provided.

Fit 4U CHAIR YOGA **BSC**

An introduction to yoga using modifications while seated or standing behind a chair to increase balance and strength. Personalized assistance is available as needed. Breath and alignment emphasized.

Fit 4U GUIDED MEDITATION **JSFC**

A quiet time and space to focus on breathing, and your personal intention, as you relax in an extended Savasana.

Fit 4U GENTLE YOGA FOR MINDFULNESS **JSFC** **BSC**

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.

Fit 4U YOGA FOR HEALTH **BSC**

Learn to use yoga to manage and adapt to the changes associated with aging. Emphasis on yoga poses to promote strength and flexibility both physically and mentally, balance, breathing and relaxation techniques.

Fit 4U 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.

Fit 4U 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 tight muscles. Quiet your mind as well as your body.

Fit 4U RESTORATIVE FLOW YOGA **JSFC** **BSC**

Restorative Flow includes gentle movement with the breath in standing poses, as well as passive lying and seated stretches.

Fit 4U 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.

Fit 4U 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.

Fit 4U PRENATAL YOGA **JSFC**

Journey through this magical time together as you maintain fitness and wellbeing. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.

Fit 4U BABY & ME YOGA **JSFC**

Journey back into your yoga practice with baby at your side. Make new connections and build friendships as you transition from pregnancy. Babies are welcome from six weeks to walking. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.

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.

Fit 4U 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.

Fit 4U 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.

Fit 4U **TAI CHI** **BSC**
24 MOVEMENT

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.

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 MAT 101** **JSFC**

A personalized experience where you will learn the foundational Pilates exercises.

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.

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.

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 the water's resistance. 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**

Total body workout offering cardio, core strength, muscle toning and stretching. Classes held in the deep water use floatation devices.

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 DEEP WATER WORKOUT **JSFC**

Water provides the freedom of movement and support to help make exercising safer and more effective during pregnancy. Build community with others as you journey through this magical time together. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.

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.

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.

DEEP/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**

Train your core - the body's powerhouse! Water provides resistance in all directions and aids in toning muscles, increasing stability and flexibility, improving posture and developing balance, all in the shallow water.

Need child care while you work out?

With Kids' Corner, we've got you covered.

Learn more on page 17.



Game time.

Play is a key element of our youth. So why not feel like a kid again and have sports in your life? You'll be exercising, making friends and either learning a new skill or keeping an old one alive. And that is the real version of the fountain of youth.



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. This is a drop-in program.

\$3.00 drop-in fee

M: 6:00 - 8:00 pm

Session: 1/14 - 6/3

Curling

Adult Curling Clinics

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.)

\$30.00 ID \$36.00 OD / session

Activity: 110334

F: 8:30 - 10:30 am

Sessions: 1/4	2/1
3/1	4/5

Be a coach!

Volunteer coaches needed for youth sports.

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

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: \$400.00 team / season

Activity: 110331

Su: 3:30 - 10:30 pm

Season: 1/6 - 2/24 (No program 1/27)

Registration Deadline: 12/21

Specialized Ice Sessions

Session Fees:

Adult:	\$12.00 / session
Youth:	\$10.00 / 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: 110402 - Adult
110401 - Youth

Coached Stick & Puck NEW

The same unstructured hockey "Stick Time" you love, but with coaching available. Get specialized tips and tricks from our coaching staff to help your skill development.

Activity: 110411 - Adult
110410 - 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: 110403 - Adult

Curling Time

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

Activity: 110332 - 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: 110160



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

\$96.00 ID \$115.20 OD / session

Activity: 102722

W: 5:30 - 7:00 pm

Sessions: 1/16 - 3/6 4/3 - 5/22

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 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.

\$84.00 ID \$100.80 OD / session

Activity: 110321

F: 8:15 - 9:30 pm

- OR -

F: 9:45 - 11:00 pm

Session: 1/11 - 3/1 (no program 1/25)

Wally Wallace Cup Hockey Tournament

All Adults

The Pavilion

Come immerse yourself in great adult hockey action! This tournament honors Wally Wallace, one of the founders of local ice hockey in Bend. Spectators welcome; food and beverages available.

\$40.00 ID \$48 OD / player

Activity: 110320

Sa - Su: Times vary

Session: 3/22 - 23 - tentative

Registration Opens: 1/21

Registration Deadline: 3/14



Ice Skating

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.

\$48.00 ID \$57.60 OD / session

Activity: 110141

Th: 5:50 - 6:20 pm

Session: 2/7 - 28

Tu/Th: 5:50 - 6:20 pm

Session: 3/5 - 14

Free Practice

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

See session descriptions on page 25.

Schedules online at pavilioninbend.com.

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.

\$48.00 ID \$57.60 OD / session

Activity: 110143

Th: 5:50 - 6:20 pm

Session: 2/7 - 28

Tu/Th: 5:50 - 6:20 pm

Session: 3/5 - 14

Learn To Skate Adult: Level 5/6

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.

\$48.00 ID \$57.60 OD / session

Activity: 110145

Th: 5:50 - 6:20 pm

Session: 2/7 - 28

Sharpen Your Skating Skills

Ages: 11 & 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.

\$12.00 ID \$14.40 OD / session

Activity: 110161

Sa: 9:20 - 9:50 am

Sessions: 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16



Ice Dance Technique

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.

\$96.00 ID \$115.20 OD / session

Activity: 110162

Sa: 8:45 - 9:15 am

Session: 2/9 - 3/2

Let's skate!

Public skate sessions information on page 25.



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. This session will focus on synchronized skating and we'll end the season with a performance. For level 4+ figure skaters only (must be comfortable with forward crossovers and using edges).

\$125.00 ID \$150.00 OD / session

Activity: 110163

Th: 3:15 - 4:15 pm

Session: 1/10 - 2/28

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 Softball Leagues

All Adults

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



Space in each league is limited!

METRO SOFTBALL LEAGUES

Skyline Sports Complex

Our Metro Softball Leagues are for the more competitive and experienced players. Games are umpired, league standings are kept and playoffs are held at the end of the season.

Pre-Season Meeting on March 20: An optional organizational meeting will be held at the Bend Park & Recreation District Office, 799 SW Columbia St.

League Season:	Mid-April through mid-August	
Registration deadline:	4/4 or until full	
League	Days	Team Fee
Senior League	Mondays	\$830.00 / team
Women's League	Mondays	\$779.00 / team
Men's C League	Tuesdays	\$679.00 / team
Men's D League	Thursdays	\$679.00 / team
Coed League	Sundays	\$489.00 / team

RECREATIONAL SOFTBALL LEAGUES

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

Perfect for anyone interested in having fun, our Recreational Softball Leagues offer variable game nights and self-umpired games. Standings are not kept in this league and no playoffs are held.

Pre-Season Meeting on April 3: Any and all teams interested in joining must have a representative present at the pre-season meeting on April 3, Coed at 6:00 pm and Men's at 6:45 pm at the Bend Park & Recreation District Office, 799 SW Columbia St. Teams who miss the meeting may not get an opportunity to play this season.

League Season:	Mid-April through mid-August	
League	Days	Team Fee
Coed Rec League	Varies	\$360.00 / team
Men's Rec League	Varies	\$360.00 / team



Soccer

Spring Adult Recreational Soccer League

All Adults

Big Sky Sports Complex Field 1

New this season - Team sign-up only! 11-player teams compete in this recreational soccer league that emphasizes camaraderie and fun. Games are officiated; standings are not kept.

\$549.00 / team

Activity: 103950

Registration deadline: 3/24 or until full

Su: 12:00 - 7:00 pm

Season: 4/7 - 6/2 (No games 5/26)

Get paid to watch sports!

Officials needed for Adult Rec Leagues.

Contact Becky at (541) 706-6120 for more information.

Volleyball

Adult Volleyball Leagues

All Adults

Pilot Butte Middle School

Join other volleyball enthusiasts and form a team! These leagues are self-officiated, 6-on-6. League standings are kept with playoffs to end the season. Team sign-up only.

\$315.00 / team

Activity: 103900

Registration deadline: 2/10 or until full

COED LEAGUE

Tu: 6:00 - 10:00 pm

Season: 3/5 - 4/30 (No matches 3/26)

WOMEN'S LEAGUE

W: 6:00 - 10:00 pm

Season: 3/6 - 5/1 (No matches 3/27)

Be a coach!
Volunteer coaches needed for youth sports.

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

YOUTH
THERAPEUTIC
RECREATION

PAGES 63 - 64

playin' it cool

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 Hobby Hut

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 or friends.

\$35.00 ID \$42.00 OD / session

Activity: 104811

Sa: 9:30 am - 1:00 pm

Sessions: 2/9, 3/9, 4/20, 5/11

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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

Kids' Swim Night

Ages: 6 - 14

Juniper Swim and Fitness

Splish, Splash! Come enjoy a night at the pool with all your friends!

\$12.00 ID \$14.40 OD / session

Activity: 104801

F: 6:30 - 8:30 pm

Session: 2/15

Kids' Night at Sun Mountain Fun Center

Ages: 6 - 13

Sun Mountain Fun Center

Kids, have a blast while your parents enjoy a kid-free night on the town. Kids enjoy an evening at Sun Mountain Fun Center's arcade and bumper cars. This program is available to kids with disabilities and their siblings/friends. You must pre-register; sorry no drop-ins.

\$20.00 ID \$24.00 OD / session

Activity: 104800

F: 6:30 - 8:30 pm

Session: 3/15

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 13 for details.

Kids' Movie Night

Ages: 6 - 13

District Office

Join us for an evening seeing a movie on the big screen and eating popcorn. Time subject to change based on movie.

\$20.00 ID \$24.00 OD / session

Activity: 104802

F: 6:30 - 8:30 pm

Session: 4/5

Teens Thriving Together

Grades: 6 - 11

Cascade Middle School

Teens, why go home when you can join your friends in weekly adventures? Join us for on-site games, activities, crafts and field trips. This program is designed to encourage social interaction and community involvement. Join today!

\$250.00 ID \$300.00 OD / session

Activity: 404110

M/Tu/Th/F: 2:40 - 5:30 pm

W: 1:00 - 5:30 pm

Session: September - June school days



Adult Therapeutic Recreation

Game Nights

All Adults

Norton Avenue Apts.

Join us for an evening of games, snacks and friendly competition. Each month, we'll play some old favorites as well as learn a couple of new games to enjoy with your friends.

\$44.00 ID \$52.80 OD / series

Activity: 104509

F: 6:00 - 8:00 pm

Session: 1/11, 2/8, 3/8, 4/19

Bowling Night

All Adults

Norton Avenue Apts.

Gutterball, Spare, Strike! Join us for a night of bowling and fun with your friends.

\$30.00 ID \$36.00 OD / session

Activity: 104703

F: 5:00 - 7:00 pm

Session: 1/18

Women's Social Club

Ages: 18 - 40

Norton Avenue Apts.

Ladies, join us for an evening program with discussions on relevant topics affecting young women today, interactive games and refreshments. Our spring group will end with an evening out with the Men's Social Club for dinner.

\$100.00 ID \$120.00 OD / session

Activity: 104513

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

Session: 1/24, 2/22, 3/22, 4/5, 5/10

Men's Social Club

NEW

Ages: 18 - 40

Norton Avenue Apts.

Gentlemen, join us for an evening program with discussions on relevant topics affecting young men today, interactive games and refreshments. Our spring group will end with an evening out with the Women's Social Club for dinner.

\$100.00 ID \$120.00 OD / session

Activity: 104516

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

Session: 1/17, 2/15, 3/15, 4/26, 5/10

Improv Night

All Adults

Norton Avenue Apts.

Do you have what it takes to be a star? Come test and develop your improvisational skills. This is your opportunity to be creative and wacky all while polishing your acting skills.

\$44.00 ID \$52.80 OD / session

Activity: 104515

Th: 5:00 - 6:30 pm

Session: 2/7 - 28

Valentine's Day Dinner & Dance

All Adults

Norton Avenue Apts.

Hearts-a-fire, get out your dancing shoes! It's time for the annual Valentine's Day Dinner & Dance. Put on your finest outfit and prepare yourself for the most exciting and elegant Valentine's Day. We'll pick you up at the Norton Ave. Apartments at 6:00 pm and chauffeur you to Hollinshead Barn for a delicious, romantic meal. Following dinner, head to the dance floor and groove the night away.

\$25.00 ID \$30.00 OD / session

Activity: 104511

Sa: 5:00 - 8:00 pm

Session: 2/9

Winterfest

All Adults

Norton Avenue Apts.

Join us as we explore the festivities of Winterfest in the Old Mill.

\$25.00 ID \$30.00 OD / session

Activity: 104501

Sa: 11:00 am - 2:30 pm

Session: 2/16



Treasure Hunters NEW

All Adults

Norton Avenue Apts.

There are hidden treasures waiting to be discovered around Bend. Get ready to sleuth out some fun as we venture all over town to find clues, solve puzzles and hunt for mysterious treasures.

\$44.00 ID \$52.80 OD / session

Activity: 104115

Th: 4:30 - 7:00 pm

Session: 4/18 - 5/9



Arts & Crafts

Animal Planet NEW

All Adults

Twin Knoll Transition Co-Op

Select your favorite animal and then feature it in creative form while exploring a variety of art mediums each week.

\$100.00 ID \$120.00 OD / session

Activity: 104418

W: 6:30 - 8:00 pm

Session: 1/9 - 2/27

Art Expressions NEW

All Adults

Twin Knoll Transition Co-Op

Come express yourself through a variety of fun, creative activities. Each month, learn a new skill while enjoying time with friends. Activities may include painting, drawing, pottery and more.

\$60.00 ID \$72.00 OD / session

Activity: 104400

F: 4:30 - 6:00 pm

Session: 1/11, 2/8, 3/8, 4/19

Friendship Art NEW

All Adults

Twin Knoll Transition Co-Op

Make art and friends! Each week, you'll create art projects that you can share with your friends.

\$100.00 ID \$120.00 OD / session

Activity: 104419

W: 6:30 - 8:00 pm

Session: 3/6 - 5/8 (No class 3/27 & 4/10)

Cooking

Cheese Lovers Only NEW

All Adults

Twin Knoll Transition Co-Op

Calling all cheese lovers! Each week, our main course will feature a different type of cheese and one evening we'll even make our own mozzarella cheese. Delish!

\$120.00 ID \$144.00 OD / session

Activity: 104314

W: 4:30 - 6:30 pm

Session: 1/9 - 2/27

Adult Therapeutic Recreation Registration By Survey

In an effort to make the registration process accessible to everyone, BPRD-TR is using a survey to increase the likelihood that many of you will be selected to enroll in several of your top choices for winter-spring programs.

The survey is available at bendparksandrec.org/TR and will be open December 10 - 30. You will be notified by January 4 of your classes and arrangements for payment must be received by January 9 or your spot will be forfeited. After January 9, 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.



Everything Chicken NEW

All Adults

Twin Knoll Transition Co-Op

Chicken is so versatile in cooking! Come learn some great new chicken recipes to share with friends and family.

\$120.00 ID \$144.00 OD / session

Activity: 104315

W: 4:30 - 6:30 pm

Session: 3/6 - 5/8 (No class 3/27 & 4/10)

Fitness

Zumba

All Adults

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.

\$96.00 ID \$115.20 OD / session

Activity: 104100

Tu: 4:30 - 5:45 pm

Session: 1/15 - 2/26
3/5 - 5/7 (No class 3/26 & 4/9)

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

All Adults

Norton Avenue Apts.

Be challenged to reach your personal fitness goals while working on strength and endurance using the equipment in the weight room at Juniper Swim & Fitness Center.

\$88.00 ID \$105.60 OD / session

Activity: 104104

Tu: 6:00 - 7:30 pm

Sessions: 1/15 - 2/26
3/5 - 4/2 (No class 3/26;
Adj. Fee \$44.00 ID \$52.80 OD)

Night at the Pool

All Adults

Norton Avenue Apts.

We will enjoy an evening of open swim and games at Juniper Swim & Fitness Center followed by an ice cream social.

\$15.00 ID \$18.00 OD / session

Activity: 104503

F: 6:30 - 8:30 pm

Sessions: 1/25, 5/3

Pedal On NEW

All Adults

Norton Avenue Apts.

Intervals, rolling hills, sprints, climbs, runs and jumps all set to music hand-picked to motivate and inspire you in an entertaining workout in the cycle room at Juniper Swim & Fitness Center.

\$44.00 ID \$52.80 OD / session

Activity: 104105

Th: 6:15 - 7:30 pm

Session: 3/7 - 4/4 (No class 3/28)

Fit for Fun NEW

All Adults

Bend Senior Center

Join in the fun with the TR interns as you get moving in games and other fitness activities.

\$44.00 ID \$52.80 OD / session

Activity: 104114

Tu: 6:00 - 7:30 pm

Session: 4/16 - 5/7

Outdoors

Saturday Adventures: Winter Wonderland

All Adults

Norton Avenue Apts.

Make your Saturdays sparkle and shine with activity this winter! During Winter Wonderland, we'll venture out for snowshoeing, sledding, snow play and ice skating. For the last session, we'll head to Belknap Springs for a hike and a soak in the hot springs.

\$125.00 ID \$150.00 OD / session

Activity: 104702

Sa: Times vary

Session:

1/26	9:30 am - 1:00 pm Snowshoeing
2/2	9:00 am - 1:00 pm Sledding & Snowplay
3/2	1:00 - 3:00 pm Ice Skating
4/27	9:00 am - 5:00 pm Belknap Springs Hike & Soak

Cross Country Skiing

All Adults

Norton Avenue Apts.

What a delight! Join us for a day of fresh air and cross country skiing at Mt. Bachelor with Oregon Adapted Sports.

\$90.00 ID \$108.00 OD / session

Activity: 104704

Sa: 8:30 am - 1:30 pm

Session: 2/23



Downhill Skiing

All Adults

Norton Avenue Apts.

Zoom! What a thrill! Join us for a day of downhill skiing at Mt. Bachelor with Oregon Adapted Sports.

\$185.00 ID \$222.00 OD / session

Activity: 104705

Su: 11:30 am - 4:30 pm

Session: 3/17

Wildlife Safari Overnight Trip

Ages: 21 & up

Norton Avenue Apts.

The Wildlife Safari overnight trip gives you the opportunity to take a trip to Southern Oregon and escape to a wild African and Asian Safari. Get up close to ostrich, lions, tigers, elephants, zebra and more. We'll also have the opportunity for a personal encounter with one of the species.

\$150.00 ID \$180.00 OD / session

Activity: 104621

Sa 8:00 am - Su 1:00 pm

Session: 5/4 - 5

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.

\$3.00 drop-in fee

M: 6:00 - 8:00 pm

Session: 1/14 - 6/3



the age of play

discovery through play.

Play is the language of childhood. We provide exciting, enriched play experiences for young children that tickle their imaginations, encourage curiosity and allow for self expression.

Preschool

Busy Buddies Preschool Includes weekly swim lessons and yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

Busy Buddies Preschool is designed to encourage the development of social skills and positive self-esteem through a variety of fun, creative and healthy activities. In a small group setting, children will enjoy arts and crafts, circle time, dramatic play and more. 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:
\$158.00 ID \$189.00 OD / month
(payment is due by the 5th of each month.)

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

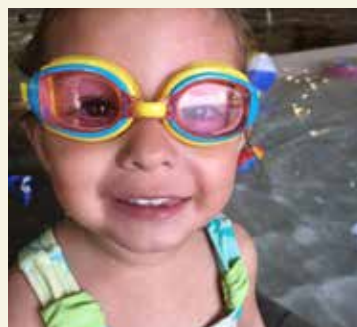
Activity: 405601

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

- or -

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

Dates: Now - June 14



Dance

Fantasy Ballet

Ages: 4 - 6

Academie De Ballet

This fantasy-themed ballet class is designed to cultivate your child's creativity, individuality and artistry while discovering ballet terminology and the ballet culture. Observation for parents and families held during the first lesson of the month.

\$92.00 ID \$110.40 OD / session

Activity: 106582

M: 5:15 - 5:55 pm

Sessions: 1/7 - 2/18
2/25 - 4/15 (No class 3/25)

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.
Visit bendparksandrec.org.



Born to Dance

Ages: 2.5 - 3.5

Academie De Ballet

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.

\$77.00 ID \$92.40 OD / session

Activity: 106573

Tu: 10:00 - 10:30 am

Sessions: 1/8 - 2/19
2/26 - 4/16 (No class 3/26)

With Your Child: Come Dance With Me!

Ages: 3.5 - 4.5

Academie De Ballet

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 to ballet steps.

\$77.00 ID \$92.40 OD / session

Activity: 106570

W: 12:00 - 12:30 pm

Sessions: 1/9 - 2/20
2/27 - 4/17 (No class 3/27)

Playdance

Ages: 3 - 5

Academie De Ballet

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.

\$84.00 ID \$100.80 OD / session

Activity: 106580

Th: 11:00 - 11:45 am

Sessions: 1/10 - 2/21
2/28 - 4/18 (No class 3/28)

Twinkle Toes Tap

Ages: 4.5 - 8

Academie De Ballet

Your little one will be tapping with joy and making rhythms with their feet in this tap basics class.

\$95.00 ID \$114.00 OD / session

Activity: 106585

F: 4:30 - 5:30 pm

Sessions: 1/11 - 2/22
3/1 - 4/19 (No class 3/29)

Ballet for Little Swans

Ages: 4 - 7

Academie De Ballet

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. Observation for parents and families held during the first lesson of the month.

\$92.00 ID \$110.40 OD / session

Activity: 106583

Sa: 2:30 - 3:15 pm

Sessions: 1/12 - 2/23 3/2 - 4/13



Moving Joyfully Spring Break Camp

Ages: 3 - 6

Tula Movement Arts

Explore movement and dance in action-packed days full of imaginative play. Inspired by daily themes such as pirates, bugs or the jungle, children participate in art, movement, dancing, stories and poems, obstacle courses, acrobatics, games and even dressing up. On the last day, we will have an informal show for friends and family to cap off the week.

Activity: 106766

\$140.00 ID \$168.00 OD / session

M - F: 9:00 - 11:30 am

Session: 3/25 - 29

M - Th Daily Drop-in Fee:

\$35.00 ID \$42.00 OD / session

M: 9:00 - 11:30 am

Session: 3/25

Tu: 9:00 - 11:30 am

Session: 3/26

W: 9:00 - 11:30 am

Session: 3/27

Th 9:00 - 11:30 am

Session: 3/28

Looking for with Your Child classes?

Youth Art, pages 70 - 76
Cooking, baking and craft
classes in Adult Activities,
pages 39 - 47

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.

\$74.00 ID \$88.80 OD / session

Activity: 106752

Tu/Th: 3:30 - 4:00 pm

Sessions: 2/5 - 28
3/5 - 21
(Adj. fee \$55.50 ID \$66.60 OD)
4/2 - 25
4/30 - 5/23

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.

\$74.00 ID \$88.80 OD / session

Activity: 106750

M/W: 4:15 - 4:45 pm

Sessions: 2/4 - 2/27
3/4 - 20
(Adj. fee \$55.50 ID \$66.60 OD)
4/1 - 24 4/29 - 5/22

Tu/Th: 4:15 - 4:45 pm

Sessions: 2/5 - 28
3/5 - 21
(Adj. fee \$55.50 ID \$66.60 OD)
4/2 - 25 4/30 - 5/23

More programs for little guys and gals at

Youth Swimming,
pages 20 - 23
Youth Arts, pages 70 - 76
Youth Sports, pages 86 - 97



Music

Kindermusik: Cuddle & Bounce

Ages: 1 Month - 1 year

Cascade School Music

Your baby's brain is filled with billions of neurons waiting to be connected through sensory stimulation. This class offers a sensory-rich yet caring and gentle environment. Engage in activities and build relationships that 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.

\$150.00 ID \$180.00 OD / session

Activity: 106353

W: 9:30 - 10:15 am

Sessions: 1/9 - 2/27
3/6 - 5/1 (No class 3/27)
5/8 - 29
(Adj. fee \$75.00 ID \$90.00 OD)

Kindermusik: Family Class

Ages: 1 - 5

Cascade School 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.

\$150.00 ID \$180.00 OD / session

Activity: 106355

M: 3:00 - 3:45 pm

Sessions: 1/7 - 2/25
3/4 - 4/29 (No class 3/25)
5/6 - 27
(Adj. fee \$75.00 ID \$90.00 OD)

Kindermusik: Laugh & Learn

Ages: 3 - 4

Cascade School Music

Each week we will celebrate your child'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.

\$150.00 ID \$180.00 OD / session

Activity: 106354

M: 12:15 - 1:00 pm

Sessions: 1/7 - 2/25
3/4 - 4/29 (No class 3/25)
5/6 - 27
(Adj. fee \$75.00 ID \$90.00 OD)

F: 10:45 am - 11:30 am

Sessions: 1/11 - 3/1
3/8 - 5/3 (No class 3/29)
5/10 - 31
(Adj. fee \$75.00 ID \$90.00 OD)

Kindermusik: Sing & Play

Ages: 1 - 2

Cascade School 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.

\$150.00 ID \$180.00 OD / session

Activity: 106351

M: 9:30 - 10:15 am

Sessions: 1/7 - 2/25
3/4 - 4/29 (No class 3/25)
5/6 - 27 (Adj. fee \$75.00 ID \$90.00 OD)

Tu: 9:30 - 10:15 am

Sessions: 1/8 - 2/26
3/5 - 4/30 (No class 3/26)
5/7 - 28 (Adj. fee \$75.00 ID \$90.00 OD)

Th: 9:30 - 10:15 am

Sessions: 1/10 - 2/28
3/7 - 5/2 (No class 3/28)
5/9 - 30 (Adj. fee \$75.00 ID \$90.00 OD)

Kindermusik: Move and Groove

Ages: 4 - 5

Cascade School 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.

\$150.00 ID \$180.00 OD / session

Activity: 106356

Tu: 3:00 - 3:45 pm

Sessions: 1/8 - 2/26
3/5 - 4/30 (No class 3/26)
5/7 - 28
(Adj. fee \$75.00 ID \$90.00 OD)

Kindermusik: Wiggle & Grow

Ages: 2 - 3

Cascade School 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.

\$150.00 ID \$180.00 OD / session

Activity: 106350

M: 10:45 - 11:30 am

Sessions: 1/7 - 2/25
3/4 - 4/29 (No class 3/25)
5/6 - 27
(Adj. fee \$75.00 ID \$90.00 OD)

W: 10:45 - 11:30 am

Sessions: 1/9 - 2/27
3/6 - 5/1 (No class 3/27)
5/8 - 29
(Adj. fee \$75.00 ID \$90.00 OD)

Th: 10:45 - 11:30 am

Sessions: 1/10 - 2/28
3/7 - 5/2 (No class 3/28)
5/9 - 30
(Adj. fee \$75.00 ID \$90.00 OD)

Nature WITH THE CHILDREN'S FOREST OF CENTRAL OREGON

Presented by the Children's Forest of Central Oregon partners, these family programs have something for kids (and adults) of all ages. Programs are designed for families to connect in nature together and are open to parents, grandparents, and siblings. Learn more at childrensforestco.org/family.

Puddlestompers **FREE**

Ages: 3 - 5 with family

Spark a sense of wonder for nature through imaginative play, exploration, songs and stories.

Saturdays, 11:00 am - 12:00 pm

**MARCH 16:
ROCKRIDGE PARK**

**Wildlife is Everywhere with
Wildheart Nature School**

**APRIL 13:
RILEY RANCH NATURE
RESERVE**

**Toad Houses with
Discover Your Forest**

**MAY 18:
STONE CREEK PARK**

**Fledgling Fun with
High Desert Museum**

Birds Without **NEW** Borders: A Migratory Bird Day Event

**Saturday, May 11
9:00 am - 1:00 pm
Tumalo State Park
All ages**

\$5 park admission per vehicle

An International Migratory Bird Day Event, cosponsored by the partners of the Children's Forest of Central Oregon and Oregon State Parks. Family event featuring kid-friendly bird walks, educational activities, cultural and art activities, and more. Activities offered in English and Spanish.



creative spark

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: \$225.00 for 2 hours
Clay Party: \$250.00 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. You can preview available times on our online party calendar at: bendparksandrec.org. Please fill out an online party request form.

Clay

Ceramic Heart Loom

NEW

Ages: 6 - 12

Art Station

Come and create a one of a kind ceramic heart shaped loom and weaving. In this two part class, turn an ordinary slab of clay into a loom template in the shape of a heart and learn how to weave colorful yarn inside of your ceramic loom. Create a beautiful mixed media piece just in time for Valentine's Day! Instructor: Amanda Krammes

\$35.00 ID \$42.00 OD / session

Activity: 111200

M: 4:00 - 6:00 pm

Session: 1/28 - 2/4



Intro to Youth Wheel Throwing

Ages: 7 - 13

Art Station

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

\$135.00 ID \$162.00 OD / session

Activity: 111202

Th: 4:00 - 6:00 pm

Session: 1/17 - 2/7

Tu: 4:00 - 6:00 pm

Sessions: 1/29 - 2/19 2/26 - 3/19
4/2 - 23 4/30 - 5/21

Youth Wheel 2 NEW

Ages: 7 - 13

Art Station

For students who have attended Intro to Youth Wheel Throwing, it's time to take it to the next level. Learn how to throw different vessels on the wheel and understand the process to create mugs, plates, bowls, vases and more! This class will meet twice a week for four weeks giving students more time to work with and understand the material. Instructor: Madeleine Meyers

\$249.00 ID \$298.80 OD / session

Activity: 111203

M/Th: 4:00 - 6:00 pm

Session: 2/25 - 3/21

Ceramic Sounds NEW

Ages: 6 - 12

Art Station

Make music out of mud! Learn clay hand building skills while making a variety of projects to create sound. Projects include chimes, cellphone speaker and rattle. Instructor: Amanda Krammes

\$69.00 ID \$82.80 OD / session

Activity: 111201

M: 4:00 - 5:30 pm

Session: 4/1 - 22

Mother's Day Vases

Ages: 6 - 12

Art Station

Give mom or grandma a special vase made from clay by you! Personalize your vase with designs, clay flowers and letters. When it's finished, fill your vase with flowers and give mom a gift she will cherish forever. Instructor: Amanda Krammes

\$35.00 ID \$42.00 OD / session

Activity: 111204

Th: 4:00 - 5:30 pm

Session: 4/25 - 5/2

Build a Clay Birdhouse NEW

Ages: 7 - 13

Art Station

Learn the basics of hand building while creating a one of a kind birdhouse. You'll get to do each step from sketching it out to hanging it up! Each unique house will be perfect for its new inhabitant and these make wonderful gifts for loved ones. Instructor: Madeleine Meyers

\$55.00 ID \$66.00 OD / session

Activity: 111206

M: 4:00 - 6:30 pm

Session: 5/6 - 13

Teacher Feature Gifts NEW

Ages: 6 - 12

Art Station

Say "thank you" to your favorite teacher by giving them a special gift made from clay to place on their desk. Sculpt a handmade vase or pencil holder using hand building techniques. Then, use letter stamps to personalize your piece with your teacher's name. Let your teacher know how much you care for them and thank them for a great school-year! Instructor: Amanda Krammes

\$35.00 ID \$42.00 OD / session

Activity: 111205

Th: 4:00 - 5:30 pm

Session: 5/23 - 30



Multimedia

Cats & Dogs NEW

Ages: 6 - 12

Art Station

Get wild about your favorite pets and create some art! Using different mediums like papier-mâché, paint, pastels and collage create original artwork while using your furry friends as inspiration. Instructor: Charlene Santucci

\$65.00 ID \$78.00 OD / session

Activity: 111240

Th: 4:00 - 6:00 pm

Session: 1/17 - 31

Home School Academy

Art Station

Tracks in the Snow NEW

Ages: 6 - 12

Make artwork portraying local animals in snowy landscapes. Using paint, pastels, cut paper and various collage techniques, our artwork will show mule deer, owls, hares and red fox. Learn about color theory, silhouettes, shape and perspective.

Instructor: Kathy Schoderbek

\$99.00 ID \$118.80 OD / session

Activity: 111260

Tu: 1:00 - 3:30 pm

Sessions: 1/22 - 2/12

Youth Wheel Throwing

Ages: 7 - 13

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

\$135.00 ID \$162.00 OD / session

Activity: 111261

Tu: 1:00 - 3:00 pm

Sessions: 2/26 - 3/19 4/2 - 23

Unique Yard Art

Ages: 6 - 12

Step into the magical world of your own back yard. Using clay and your imagination, make a handmade mini bird feeder, a toad house and a little garden gnome. Place your ceramic creations outside to enjoy! Instructor: Amanda Krammes

\$65.00 ID \$78.00 OD / session

Activity: 111262

W: 9:30 - 11:30 am

Sessions: 5/22 - 6/5

No-School Days

Winter Inspirations

NO SCHOOL

Ages: 6 - 12

Art Station

Come chill with us in the multimedia studio and learn how to use a variety of materials for printing and create a winter themed collage. In the clay studio create a winter themed ceramic project. Instructor: Charlene Santucci and Helen Bommarito

\$65.00 ID \$78.00 OD / session

Activity: 111400

M: 9:00 am - 4:00 pm

Session: 1/21

Multimedia Mix-up!

NO SCHOOL

Ages: 6 - 12

Art Station

Come play in the studio and try different art techniques and create a multimedia masterpiece. In the ceramic studio create a tiny home and add details to personalize it in your own way. Instructors: Julie Wilson & Helen Bommarito

\$65.00 ID \$78.00 OD / session

Activity: 111401

F: 9:00 am - 4:00 pm

Session: 2/1

Playing in the Snow

NO SCHOOL

Ages: 6 - 12

Art Station

Celebrate our favorite ways to play in the snow, including building snowmen, having snowball fights and sledding. We will use paint, pastel and collage techniques while learning about shadows, perspective, and warm and cool colors. In the clay studio create a chilly character. Instructor: Kathy Schoderbek & Helen Bommarito

\$65.00 ID \$78.00 OD / session

Activity: 111402

M: 9:00 am - 4:00 pm

Session: 2/18



ArtRageous

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: Art Station Staff

TWO-DAY

\$130.00 ID \$156.00 OD / session

Activity: 111403

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

Session: 3/25 - 26

THREE-DAY

\$195.00 ID \$234.00 OD / session

Activity: 111404

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

Session: 3/27 - 29

Delectable Desserts

NO SCHOOL

Ages: 6 - 12

Art Station

Using inspiration from the paintings of artist Wayne Thiebaud, create artwork that looks good enough to eat! Use a variety of artistic techniques to make scrumptious cakes, delicious donuts, yummy ice cream and other sweet treats. We will use paint, pastels, collage and clay to make the artwork and learn about shape, shadow, color, perspective and texture. Instructors: Kathy Schoderbek & Amanda Krammes

\$195.00 ID \$234.00 OD / session

Activity: 111405

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

Session: 4/10 - 12

DIY Doll Accessories

Ages: 6 - 10

Art Station

Create items just for your doll including pretend food, clothes, sleeping bags/pillows and more! It's time to create and play with others who love their dolls, too! Ideally this would be for the very popular 18 inch dolls (American Girl or Our Generation Girl) but can be adapted for other kinds/sizes. Look for more DIY Doll on the next page. Instructor: Jessica Dawley.

\$69.00 ID \$82.80 OD / session

Activity: 111247

Sa: 12:30 - 4:30 pm

Session: 1/19



Tracks in the Snow

NEW

Ages: 6 - 12

Art Station

Make artwork that portrays Central Oregon animals and birds in their snowy winter habitats. Using paint, pastels, cut paper and various collage techniques, our artwork will show mule deer, snowy owls, snowshoe hares and red fox in wintry landscapes. Learn about color theory, cool colors, silhouettes, shape and perspective. Instructor: Kathy Schoderbek

\$99.00 ID \$118.80 OD / session

Activity: 111241

W: 2:30 - 5:00 pm

Session: 2/6 - 27

DIY Doll Dress Up NEW

Ages: 6 - 10

Art Station

Create fantastic accessories for you doll like a doll carrier, tutu and more! Learn basic fabric work and simple ways to create accessories for your favorite doll! Ideally this would be for the very popular 18-inch dolls (American Girl or Our Generation Girl) but can be adapted for other kinds/sizes. Look for more DIY Doll on the previous page. Instructor: Madeleine Meyers.

\$69.00 ID \$82.80 OD / session

Activity: 111248

Sa: 1:00 - 5:00 pm

Session: 3/16

Fairy Gardens

Ages: 7 - 14

Art Station

Make your own fairy garden! Sculpt and glaze a ceramic house in the first class.

Second class, fill pots with dirt, construct fences, ladders, swings, benches etc. to place in the gardens. These are imaginative and magical sculptures! Instructor: Amanda Krammes

\$79.00 ID \$94.80 OD / session

Activity: 111249

Sa: 1:00 - 4:00 pm

Session: 4/27 - 5/4



Young Jewelers

Ages: 8 - 13

Art Station

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

\$55.00 ID \$66.00 OD / session

Activity: 111243

M: 4:00 - 5:30 pm

Session: 3/4 - 18

Th: 4:00 - 5:30 pm

Session: 5/2 - 16

Color Extravaganza NEW

Ages: 6 - 13

Art Station

Explore color! Understanding the color wheel, light spectrum and color relationships is essential knowledge for creating pleasing art. Use acrylic and water color paints, cut paper and stencils while learning about color in art and nature! Instructor: Julie Wilson

\$65.00 ID \$78.00 OD / session

Activity: 111242

M: 4:00 - 6:00 pm

Session: 5/6 - 20

Painting

Youth Watercolor

Ages: 8 - 12

Art Station

Blend colors into bright beautiful images! Learn to transfer favorite images onto watercolor paper and techniques used in watercolor like blending, sponge painting and splatter painting. Kids will have so much fun that they don't know they are learning beginner watercolor techniques! Instructor: Jodi Schneider

\$89.00 ID \$106.80 OD / session

Activity: 111221

Th: 4:00 - 5:30 pm

Sessions: 2/7 - 28
3/7 - 4/4* (No program 3/28)

Awesome Acrylics NEW

Ages: 6 - 13

Art Station

Learn all the tricks of the trade! You will learn how to mix colors and different ways to apply the paint for the affects you want. Explore a range of painting surfaces and paint in styles ranging from realism to full abstract design. You will be totally prepared to paint what you want with this fun and versatile paint medium. Instructor: Julie Wilson

\$79.00 ID \$94.80 OD / session

Activity: 111220

M: 4:00 - 6:00 pm

Session: 1/28 - 2/25 (No program 2/18)

W: 2:30 - 4:30 pm

Session: 4/17 - 5/15



Artist Elements

Ages: 6 - 12

Art Station

Artist Elements classes are designed to strengthen art skills and an appreciation for art. Participants learn about art fundamentals, terms and techniques to improve art skills and develop creativity.

Still Life NEW

Drawing & Painting

Capture real life in this introduction to drawing and painting. Over the course of three weeks students will draw and paint still life paintings and learn skills that can be applied in future artwork. Instructor: Charlene Santucci.

\$65.00 ID \$78.00 OD / session

Activity: 111250

Tu: 4:00 - 6:00 pm

Session: 2/12 - 26

Drawing NEW

Illusions & Reality

Learn perspective techniques to make 2-D pictures look 3-D. Explore one and two point perspective to create realistic perspectives using shades and tones to create illusions. Instructor: Julie Wilson.

\$75.00 ID \$90.00 OD / session

Activity: 111251

M: 4:00 - 5:30 pm

Session: 4/1 - 29



Art StART

Art Station

Ages: 2 - 5 with adult

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Children must be accompanied by adult. Instructor: Art Station Staff

\$69.00 ID \$82.80 OD / session

Activity: 111302

Winter Flurry

W: 9:00 - 10:00 am

Session: 1/23 - 2/13

Pop of Color

W: 9:00 - 10:00 am

Session: 2/27 - 3/20

Spring Discovery

W: 9:00 - 10:00 am

Session: 4/3 - 5/1 (no program 4/10)

Under the Sea

W: 9:00 - 10:00 am

Session: 5/8 - 29



Art & The Young Child

Little Love Bugs

Ages: 2 - 5 with adult

Art Station

Celebrate Valentine's Day! Adults and toddlers will participate and create together in colorful art explorations, inspired by love and sharing.

Instructor: Art Station Staff

\$19.00 ID \$22.80 OD / session

Activity: 111301

F: 9:00 - 10:00 am

Session: 2/8

PreClay

Ages: 3 - 5 with adult

Art Station

This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create a ceramic piece and decorate it with bright colored glazes. (Child must be accompanied by adult) Instructor: Helen Bommarito

\$19.00 ID \$22.80 OD / session

Activity: 111304

F: 9:45 - 10:45 am

Sessions: 2/22 3/22
4/26 5/24

Art Play Group

Ages: 2 - 5 with adult

Art Station

Parents, grandparents, family and 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 make a mess with us. (Child must be accompanied by adult) Instructor: Art Station Staff

\$19.00 ID \$22.80 OD / session

Activity: 111300

F: 9:00 - 10:00 am

Sessions: 3/15 4/19 5/17

With Your Child: Clay

With Your Child: Wheel Throwing

Ages: 6 & up with adult

Art Station

For all ages & families who are curious about how incredibly enjoyable it could be to make pots on the wheel. The goal of this class is not necessarily to get a functional pot to keep, as it is about getting the feel for the clay on the wheel and how it reacts to the human hand. Instructor: Helen Bommarito

\$60.00 ID \$72.00 OD / session

Activity: 111502

Sa: 10:00 am - 1:00 pm

Session: 1/19 4/6

With Your Child: Valentine Heart Bowls

NEW

Ages: 5 & up with adult

Art Station

Using hand building techniques learn how to make a bowl out of clay. Manipulate your bowl into a pretty heart shape and use letter stamps to write a personal message. Finish with glazing and then gift your piece to someone special. Instructor: Amanda Krammes

\$49.00 ID \$58.80 OD / session

Activity: 111501

Sa: 10:00 am - 12:30 pm

Session: 2/2

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: Clay Dragons

Ages: 5 & up with adult

Art Station

Make a mystical creature while sharing your imagination and creativity.

Instructor: Helen Bommarito

\$55.00 ID \$66.00 OD / session

Activity: 111500

Sa: 10:00 am - 1:00 pm

Session: 2/23



With Your Child: Spring Nests

Ages: 5 & up with adult

Art Station

Create a unique bird's nest using clay. Build your nest using small coils. Then, sculpt little birds and fun eggs to fill your nest. Paint your eggs with colors and designs or go for a more natural look. Instructor: Amanda Krammes

\$49.00 ID \$58.80 OD / session

Activity: 111504

Sa: 10:00 am - 12:30 pm

Session: 5/18



With Your Child: Spring Flower Bowls

NEW

Ages: 5 & up with adult

Art Station

Celebrate spring with colorful flower bowls! Sculpt flat flower shapes out of clay and arrange them to form an artistic bowl to fill with treasures of your choice. Instructor: Amanda Krammes

\$49.00 ID \$58.80 OD / session

Activity: 111503

Sa: 10:00 am - 12:30 pm

Session: 3/16

With Your Child: Fused Glass

With Your Child: Door Hangers

NEW

Ages: 5 & up with adult

Art Station

Will you make an animal, a robot, or self-portrait? Use a plethora of opaque colors to create a glass hanger for your bedroom door or wall. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session

Activity: 111560

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 1/26

With Your Child: Valentines in Glass

Ages: 5 & up with adult

Art Station

Can you feel the love? Create a Valentine Heart in glass using mosaic pieces. Adult and child work together to create a 5x5 inch trivet or small dish. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session

Activity: 111561

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 2/2

With Your Child: Fused Glass Name Plates

Ages: 6 & up with adult

Bend Senior Center

Join your child as we create a one-of-a-kind fused glass sign with your child's name on it. In this class you and your child will cut glass into mosaic pieces, glue them onto another piece of glass and have them melted together to create this wonderful masterpiece to hang on their door. Pieces will be ready one week after class and can be picked up at the Senior Center. All supplies and firing is included. Registration fee is for an adult and child team. Instructor: Diane Burns

\$59.00 ID \$70.80 OD / session

Activity: 102414

F: 5:00 - 7:00 pm

Session: 3/1



Art Station Open House

FREE

Sunday, April 28

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!

Part of the:

WEEKEND
OF ART

April 26 - 28

A city-wide event, the Weekend of Art is full of special exhibits, public art installations, art fairs, art talks and the Bend Art Conference. Make art and experience art all weekend long. It's fun for all ages!

Learn more:
www.bendartweekend.com

Volunteer with youth and adult art programs.

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



With Your Child: Nightlights NEW

Ages: 5 & up with adult

Art Station

Create a useful and illuminating piece of art! Design what you like: an animal, a butterfly or a beautiful geometric design and we will attach it to nightlight for all to see. Additional charge of \$20 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session

Activity: 111562

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 3/9

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

\$36.00 ID \$43.20 OD / session

Activity: 111563

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 4/20

With Your Child: Wildflower Gardens

Ages: 5 & up with adult

Art Station

Just in time for spring, creating wild flowers! Families will work together to create 4x10" tack fused and slumped piece depicting wildflower gardens in fused glass. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session

Activity: 111564

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 5/11

With Your Child: Multimedia

With Your Child: String Art: Paw Print Leash Hanger NEW

Ages: 7 & up with adult

Art Station

Never forget to take your pup on your next adventure! Keep your companion's leash on display with an adorable handmade paw print string art keepsake leash wall hanger. Bring a photocopy of your pet's paws for reference or walk on the wild side and design your own track! This class will help you create your custom design template and rustic craft using reclaimed wood, nails and embroidery floss. Instructor: Jessica Gamble

Fee: \$55.00 ID \$66.00 OD / session

Activity: 111544

Sa: 10:00 am - 12:00 pm

Sessions: 2/9 4/27

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs



With Your Child: Acrylic Pouring

Ages: 7 & up with adult

Art Station

Make your masterpiece in this family-friendly class using museum-quality pigments and products. Swirl, slip and slide 100% non-toxic acrylic paint across an 8x10 canvas. Learn how to combine acrylic pour products, pouring technique and applications. Seal finished artwork with Eco-friendly protective finish. Instructor: Jessica Gamble

\$55.00 ID \$55.00 OD / session

Activity: 111545

Sa: 10:00 - 11:30 am

Sessions: 2/23 4/6



With Your Child: Paint

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, it 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. Instructor: Diane Burns

\$49.00 ID \$58.80 OD / session

Activity: 102415

Th: 5:00 - 6:30 pm

Sessions: 1/31 Light Up Snowman

2/21 Winter Birch Trees

4/18 Unicorns



play more

WHAT'S ON WEDNESDAY?
.....
ENRICHMENT WEDNESDAYS!
.....
SEE BELOW

ENRICHMENT WEDNESDAYS

The serious business of play.

"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood." ~ Fred Rogers

At Your School:

Grades: K - 5

Make Wednesday afternoons into something special! Register your child to experience and learn something new such as martial arts, computer coding, science, theater, chess, clay modeling, dance, Spanish, robotics, animal habitats, and more!

Early Release Wednesdays:
2:00 - 3:30 pm

\$80.00 ID \$96.00 OD / session
Session: 1/9 - 2/20

\$70.00 ID \$84.00 OD / session
Session: 2/27 - 4/17 (No class on 3/27, 4/10)

\$80.00 ID \$96.00 OD / session
Session: 4/24 - 6/5

BEAR CREEK ELEMENTARY

Grades: K - 5

All Programs: 406601

Theatre with Miss Lovely

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits/a short play for family and friends will be held on the last Wednesday of each session to showcase the kids' talents.

Session: 1/9 - 2/20

Fun Science Projects

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun hands-on science activities and experiments to discover and explore the world around you.

Session: 1/9 - 2/20



Experiment with Art

Try a variety of art mediums and see which you like the best! Learn new techniques and bring home a project each week.

Session: 2/27 - 4/17 (No class 3/27, 4/10)

SPARK Your Inner Robot

Come join us and SPARK 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.

Session: 4/24 - 6/5

Early Release Wednesdays: 2:00 - 3:30 pm

Fees: \$80.00 ID \$96.00 OD / session

Sessions: 1/9 - 2/20, 2/27 - 4/17 (No class on 3/27, 4/10 - Adj. Fee \$70.00 ID \$84.00 OD), 4/24 - 6/5



BUCKINGHAM ELEMENTARY

All Programs: 406602

Grades: K - 5

Creative Computer Coding

We will storyboard, brainstorm and discuss how to bring our ideas to life on screen. Using kid-friendly iPad-based visual programming languages, We'll make animations, stories, games, program bots and other interactive projects.

Session: 1/9 - 2/20

Challenging Skill-Building Fun!

Participate in various team-building games that are fun and challenging, each week participants will help develop trust and problem solving skills while working together.

Session: 2/27 - 4/17 (No class 3/27, 4/10)

Sportsters

Calling all kids! Join us for various outdoor/indoor games and learn basic sport skills.

Session: 4/24 - 6/5

ELK MEADOW ELEMENTARY

All Programs: 406603

Grades: K - 5

Nature Discovery

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!

Session: 1/9 - 2/20

Fun, Funky, Fresh Dance

Have fun by moving and grooving to music and expressing yourself through dance. We will integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 2/27 - 4/17 (No class 3/27, 4/10)

Creative Clay

Join in the fun as we make a different clay project every week such as small creatures, figurines and beautiful ceramic art.

Session: 4/24 - 6/5

HIGH LAKES ELEMENTARY

All Programs: 406605

Grades: K - 5

Martial Arts

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 1/9 - 2/20

Nature Discovery

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!

Session: 2/27 - 4/17 (No class 3/27, 4/10)

Experiment with Art

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.

Session: 4/24 - 6/5



Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.
Visit bendparksandrec.org/jobs

HIGHLAND ELEMENTARY

All Programs: 406606

Grades: K - 5

Viva l'Italiaono

This is an introduction to the Italian language through conversations, games, songs, videos and stories. By the end of the course the child should have acquired basic, daily life vocabulary and be able to have a basic conversation. Greetings, colors, numbers, days, months, seasons, family members, school items and foods will be taught in this class.

Sessions: 1/9 - 2/20

2/27 - 4/17 (No class 3/27, 4/10)
4/24 - 6/5

Mixed Martial Arts

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 1/9 - 2/20

SPARK

Your Inner Robot

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.

Session: 2/27 - 4/17 (No class 3/27, 4/10)

Challenging Skill-Building Fun!

Participate in various team-building games that are fun and challenging, which will help develop trust and problem solving skills while working together.

Session: 4/24 - 6/5

Early Release Wednesdays: 2:00 - 3:30 pm

Fees: \$80.00 ID \$96.00 OD / session

Sessions: 1/9 - 2/20, 2/27 - 4/17 (No class on 3/27, 4/10 - Adj. Fee \$70.00 ID \$84.00 OD), 4/24 - 6/5



JEWELL ELEMENTARY

All Programs: 406607

Grades: K - 5

Experiment with Art

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.

Session: 1/9 - 2/20

STEM Club

Join us for all things STEM! Science, technology, engineering and math are all incorporated in this hands-on and interactive course. Students will build LEGO robots, engineer bridges, practice math and explore science concepts throughout this class. No experience necessary!

Session: 2/27 - 4/17 (No class 3/27, 4/10)

Martial Arts

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 4/24 - 6/5

JUNIPER ELEMENTARY

All Programs: 406608

Grades: K - 5

Colorful Canvases

Explore your artistic side and draw, paint and sculpt while creating art to decorate your room or share as a gift.

Session: 1/9 - 2/20

Science Quest

Join a group of like-minded explorers and take a journey each week down a different branch of science. We will explore through hands on science activities and projects that exemplify the main sciences of Earth, Physics, Biology and Chemistry.

Session: 2/27 - 4/17 (No class 3/27, 4/10)

Spanish Immersion

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 4/24 - 6/5

LAVA RIDGE ELEMENTARY

All Programs: 406609

Grades: K - 5

Fun, Funky, Fresh Dance

Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games: limbo, freeze-dance, dance teacher and more!

Session: 1/9 - 2/20

Mixed Martial Arts

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 2/27 - 4/17 (no class 3/27, 4/10)

Featured Creatures

Learn about a local Deschutes River Woods Mammal and do a connected art project featuring that creature.

Session: 4/24 - 6/5

MILLER ELEMENTARY

All Programs: 406610

Grades: K - 5

4-H: SPARK Your Inner Robot

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.

Session: 1/9 - 2/20

Spanish Immersion

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 1/9 - 2/20

ENRICHMENT

WEDNESDAYS

Miller, continued

Colorful Canvases

Explore your artistic side and draw, paint and sculpt while creating art to decorate your room or share as a gift.

Session: 2/27 - 4/17 (no class 3/27, 4/10)

Mixed Martial Arts

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 4/24 - 6/5

PINE RIDGE ELEMENTARY

All Programs: 406611

Grades: K - 5

Sportsters

Calling all kids! Join us for gym games, flag tag, high energy play and end the session with a mini field day.

Session: 1/9 - 2/20

Spanish Immersion

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 2/27 - 4/17 (No class on 3/27, 4/10)

Fun, Funky, Fresh Dance

Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 4/24 - 6/5



No School Days

Grades: K - 5

Ponderosa Elementary
& Pine Ridge Elementary



When school isn't in session, it's time to get the Operation going! Operation Recreation, that is!

Serious fun that meets the serious needs of the working parent and the fun-seeking child, this program operates on non-school days for Kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips.

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

\$45.00 ID \$54.00 OD / session

Activity: 107400

Weekdays: 7:00 am - 6:00 pm

Sessions:

F:	2/1	W:	4/10
M:	3/25	Th:	4/11
Tu:	3/26	F:	4/12
W:	3/27		
Th:	3/28		
F:	3/29		

Before & Afterschool



Grades: K - 5



School Locations:

AMITY CREEK (am only)	JEWELL
BEAR CREEK	JUNIPER
BUCKINGHAM	LAVA RIDGE
ELK MEADOW	MILLER
ENSWORTH	PINE RIDGE
HIGH LAKES	PONDEROSA
HIGHLAND	SILVER RAIL

WHY KIDS INC?

CONVENIENT: Great program for working parents with convenient locations at several elementary schools.

HEALTHY LIFESTYLE: Active games and play promote movement and fitness. Daily healthy snacks are offered every afternoon.

TEAMWORK: Opportunities for socialization, leadership and confidence through cooperative games and group activities.

SKILL BUILDING: Creative, theme-based enrichment activities that challenge the children and encourage problem solving.

PROFESSIONAL STAFF: Dedicated to the care and safety of your child. Staff are engaged and interacting with participants while being good role models and mentors. All staff are trained in youth development, CPR/first aid and receive background checks.

HOURS OF OPERATION:

Before School: 7:00 - 8:30 am

Afterschool: 3:30 - 6:00 pm

Early Release Wednesday:
2:00 - 6:00 pm

WESTSIDE SCHOOLS:

*PM Care for Amity, Westside Village & Highland students register for Highland KIDS INC.

REGISTRATION FEE:

\$20.00 AM / \$20.00 PM per child
for each program - Non-refundable

MONTHLY FEES:

AM Fee: \$59.00/month

PM Fee: \$145.00/month

AM and PM fee is a single price regardless of number of days used.



2018-19 SCHOOL YEAR SPOTS ARE LIMITED.
REGISTER FOR 2019-20 SCHOOL YEAR ON MAY 20TH. SPOTS FILL QUICKLY!

LOOK FOR MORE ON PROGRAM TIMES IN SUMMER PLAYBOOK - AVAILABLE ONLINE IN LATE MARCH.



School Locations:

HIGH LAKES
HIGHLAND
MILLER



HOURS OF OPERATION:

M/T/Th/F: 3:30 - 4:30 pm

(no program Wednesday afternoon)

REGISTRATION FEE:

\$20.00 per child - Non-refundable

MONTHLY FEES: \$37.00/month

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.



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. This program is made possible through a partnership of BPRD with the Children's Forest of Central Oregon and Mosaic Medical Group. Note: Kids On-The-Move does not meet if there is no school. Silver Rail students, please meet in the Cafeteria. Ensworth students, please meet in the Gym.

Fee: FREE
Activity: 107901

Silver Rail

M: 3:30 - 5:00 pm

W: 2:00 - 4:30 pm

Session: 4/1 - 6/5

Ensworth:

Tu/Th: 3:30 - 5:00 pm

Session: 4/2 - 6/6

Spring Break Day Camps

Circus Ninja Camp NEW NO SCHOOL

Ages: 5 - 12

Tula Movement Arts

Move like an aerial ninja! With multiple days of slacklining, acroyoga, juggling, hooping and aerial yoga (aerial hammock), this camp is for total beginners to seasoned circus ninjas. Camp finishes the week with an informal performance for family and friends in which participants show off their new circus ninja skills and receive a circus ninja certificate.

Activity: 106767
5-Day Fee:
\$140.00 ID \$168.00 OD / session

M - F: 1:15 - 3:45 pm

Sessions: 3/25 - 29

M - Th Daily Drop-in Fee:
\$35.00 ID \$42.00 OD / session

Daily: 1:15 - 3:45 pm

Sessions: M: 3/25

Tu: 3/26

W: 3/27

Th: 3/28

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.
Visit bendparksandrec.org/jobs

KPOV Radio Camp NO SCHOOL

Ages: 10 - 14

KPOV Radio

Learn how to be a radio DJ, interview a friend and tell a story with sound effects, music and humor. The produced show will be broadcast on 88.9 FM and you'll get a copy to take home!

\$105.00 ID \$126.00 OD / session

Activity: 106650

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

Session: 3/25 - 29

The Gaming Academy NO SCHOOL

Ages: 9 - 15

Cascade Middle School

Do you love games? Take this all-day course and get immersed into the world of 2D and 3D game design. The gaming academy is a combination of our Video Game Design, Advanced Game Design and 3D Game Design courses. You'll get a variety of hands on experience designing and building their very own games. Bring a sack lunch.

\$325.00 ID \$375.00 OD / session

Activity: 106662

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

Session: 3/25 - 28

Video Game Design NO SCHOOL

Ages: 9 - 15

Cascade Middle School

Take a fun interactive look at the world of video game design and development as you learn the basics of video game design and produce several different interactive video games to share with your friends and family.

\$175.00 ID \$210.00 OD / session

Activity: 106663

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

Session: 3/25 - 28



3D Game Design NO SCHOOL

Ages: 9 - 15

Cascade Middle School

Take an interactive look at the world of 3D Game Design. Immerse yourself in 3D video game design and create your own 3D world. If you are looking to design professional 3D games that both look and feel just like the ones you play at home, then you don't want to miss this course.

\$165.00 ID \$198.00 OD / session

Activity: 106664

M - Th: 1:00 - 4:00 pm

Session: 3/25 - 28

Westside Village Spring Break Adventure Camp NO SCHOOL

Ages: 5 - 14

Westside Village

Adventure, art, boundless creativity - Dive into a journey packed with drama, singing, dancing, and playing the ukuleles and drums. Create inspiring art projects and play engaging games. Get moving with geocaching, walking adventures or playing at the park. Imagination has no limits! This week includes all amenities that WVMS has to offer under the guidance of trained educators.

\$220.00 ID \$244.00 OD / session

Activity: 106510

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

Session: 3/25 - 29



For Kids' Sake

Bend Park & Recreation District and Bend La Pine Public Schools work cooperatively so that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.



Drone Zone

NO SCHOOL

Ages: 9 - 15

Ponderosa Elementary

Quadcopter flight school! Learn the basics of flying your very own quadcopter from remote controls. See all that your drone can do by flying level, hovering, turning and maneuvering the quadcopter. Then use your new skills to fly your drone through an obstacle course and maybe even race other pilots! At the end, you get to take your drone home with you. No previous experience with drones necessary.

\$60.00 ID \$72.00 OD / session

Activity: 107720

Tu: 1:30 - 3:30 pm

Session: 3/26

Th: 1:30 - 3:30 pm

Session: 3/28

Volunteer with kids!

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

Cooking & Baking

Valentine Treats

Ages: 9 - 13

Cascade Middle School

Put some love into your baking this winter as we learn how to create several different tasty treats and decorate cookies that your family and sweetheart will enjoy! Bring a container for take-home treats.

\$49.00 ID \$58.80 OD / session

Activity: 106201

Sa: 10:00 am - 12:30 pm

Session: 2/9



Cinnamon Rolls

Ages: 9 - 13

Cascade Middle School

Oh Yum! Learn how to use yeast and make homemade cinnamon rolls from scratch and top with homemade frosting. Bring containers to take home leftovers.

\$45.00 ID \$54.00 OD / session

Activity: 106202

Sa: 10:00 am - 12:00 pm

Session: 2/23

Pizza & Calzones

Ages: 9 - 13

Cascade Middle School

Mama Mia! Learn how to make your own pizza dough and top it or fill it with your favorite ingredients!

\$45.00 ID \$54.00 OD / session

Activity: 106204

Sa: 10:00 am - 12:00 pm

Session: 2/16



Dance

Ballet FunDamentals

Ages: 8 - 13

Academie De Ballet Classique

Learn ballet basics with a twist of fun in this program which will give you a solid peek into the world of dance.

\$95.00 ID \$114.00 OD / session

Activity: 106576

Th: 6:00 - 6:55 pm

Sessions: 1/10 - 2/21

Beginning Tap

Ages: 9 - 11

Academie De Ballet Classique

Tap dancing makes feet sing! This class is the perfect intro for those wanting to dip their feet into tap.

\$91.00 ID \$109.20 OD / session

Activity: 106584

W: 4:00 - 4:55 pm

Sessions: 1/9 - 2/20

Lyrical/Contemporary I NEW

Ages: 8 - 16

Academie de Ballet Classique

You will work multiple dance styles into amazing choreography. Each lesson builds from week to week, as dancers spin, leap with improved strength and skill.

\$105.00 ID \$126.00 OD / session

Activity: 106575

W: 3:00 - 4:15 pm

Sessions: 1/9 - 2/20

2/27 - 4/17 (No class 3/27)

Intermediate Contemporary Mix Dance

Ages: 13 - 18

Academie De Ballet Classique

Intermediate dancers, use your ballet skills to learn contemporary mix of dance styles. Enjoy greater freedom of movement while you bring more animation into your dancing.

\$105.00 ID \$126.00 OD / session

Activity: 106568

M: 5:15 - 6:30 pm

Sessions: 1/7 - 2/25

3/4 - 4/22 (no class on 3/26)

Ballet on the Ball: Progressing Ballet Technique

Ages: 13 - 18

Academie De Ballet

Enhance your ballet technique in this carefully-designed fitness course - benefiting all forms of dance. 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.

\$78.00 ID \$93.60 OD / session

Activity: 106566

Tu/Th: 6:15 - 7:10 pm

Sessions: 1/8 - 2/21

2/26 - 4/18 (No class 3/26, 3/28)



Boys Bash! NO SCHOOL NEW

Ages: 6 - 10

Academie De Ballet

Bring your energy to this boys' dance jam! Our talented team of professionals introduces a variety of dance styles, including Jazz, Hip-Hop and more. Art projects draw on children's artistic creativity to bring the physical and visual arts together. Supplies provided. Bring healthy snacks.

\$40.00 ID \$48.00 OD / session

Activity: 106564

M: 9:00 am - 12:30 pm

Session: 1/21

Beginning Ballet Workshop NO SCHOOL NEW

Ages: 9 - 12

Academie De Ballet

Improve your techniques in this beginning workshop. With each leap and jump, pupils will gain satisfaction from developing and honing their talents. It's never too late to discover your dance bliss!

\$21.00 ID \$25.20 OD / session

Activity: 106574

F: 11:00 am - 12:30 pm

Session: 2/1

School's Out Celebration NO SCHOOL NEW

Ages: 5 - 10

Academie De Ballet

School's out for the day and kids are encouraged to move, groove and celebrate as they bring their energy to a rousing three days of dance in a variety of dance stylings. Craft projects draw on children's artistic creativity to bring the physical and visual arts together. Craft supplies provided. Bring healthy snacks to keep your energy high!

\$40.00 ID \$48.00 OD / session

Activity: 106565

M: 9:00 am - 12:30 pm

Session: 2/18



Music & Voice

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.

\$155.00 ID \$186.00 OD / session

Activity: 106352

W: 2:30 - 3:20 pm

Session: 1/30 - 5/15 (no class 3/27)

Musical Universe

Ages: 5 - 6

Cascade School of Music

Your child will learn to play simple musical patterns and songs using the ukulele and flutophone. Using games and activities, students learn to play the instruments, musical concepts and how to read and notate music. With an emphasis on multicultural music, as well as the ability to improvise and write their own music, your child will also be exposed to a variety of musical styles and composers.

\$200.00 ID \$240.00 OD / session

Activity: 106369

W: 2:30 - 3:15 pm

Session: 1/30 - 5/15 (No class 3/27)

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 enlist a variety of fun percussion instruments to build essential rhythmic skills and rhythm reading ability.

\$155.00 ID \$186.00 OD / session

Activity: 106365

W: 3:30 - 4:20 pm

Session: 1/30 - 5/15 (No class 3/27)

Sing, Jam & Write with Shireen NO SCHOOL

Ages: 8 - 11

Bear Creek Elementary

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. Bring a lunch and water bottle.

\$54.00 ID \$64.80 OD / session

Activity: 106311

F: 9:00 am - 3:00 pm

Session: 2/1

W: 9:00 am - 3:00 pm

Session: 4/10

Nature WITH THE CHILDREN'S FOREST OF CENTRAL OREGON

Presented by the Children's Forest of Central Oregon partners, these family programs have something for kids (and adults) of all ages. Programs are designed for families to connect in nature together and are open to parents, grandparents, and siblings. Learn more at childrensforestco.org/ family.



Discover Nature Day: Winter Survival

FREE

Ages: 6 - 12 with family

Saturday, January 26: 10:00 am - 12:00 pm

Skyliner Lodge

Join Wildheart Nature School in the snow and learn essential survival skills including shelter building, fire making and emergency signaling.

Puddlestompers

FREE

Ages: 3 - 5 with family

Spark a sense of wonder for nature through imaginative play, exploration, songs and stories.

Saturdays, 11:00 am - 12:00 pm

MARCH 16: ROCKRIDGE PARK

Wildlife is Everywhere with Wildheart Nature School

APRIL 13: RILEY RANCH NATURE RESERVE

Toad Houses with Discover Your Forest

MAY 18: STONE CREEK PARK

Fledgling Fun with High Desert Museum

Birds Without Borders: NEW A Migratory Bird Day Event

All ages

Saturday, May 11, 9 am - 1 pm

Tumalo State Park

\$5 park admission per vehicle

An International Migratory Bird Day Event, cosponsored by the partners of the Children's Forest of Central Oregon and Oregon State Parks. Family event featuring kid-friendly bird walks, educational activities, cultural and art activities, and more. Activities offered in English and Spanish.



Outdoors

The Hidden World Around Us

NO SCHOOL

NEW

Ages: 8 - 12

Riley Ranch Nature Reserve

Explore the natural habitat of Riley Ranch. Sharpen your naturalist observation skills and familiarize yourself with the plants and animals that make the rivers and forests of Deschutes County their home. Learn how these organisms adapt for survival in their habitat. We'll bring it all together with nature-inspired art projects and games. Bring a lunch and water bottle.

\$120.00 ID \$144.00 OD / session

Activity: 106671

W/Th: 9:00 am - 3:00 pm

Session: 4/10 - 11

Ecosystem Explorers

NO SCHOOL

NEW

Ages: 8 - 12

Harmon Hobby Hut

Through exciting expeditions and hands-on experiments, discover the world around you. As Ecosystem Explorers, we'll adventure through rivers, forests, mountains, volcanos and the high desert. Come meet with local naturalists and organizations to become environmental stewards and learn what daily changes you can make to start living 'green'.

\$60.00 ID \$72.00 / session

Activity: 107500

Daily: 8:30 am - 4:30 pm

Sessions: M: 1/21 F: 2/1

M: 2/18

W: 4/10 Th: 4/11

F: 4/12

Science & Technology

Coding 100/200

Ages: 7 - 14

Sylvan Learning Center NWX

Get familiar with programming by exploring code blocks, designing and building 2D video games from start to finish, including animated players, themes, music and sound effects. No experience necessary.

\$199.00 ID \$238.80 OD / session

Activity: 106657

W: 5:00 - 6:30 pm

Session: 1/23 - 2/20

Robotics

Ages: 6 - 12

Sylvan Learning Center - Main

Use LEGO® WeDo 2.0 robots to dive into the world of science with hands-on exploration of real-world environmental concepts. Become critical thinkers through robotics to investigate and answer questions about physics, life cycles, nature, conservation and natural disasters. Each session is different with a set of new robots.

\$199.00 ID \$238.80 OD / session

Activity: 106658

W: 5:00 - 6:30 pm

Session: 2/27 - 4/3 (No class 3/27)

Bot Lab 100/200 NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center

Students will build LEGO® robots and program them to come alive! Come to one or come to all - each workshop has a different theme to extend your child's creativity and imagination.

\$49.00 ID \$58.80 OD / session

Activity: 106660

M: 10:00 am - 12:00 pm

Session: 2/18 Main-Studio Rd

W: 12:30 - 2:30 pm

Session: 4/10 Main-Studio Rd.

Th: 10:00 am - 12:00 pm

Session: 4/11 NWX Satellite



Engineering 100/200 NO SCHOOL NEW Machine Maker Lab

Ages: 6 - 12

Sylvan Learning Center

Gears, pulleys, levers, oh my! Students use their creativity in this introductory engineering class focused on simple machines. Students utilize LEGO® technology to build models of the machines that help make our world run smoothly!

\$49.00 ID \$58.80 OD / session

Activity: 106656

M: 12:30 - 2:30 pm

Session: 2/18 Main-Studio Rd.

W: 10:00 am - 12:00 pm

Session: 4/10 Main-Studio Rd.

Th: 12:30 - 2:30 pm

Session: 4/11 NWX Satellite

Bot/Engineering Lab Combo NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center

This class combines the Bot Lab 100/200 session and the Engineering Lab 100/200 session.

\$95.00 ID \$114.00 OD / session

Activity: 106661

M: 10:00 am - 2:30 pm

Session: 2/18 Main-Studio Rd

W: 10:00 am - 2:30 pm

Session: 4/10 Main-Studio Rd.

Th: 10:00 am - 2:30 pm

Session: 4/11 NWX Satellite

Arcade Games-Online Game Development

Ages: 6 - 12

Cascade Middle School

This class gives students a look at online game development and puts them in the driver's seat of simple game creation. Students in this course will develop online games including arcade style, platform and other interactive games that they can publish and share online.

\$120.00 ID \$144.00 OD / session

Activity: 106667

Sa: 9:00 am - 12:00 pm

Sessions: 2/2, 2/9

iGame Creators

Ages: 6 - 10

Cascade Middle School

Create simple video games in this introductory course. Learn the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your games.

\$125.00 ID \$150.00 OD / session

Activity: 106666

Sa: 1:00 - 4:00 pm

Sessions: 2/2, 2/9

Sa: 9:00 am - 12:00 pm

Sessions: 4/6, 4/13

iGame Development Workshop

Ages: 6 - 12

Cascade Middle School

Develop video games and take your skills to the next level. In this workshop, we will build stand-alone and online games you can share with friends and families. This is a great introductory class for students who like to game and want to build their own games. Bring a sack lunch.

\$225.00 ID \$270.00 OD / session

Activity: 106665

Sa: 9:00 am - 4:00 pm

Sessions: 2/2, 2/9

iCode

Ages: 6 - 12

Cascade Middle School

Take a fun, interactive look at coding by creating virtual apps and writing your own programs that they can share with friends and family. This course makes learning to code fun and explores problem-solving and programming logic. Students will have access to their accounts so the learning goes beyond class. Students must be able to read.

\$125.00 ID \$150.00 OD / session

Activity: 106668

Sa: 1:00 - 4:00 pm

Sessions: 4/6, 4/13

Gaming & Coding

Ages: 6 - 12

Cascade Middle School

Students spend the morning taking an interactive look at coding and building custom, virtual apps. In the afternoon, students combining the art of video game design and animation to create simple video games with interactive characters that fly around the screen. Bring a sack lunch.

\$230.00 ID \$276.00 OD / session

Activity: 106669

Sa: 9:00 am - 4:00 pm

Sessions: 4/6, 4/13

Explorations with Energy, Motion and Fun!

Ages: 8 - 12

Elk Meadow & Miller Elementary

Use your creativity to explore problem solving and engineering with Physics! Use the laws of motion to design simple machines, such as catapults and parachutes. Then, test the strength and accuracy of your inventions in fun challenges in this after school adventure!

\$59.00 ID \$70.80 OD / session

Activity: 106670

Tu: 3:30 - 5:00 pm

Session: 2/26 - 3/19 - Elk Meadow

Tu: 3:30 - 5:00 pm

Session: 4/9 - 30 - Miller



Science & Technology

Ages: 6 - 11

Elk Meadow Elementary

Bring your sense of fun and adventure along with a water bottle, lunch and snack.

\$60.00 ID \$72.00 OD / session

Alternative NO SCHOOL Energy

Join us as we create fun hands-on practical applications of solar, wind and water power.

Activity: 106616

Tu: 9:00 am - 3:00 pm

Session: 3/26

Fantastic NO SCHOOL Flight

Future Aviators! Learn how airplanes, helicopters and hot air balloons work as we do hands-on investigations about things that fly! Take home your creations to continue your scientific explorations.

Activity: 106614

W: 9:00 am - 3:00 pm

Session: 3/27

Secret Agent NO SCHOOL for a Day

How do they make all those cool gadgets? Join us to make your own and learn the science of stealth and disguise.

Activity: 106610

Th: 9:00 am - 3:00 pm

Session: 3/28



SPORT IS ART
.....
**ICE SKATING
LESSONS
& MORE**
.....
PAGES 88 - 90

play your move

Everybody wins.

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

All Sports

All Sport Camp - Spring Break

NO SCHOOL

Ages: 7 - 11

Cascade Indoor Sports Center

Join us for a great day of sports camp! We'll be playing all of your favorite games: soccer, kickball, tag, ultimate Frisbee, flag football, volleyball, dodgeball, Capture the Flag, floor hockey, garbage ball and more! Campers must bring running shoes, appropriate clothing, and water bottle and snack each day.

Single Day: \$40.00 ID \$48.00 OD

All 4 Days: \$140.00 ID \$168.00 OD

Activity: 103300

Daily: 8:30 am - 12:30 pm

M: 3/25

Tu: 3/26

W: 3/27

Th: 3/28



Start Smart Sport Sampler

Ages: 3 - 6

Riverbend Park

Sample a variety of sports this spring! Move through stations with your child as they learn motor skills and the basics of lacrosse, golf and baseball. Adult must attend and participate with their child. All equipment provided.

\$49.00 ID \$58.80 OD / session

Activity: 103024

Tu/Th: 6:00 - 6:50 pm

Session: 5/7 - 23

Baseball

Bitty Baseball League

Ages: 4 - 5 (as of 4/1/19)

The Pavilion

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

\$48.00 ID \$57.60 OD / session

Registration deadline: 3/17

or until full

Activity: 110764 Age: 4

110765 Age: 5

Sa: 9:00 am - 1:00 pm

Session: 5/4 - 6/8 (No program 6/1)



Basketball

COBO Basketball 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.

No School Day NO SCHOOL Basketball Camps

Grades: 3 - 5

Pilot Butte Middle School

No school? Cool, come play ball! This camp is geared towards the elementary age player.

\$29.00 ID \$34.80 OD / session

Activity: 103055

M: 9:00 am - 12:00 pm

Sessions: 1/21, 2/18

F: 9:00 am - 12:00 pm

Session: 2/1

Advanced Basketball Training

Highland Elementary

These sessions offer an excellent opportunity to begin your off-season skill work in a small group setting. Skill focus will include shooting form, ball handling, passing, perimeter attack skills and defense.

\$92.00 ID \$110.40 OD / session

Activity: 103060

Session: 4/2 - 2/3

GRADES: 4 - 6

Tu: 6:00 - 7:30 pm

GRADES: 7 - 9

Tu: 7:30 - 9:00 pm

Fencing

Beginning Foil Fencing

Ages: 9 - 12

High Desert Fencing

Learn to sword fight like an Olympic fencer. We will cover basic footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership and waiver (\$10 additional) required at first class.

\$76.00 ID \$91.20 OD / session

Activity: 106780

Tu: 4:30 - 5:30 pm

Sessions: 1/15 - 3/5 4/2 - 5/21

Beginning Epee Fencing

Ages: 13 - 19

High Desert Fencing

Learn the Olympic sport of competitive epee fencing. You'll learn the basic footwork, blade work and tactics in order to enjoy the sport in a safe and fun manner. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts or jeans please). US Fencing annual membership and waiver (\$10 additional) required at the first class.

\$96.00 ID \$115.20 OD / session

Activity: 106782

Tu: 5:30 - 7:00 pm

Session: 1/15 - 3/5 4/2 - 5/21



Golf

Awbrey Glen Youth Golf Lessons

Ages: 9 - 13

Awbrey Glen Golf Club

Awbrey Glen Golf Club is offering a fantastic opportunity for those who have never played or are new to golf to get their golf game off to a great start in a small group setting. Clubs provided or bring your own. Dress code applicable.

\$82.00 ID \$98.40 OD / session

Activity: 103085

F: 4:15 - 5:15 pm

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

River's Edge Youth Golf Lessons

Ages: 8 - 13

River's Edge Golf Club

Introduce your child to this great lifelong sport! Taught by director of instruction, Stuart Allison, these small-group lessons focus on golf fundamentals, etiquette and fun. Designed to build knowledge and technique through experience. Clubs provided or bring your own.

\$89.00 ID \$106.80 OD / session

Activity: 103086

M: 3:45 - 5:15 pm

Sessions: 4/15 - 29 5/6 - 20

Junior Golf League

Ages: 8 - 13

Lost Tracks Golf Club

Designed to bring a team sport atmosphere to the game of golf, this youth PGA Jr. Golf League provides a structured environment for kids of all skill levels. Compete and have fun while playing golf with your friends and classmates! Includes team jersey, golf balls and bag tags. Instruction from PGA Teaching Pro Pat Cashman on Wednesdays; league on Saturdays. Participants provide own clubs.

\$165.00 ID \$198.00 OD / season

Activity: 103600

W/Sa: 4:00 - 5:00 pm

Session: 4/24 - 6/15



Hockey

Youth Learn to Play Hockey 1

Ages: 4 - 14

The Pavilion

Learn to Play programs are designed to introduce players with little or no skating and/or hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and above all else have fun. Rental equipment is available, \$50.00/session. Skate rentals available.

\$84.00 ID \$100.80 OD / session

Activity: 110201

Sa: 10:45 - 11:45 am

Session: 1/12 - 3/2 (No program 1/26)

Youth Learn to Play Hockey 2

Ages: 5 - 14

The Pavilion

Continue your progression to the next level. Participants must have participated in a prior session of Learn to Play Hockey or have 1 - 3 years of experience. Participants will continue to refine their fundamental hockey skills as well as start to transfer their practice skills into fun game-like scrimmages. Rental equipment is available, \$50.00/session. Skate rentals available.

\$84.00 ID \$100.80 OD / session

Activity: 110202

Sa: 12:00 - 1:00 pm

Session: 1/12 - 3/2 (No program 1/26)

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.

\$48.00 ID \$57.60 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: 110101

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: 110102

KinderSkate 3: Work on one-foot glides, backward swizzles, & snowplow stops. Protective headgear required. Prerequisite: Successful completion of KinderSkate 2.

Activity: 110103

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: 110104

Family Learn to Skate Level 1

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: 110110

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: 110111

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: 110112

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: 110113

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: 110114

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: 110115

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: 110116

Level 7/8: Pre-Freeskate

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: 110117



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: 110131

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: 110133

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: 110120

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: 110122

ONE-DAY-A-WEEK SESSIONS

TUESDAYS

\$48.00 ID \$ 57.60 OD	Jan. 8 - 29
\$48.00 ID \$ 57.60 OD	Feb. 5 - 26
KinderSkate 1	4:30, 5:10 pm
KinderSkate 2	4:30 pm
KinderSkate 3	5:10 pm
Family Skate Level 1	5:50 pm
Level 1: Snow Bunnies	4:30, 5:10 pm
Level 2: Penguins	4:30, 5:10 pm
Level 3: Arctic Foxes	4:30 pm, 5:50 pm
Level 4: Polar Bears	4:30 pm
Level 5: Yetis	5:10 pm
Level 6: Snow Leopards	5:10 pm
Teen Level 1/2:	5:50 pm
Teen Level 3/4:	5:50 pm
Hockey Skate Level 1	5:50 pm
Hockey Skate Level 2	5:50 pm

THURSDAYS

\$48.00 ID \$ 57.60 OD	Jan. 10 - 31
\$48.00 ID \$ 57.60 OD	Feb. 7 - 28
KinderSkate 1	4:30, 5:10 pm
KinderSkate 2	4:30 pm
KinderSkate Hockey	5:10 pm
Level 1: Snow Bunnies	4:30, 5:10 pm
Level 2: Penguins	4:30, 5:10 pm
Level 3: Arctic Foxes	4:30 pm
Level 4: Polar Bears	4:30 pm
Level 5: Yetis	5:10 pm
Level 6: Snow Leopards	5:10 pm
Level 7/8: Pre-Freeskate	5:50 pm
Hockey Skate Level 1	5:50 pm

Each lesson is 30 minutes long. Start times listed.

ONE-DAY-A-WEEK SESSIONS

SATURDAYS

\$48.00 ID \$ 57.60 OD	Jan. 5 - Feb. 2 (No class 1/26)
\$48.00 ID \$ 57.60 OD	Feb. 9 - Mar. 2
KinderSkate 1	8:45, 9:55 am
KinderSkate 2	9:20 am
KinderSkate Hockey	9:20 am
Family Skate Level 1	9:55 am
Level 1: Snow Bunnies	8:45 am
Level 2: Penguins	9:20 am
Level 3: Arctic Foxes	9:55 am
Level 4: Polar Bears	9:55 am
Level 7/8: Pre-Freeskate	9:55 am (Feb. 9 session only)

Each lesson is 30 minutes long. Start times listed.

TWO-DAY-A-WEEK SESSIONS

TUESDAYS & THURSDAYS

\$48.00 ID \$ 57.60 OD	Mar. 5 - 14
KinderSkate 1	4:30, 5:10 pm
KinderSkate 2	4:30 pm
KinderSkate Hockey	5:10 pm
Level 1: Snow Bunnies	4:30, 5:10 pm
Level 2: Penguins	4:30, 5:10 pm
Level 3: Arctic Foxes	4:30 pm
Level 4: Polar Bears	4:30 pm
Level 5: Yetis	5:10 pm
Level 6: Snow Leopards	5:10 pm
Level 7/8: Pre-Freeskate	5:50 pm
Teen Level 1/2:	5:50 pm
Teen Level 3/4:	5:50 pm
Hockey Skate Level 1	5:50 pm

Each lesson is 30 minutes long. Start times listed.

Free Ice Skating Practice

Registered Learn to Skate participants skate for free at public skate sessions Tuesdays through Thursdays (rental skates not included). See session descriptions on page 25.

Schedules at thepavilioninbend.com.

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

Specialized Ice Sessions

Fees: Youth: \$10.00 / 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: 110401 - Youth

Coached Stick & Puck NEW

The same unstructured hockey "Stick Time" you love, but with coaching available. Get specialized tips and tricks from our coaching staff to help your skill development.

Activity: 110410 - 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: 110160



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.

\$48.00 ID \$57.60 OD / session

Activity: 110100

Tu: 9:45 - 10:15 am

Session: 2/5 - 26

Sa: 8:45 - 9:15 am

Session: 2/9 - 3/2

Sharpen Your Skating Skills

Ages: 11 & up

The Pavilion

Sharpen your figure skating skills with these drop-in style workshops! Each individual session provides focused instruction on a specific topic to improve your skating technique and conditioning. Prerequisite: able to do forward crossovers and use edges comfortably.

\$12.00 ID \$14.40 OD / session

Activity: 110161

Sa: 9:20 - 9:50 am

Sessions: 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16

Skate & Splash Day Camp NO SCHOOL

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 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!

\$45.00 ID \$54.00 OD / session

Activity: 110150

Daily: 9:00 am - 4:00 pm

Sessions: 1/21, 2/18, 3/25, 3/26, 3/27, 3/28, 3/29

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. This session will focus on Synchronized Skating and end the season with a performance. For level 4+ figure skaters only (must be comfortable with forward crossovers and using edges).

\$125.00 ID \$150.00 OD / session

Activity: 110163

Th: 3:15 - 4:15 pm

Session: 1/10 - 2/28



Lacrosse

Boys Spring Lacrosse Camp

Grades: 1 - 8

Big Sky Sports Complex

Get ready for the upcoming season! Taught by Summit High School coaches and players, this camp will tune you up for your games ahead. Bring your own helmet, stick, pads and gloves.

If needed, helmets and sticks will be issued on Tuesday, March 19th, 4:00 - 4:30 pm at the old fire station building at Big Sky Park.

\$45.00 ID \$54.00 OD / session

Activity: 103100

Registration deadline: 3/18 or until full

Tu-Th: 5:00 - 6:30 pm

Session: 3/19 - 21

Girls Spring Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex

Girls, this camp is all about you and the best way to get ready for your upcoming season! Local high school girls' coaches and their female staff are committed to teaching all ability levels the skills and techniques required to know and enjoy lacrosse. Equipment provided or bring your own goggles and stick.

If needed, equipment will be issued 30 minutes prior to the first session.

\$43.00 ID \$51.60 OD / session

Activity: 103105

Tu-Th: 4:00 - 5:30 pm

Session: 3/19 - 21

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.

\$74.00 ID \$88.80 OD / session

Activity: 106752

Tu/Th: 3:30 - 4:00 pm

Sessions: 2/5 - 28

3/5 - 21 (Adj. fee \$55.50 ID \$66.60 OD)

4/2 - 25 4/30 - 5/23

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.

\$74.00 ID \$88.80 OD / session

Activity: 106750

M/W: 4:15 - 4:45 pm

Sessions: 2/4 - 27

3/4 - 20 (Adj. fee \$55.50 ID \$66.60 OD)

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

Tu/Th: 4:15 - 4:45 pm

Sessions: 2/5 - 28

3/5 - 21 (Adj. fee \$55.50 ID \$66.60 OD)

4/2 - 25 4/30 - 5/23

Juniors Karate

Ages: 6 - 14

Odyssey Martial Arts

Discover what martial arts is all about! Students will acquire control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

\$94.00 ID \$112.80 OD / session

Activity: 106751

M/W: 5:00 - 5:45 pm

Sessions: 2/4 - 27

3/4 - 20 (Adj. fee \$70.50 ID \$84.60 OD)

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

Tu/Th: 5:00 - 5:45 pm

2/5 - 28

3/5 - 21 (Adj. fee \$70.50 ID \$84.60 OD)

4/2 - 25 4/30 - 5/23



Youth Lacrosse League

Grades: 1 - 8

Locations to be determined

It's no wonder why lacrosse is so popular - it's exciting, fast-paced and great fun. A wonderful off-season complement to many other sports, this league emphasizes skill development, participation, teamwork, sportsmanship and fun. Teams will meet twice a week and play an eight-game schedule.

Helmets, sticks and mouth guards provided. All players on coed and boys teams must provide their own shoulder pads, arm pads and gloves.

This program is dependent on volunteer coaches. Anyone interested in coaching this season, please visit our website and complete a BPRD Volunteer Application.

\$80.00 ID \$96.00 OD / season

Registration deadline: 3/4

Season: 4/1 - 5/31

COED

Activity: 103401 Grades: 1 - 2

BOYS

Activity: 103403 Grades: 3 - 4

103407 Grades: 5 - 6

103411 Grades: 7 - 8

GIRLS

Activity: 103404 Grades: 3 - 5

103410 Grades: 6 - 8

Lacrosse team sponsorships available.

For more information, call Russ Holliday at (541) 706-6108.

Yo! Sports Fans!**Plan Ahead!****2019****Youth League****Registration Deadlines:****WINTER-SPRING 2019 REGISTRATION: Opens Dec. 10**

Program/League	Season	Registration Deadline
Youth Lacrosse League	April - June	March 4
Girls Softball League	April - June	March 10
Bitty Baseball	April - May	March 17
Middle School Flag Rugby League	April - May	March 26

SUMMER 2019 REGISTRATION: Opens March 18

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	Early June
Youth Tackle Football League	August - October	Early June
Youth Flag Football League	Sept. - November	July
Kindergarten Soccer League	Sept. - October	Early August
6th Grade Volleyball League	Sept. - October	August
Middle School Tennis League	Sept. - October	August

FALL 2019 REGISTRATION: Opens August 12

Program/League	Season	Registration Deadline
Youth Volleyball League	October - Dec.	September
Bitty Basketball	Nov. - Dec.	October
Middle School Basketball - Boys	Nov. - Dec.	October
High School Basketball League	Dec. - March	November
Youth Basketball League	January - March	November
Middle School Basketball - Girls	January - March	December
Youth Hockey League	January - March	December

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

Smith Ninja Warrior**Ages: 7 - 12****Smith Martial Arts**

Test yourself with a fun, fitness challenge on this obstacle course that requires speed, superhuman agility, balance, skill, strategy and tumbling. Master this course while getting a whole body workout.

\$25.00 ID \$30.00 OD / session

Activity: 106754

Ages: 7 - 9

F: 11:45 am - 12:45 pm

Ages: 10 - 12

F: 1:00 - 2:00 pm

Sessions: 2/1 3/29

MMA**(Mixed Martial Arts)****Ages: 8 - 12****Smith Martial Arts**

Learn MMA skills and technique including boxing, kickboxing, takedowns, grappling and conditioning. With safety and fitness emphasized, this program is for beginners and kids with prior training. Includes boxing gloves and t-shirt.

\$259.00 ID \$309.00 OD / session

Activity: 106755

Tu/Th: 4:30 - 5:15 pm

Sessions: 1/8 - 3/14 3/19 - 5/23

Self Defense**Ages: 12 & up****Smith Martial Arts**

Learn simple self-defense techniques with real life scenarios. Learn how to avoid attacks, how to get away in three moves or less, escapes from grabs and where attacks are likely to happen. Gain confidence in this empowering class.

\$36.00 ID \$43.20 OD / session

Activity: 106756

Th: 6:45 - 7:45 pm

Sessions: 2/21 5/23

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. Boxing gloves will be provided.

\$259.00 ID \$309.00 OD / session

Activity: 106757

Tu/Th: 5:30 - 6:20 pm

Sessions: 1/8 - 3/14 3/19 - 5/23





Rugby

Flag Rugby League

Grades: 4 - 8

Pilot Butte Middle School

The newest Olympic sport is now in Bend through a joint program between Rugby Oregon and BPRD. Flag Rugby 7's is a fun, fast and inclusive team sport where all players will be running, passing, catching, scoring and working together! Teams practice during the week; games played on weeknights. Uniform shirt and ball provided; players must provide own cleats. Teams are co-ed.

This program is dependent on volunteer coaches. If you are interested in coaching this season, visit our website and complete a BPRD Volunteer Application.

\$79.00 ID \$94.80 OD / season

Registration deadline: 3/26

W: 5:30 - 7:00 pm

Season: 4/10 - 5/29

Activity: 103654 Grades: 4 - 6
103657 Grades: 7 - 8

Volunteer with youth sports and adaptive programs.

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

Scootering & Skateboarding

Spring Break Skateboard Camp

NO SCHOOL

Ages: 8 - 12

Bearings Skateboard Academy

Learn new skills in a controlled indoor skate park. Coaches combine group instruction with one-on-one feedback with lots of cheers and high-fives! First-time skateboarders start with the basics of foot positioning, posture and control; meanwhile, returning students unlock advanced skills like kick-turns, ollies and drop-ins. All students will try progressively more challenging ramps and features - building the skills, confidence and safety awareness to take skills to outdoor skate parks.

\$185.00 ID \$222.00 OD / session

Activity: 106772

M - Th: 10:00 am - 1:00 pm

Session: 3/25 - 28

Scooter Camp

NO SCHOOL

Ages: 6 - 17

Old Ponderosa Skate Park

Learn new skills and tricks with pro instructors and enjoy progressing in the sport, while we have a blast with games and activities. Riders will be divided into groups based on age and skill level. Camps will feature Jake Clark and Matt Edleston as pro scooter instructors and will include appearances from other pro riders! On the last day, we will show off our skills in a mini competition with awesome prizes for the riders. Scooter, helmet, pads, water bottle, and sack lunch required.

Activity: 106778

FOUR DAYS:

\$215.00 ID \$258.00 OD / session

M - Th: 10:00 am - 2:00 pm

Session: 3/25 - 28

THREE DAYS:

\$165.00 ID \$198.00 OD / session

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

Session: 4/10 - 12

Softball

Pre-Season Softball Clinics

Ages: 8 - 14

Bend Fieldhouse

Get ready for the upcoming season and improve your game! All sessions are under the direction of local high school coach Mike Carpenter. Held indoors at the Bend Fieldhouse.

\$54.00 ID \$64.80 OD / session

Registration deadline: 3/1 or until full

Activity: 103140

Su: 1:00 - 2:30 pm

Session: 3/3 - 24

Girls Fast-Pitch Softball Pitching Clinics

Ages: 9 - 14

Harmon Park

Smokin' fast balls and tricky sliders! Get ready for the upcoming season and improve your pitching skills under the direction of local high school coach Mike Carpenter. Participants must bring someone to act as their "catcher" during each session.

\$29.00 ID \$34.80 OD / session

Registration deadline: 4/5

Activity: 103145

Su: 3:00 - 4:00 pm

Session: 4/7 - 28



Girls Softball League

Ages: 6 - 14 (as of 1/1/19)

Locations to be determined

What a great way to play, make friends and grow your game! The season swings into action with a players' clinic. Teams practice twice a week; most games during the week. Includes uniform top, shorts and socks.

This program is dependent on volunteer coaches. If you are interested in coaching this season, please visit our website and complete a BPRD Volunteer Application.

Registration deadline: 3/10 or until full

Season: 4/8 - 6/5

AGES: 8 & UNDER

\$77.00 ID \$92.40 OD / season

Activity: 103450

AGES: 11 & UNDER

\$84.00 ID \$100.80 OD / season

Activity: 103453

AGES: 14 & UNDER

\$84.00 ID \$100.80 OD / season

Activity: 103456

Bend FC Timbers



Central Oregon Soccer League

Ages: U6 - U12

(Date of Birth: 07/31/13 through 08/01/05)

Bend FC Timbers offers a Spring Developmental soccer league. School based and divided by gender and age, teams practice twice a week and play games on Saturdays and/or Sundays. Instruction, number of players on teams and game field sizes are age appropriate and grow incrementally. Each child receives a uniform.

Season: March 1 - May 11

Future Timbers Academy

Ages: U6 - U8

March - May

The Future Timbers Program is focused on developing the individual player versus the whole team. It is encouraged that players continue to play in recreational leagues while increasing their soccer skills with the Future Timbers. This program will be led by professional staff members with age-appropriate curriculum.

Junior Academy

Ages: U8 - U10

Year-round with breaks

For soccer players looking for a more competitive environment, this program features an Academy that will train under the guidance of the Bend FC Timbers professional coaching staff. The Academy will focus primarily on skill development and small-sided games.

Academy Teams

Ages: U11 - U18

Year-round with open enrollment

For highly committed soccer players looking to train and play year-round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts every May.

For more information on Bend FC Timbers league and programs, visit BendFCTimbers.com.



Soccer

Start Smart Soccer

Ages: 3 - 5

Riverbend Park

Get involved with your child in this sensational introductory soccer program that prepares kids for organized soccer in a friendly environment. This program is perfect for those with little or no soccer experience who want to learn the basics - kicking, trapping, dribbling, throw-ins and more! All participants will receive equipment to practice their skills at home. Adult must attend and participate with their child.

\$49.00 ID \$58.80 OD / session

Activity: 103022

Tu/Th: 6:00 - 6:50 pm

Session: 4/18 - 5/2

Youth Spring Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports

Get out of the cold weather and join a youth indoor soccer league! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All registered players will be placed on a team for the season and will be given a team shirt. League games are on Saturdays; one game a week for eight weeks. Space is limited; registration is available until program is full.

\$95.00 ID \$114.00 OD / season

Activity: 103340

Season: 3/9 - 5/4 (No games 3/30)

Grade: Saturdays:

- K Mid-morning
- 1 - 2 Late morning
- 3 - 5 Early afternoon
- 6 - 8 Late afternoon

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

Parents participate with the child as they learn soccer basics and fun activities.

\$95.00 ID \$114.00 OD / session

Activity: 103310

Tu: 10:00 - 10:55 am

Sessions: 1/8 - 2/19
2/26 - 4/16 (No session 3/26)

W: 11:00 - 11:55 am

Sessions: 1/9 - 2/20
2/27 - 4/17 (No session 3/27)

Th: 5:00 - 5:55 pm

Sessions: 1/10 - 2/21
2/28 - 4/18 (No session 3/28)

Sa: 9:00 - 9:55 am

Session: 1/12 - 2/23
3/2 - 4/20 (No session 3/30)

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.



SoccerTots - Cubs

Ages: 3 - 4

An introductory program teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions.

\$95.00 ID \$114.00 OD / session

Activity: 103311

M: 5:00 - 5:55 pm

Sessions: 1/7 - 2/18
2/25 - 4/15 (No session 3/25)

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

Sessions: 1/8 - 2/19
2/26 - 4/16 (No session 3/26)

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

Sessions: 1/9 - 2/20
2/27 - 4/17 (No session 3/27)

Th: 4:00 - 4:55 pm

Sessions: 1/10 - 2/21
2/28 - 4/18 (No session 3/28)

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

Session: 1/12 - 2/23
3/2 - 4/20 (No session 3/30)



SoccerTots - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

\$95.00 ID \$114.00 OD / session

Activity: 103312

M: 4:00 - 4:55 pm

Sessions: 1/7 - 2/18
2/25 - 4/15 (No session 3/25)

Tu: 5:00 - 5:55 pm

Sessions: 1/8 - 2/19
2/26 - 4/16 (No session 3/26)

W: 4:00 - 4:55 pm

Sessions: 1/9 - 2/20
2/27 - 4/17 (No session 3/27)

Th: 4:00 - 4:55 pm

Sessions: 1/10 - 2/21
2/28 - 4/18 (No session 3/28)

Sa: 10:00 - 10:55 am

Session: 1/12 - 2/23
3/2 - 4/20 (No session 3/30)

Track & Field

Middle School Track Clinics

Grades: 6 - 8

Cascade Middle School

Get a jump on the upcoming middle school track season! Join your friends and local middle school track coaches for this new camp offering. Our coaches will help you improve your personal best or try a new event. Emphasis is on individual improvement. Includes a program t-shirt.

\$42.00 ID \$50.40 OD / session

Activity: 103170

M/Tu/Th: 3:00 - 4:15 pm

Session: 3/11, 3/12, 3/14,
3/18, 3/19 & 3/21

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.
Visit bendparksandrec.org.jobs



Youth Track Clinics

Grades: 1 - 5

Mountain View High School

The Central Oregon Track Club staff and athletes lead this great program geared towards athletes of all ability levels - a fantastic introduction to track and field. The program will consist of four clinics. Participants must bring running shoes, appropriate clothing and water bottle each day.

\$49.00 ID \$58.80 OD / session

Activity: 103175

Tu/Th: 4:15 - 5:45 pm

Session: 5/21, 5/23, 5/28 & 5/30

Volleyball

NPJ Spring Volleyball Clinics

Grades: 4 - 8

Pilot Butte Middle School

These clinics are designed for players wanting to improve their skills as they prepare for the next level of volleyball. Lead by local club volleyball coaches, we split into two groups: grades 4 - 5 and grades 6 - 8.

\$79.00 ID \$94.80 OD / session

Activity: 103192

Th: 6:30 - 8:00 pm

Session: 4/11 - 5/16





Volunteers Needed to Coach Youth Team Sports

Make a difference for a group of kids!

Volunteers are essential to youth sports programs. We are currently seeking volunteer coaches for:

Girls Middle School Basketball

Ice Skating Lessons Support

Bitty Baseball

Youth Lacrosse

Girls Softball

Flag Rugby

Youth Tennis

Sport experience preferred. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.

Many thanks to every volunteer who generously contributed time as a coach for youth fall sports programs. These people share their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

Bend Unified Recreational Soccer League

Susanna Abrahamson	Bill Clements	Mark Garcia	Mike Jones	Ariel Mendez	Richardson	Shane Therrian
Dorian Adam	Shane Cochran	Faye Gardner	Troy Kaiser	Conor Miller	Jay Riker	James Tibbot
John Adkins	Joe Cockrum	Kate Gaughan	Jessica Keegan	Emily Miller	Amanda Ring	Rachel Tibbot
Mark Anderson	Neil Cole	Brian George	James Kerr	Jake Miller	Scott Ross	Katie Tiktin
Paige Anderson	CJ Colt	Erick Gilbo	Matt Killebrew	Trevor Miller	Jessica Ruby	Brad Tisdell
Jesse Andrews	Erick Corral	Tyler Gist	Lis King	Todd Moen	Mehdi Salari	David Tolle
Chris Arathoon	Gabe Couch	Liv Graving	Jeff Klein	Brock Monger	Genti Saliu	Brian Tovar
Dave Baker	John Courtney	Silvia Gray	Scott Knox	Brian Morris	Carl Salvo	Silas Towne
Chris Barlow	Luke Cox	Kevin Green	Brian Korfhage	Chad Morris	Lars Santana	Allen Tucker
Mary Barnes	Thomas Craig	Jason Gritzner	Ross Kranz	Jennifer Morris	James Schembri	Mitch Turpen
Ethan Barrons	Rina Dean	Brian Grosso	Chris Kraybill	Kimberly Morse	Tim Schmidt	Amelia Valleton
Eric Beck	Jen Delay	Ray Hartwell	Starla Lajko	Joe Nance	Justin Scott	Brian Vernon
Chad Belding	Robert Dennis	Aaron Harvey	Craig Langer	Kristen Newton	David Shanks	Alicia Vickery
Eric Bercot	Molly Denton	Aaron Henderson	Cameron Larson	Brad Nobel	Patrick Sheehan	Danielle Vidalli
Rodrigo Bernabe	Tiggy Dierdorff	Jenny Hendrickson	Jess Lawro	Drew Norris	Hollie Sheerer	Joe Virgilio
Michelle Bertocchi	Ryan Douglass	Mike Herzog	Brian Lepore	Josh Norris	Matt Shinderman	Randy Wadsworth
Gemma Biancucci	Mike Duarte	Paul Hewes	Kenny Lightenberg	Cara Nowak	Anne Smith	Geoff Wall
Sierra Bingham	Kevney Dugan	Erin Hoar	Shane Logreco	Brandon Olin	Jessica Smith	Michel Waller
Ryan Bloodworth	John Paul Erber	Bret Dana-Hoffman	Carl Lull	Brent O'Neil	Nick Smith	Joe Walsh
Patrick Bluhm	Danny Ellis	Julie Holden	Angie Lutz	Ryan Oster	Judd Sproba	Shannah Werner
Brandon Blumberg	Andy Farris	Jonathan Hopper	Joanna Maquire	Ryan Paris	Kelly Strycharz	Hector West
Mark Boiessevan	Michelle Farris	Carrie Huffman	Jim Maloney	Cale Pearson	Lev Stryker	Stephanie Wilhite
Graham Boostrom	Amanda Farstvedt	Megan Hughson	Ripdeep Mangat	Tyler Pendergast	Brian Sweeney	Kyle Will
Daron Brown	Tom Fenstermacher	Natalie Hummel	Brian Marlowe	Jaren Peterson	Chad Swindle	Nate Wilson
Rachael Bryant	Samual Fox	Steve Hummel	Matt Martin	Tim Peterson	Kevin Switzer	Jeff Winstead
Brandon Cardwell	Zachary Frank	David Jacobsen	Arturo Martinez	Eric Power	John Tavares	Matthew Wissbaum
Dana Carmichael	Andi Freeman	Jerry Jimenez	Hayley McCoy	Michael Price	Jeremy Testerman	Darin Wodke
Craig Chenoweth	Luke French	Justin Johnson	Doug McDonald	Perry Rhodes	Kristi Testerman	Scott Woodford
Jeff Christiansen	Brady Fuller	Joseph Jones	Tara Mclay-Kidd	Walt Rhodes Mara	Misha Therrian	

Kindergarten Soccer

Leith Anderson
Lisa Anderson
Chris Arathoon
Jeff Baker
Rachel Baker
Lindsay Berg
Louis Bennett
Kevin Boss
Jamie Brock
Jeff Caba
Dana Carmichael
Greta Cheney

Ryan Cheney
Keith Clayton
Dan Cordell
Nicole Dale
Ryan Douglass
Dave Dunham
Danny Ellis
James Golden
Gabe Goldman
De Anna Hellwich
Kristin Joseph
Jason Jundt

Katie Jundt
Nicole Kadau
Matt Keirstead
Erin Martin
Dave McKae
Jenny Mcateer
Rusty Merritt
Shay Mikalson
Matt Perry
Lyndsey Rae Porter
Kelsey Price
Meghan Reardon

Steve Reeves
Jason Schroeder
Niki Singlaub
Jessie Spendlove
Steve Tee
Misha Therrian
Shane Therrian
Micha Thompson
Dave Wilson
Matt Wilhelmsen
Andrew Williams

6th Grade Volleyball

Madison Anderson
Jerry Everist
John Howes

Satoris Howes
Arne Laven
Todd LaFrenz

Jessica Malinowski
Jennifer Nance
Jen Oceguera

Sam Olson
Jolie Perkins
Amber Posvar

Middle School Tennis

Kortney Barnes
TJ Fournier

Ryan Goldstein
Kim Himstreet

Sandra Lindsay
Chris Mercer

Rob Petrescu

Youth Flag Football

Kain Anderson
Loren Anderson
Tyler Barnes
Steve Blackmarr
Adam Bledsoe
Courtney Bledsoe
James Borges
Ryan Boyle
Clint Burleigh
Bart Butler
Brian Carter
Keith Clayton
Jeremy Cox
David Crump
Jason Dellinger
Justin Dunn
Graham Dwight
Jason Dylla
Don Fain

Chris Fournier
Mike Garrett
David Graham
Matt Gylling
Joe Hallums
Will Hargrove
Richards Hawkins
Mike Hollibaugh
Jonathan Houston
Bryon Jensen
Joel Johnson
Lori Johnson
William Johnson
Jeff Kardy
Pete Kelley
Jay Kightlinger
Steve Klee
Ian Laimbeer
Shane Lefebber

Jeff Lewis
Grant Ludwick
Ronald Lund
Tyler Mackeson
Jason Maniscalco
Gerald McDaniel
Jeff McHugh
Cory Miller
Heather Miller
Michael Mills-Price
Kelly Moyes
Elijah Myers
Nathan Neil
Melinda Nichols
Blair Nicol
Joe Nicols
Clint Pierce
Pratt Rather
Nathan Riley

Brad Scott
Tobin Slaughter
Andy Slaybaugh
Demitrius Spates
Ben Spaulding
Mike Steder
Rick Stilson
Aaron Thomas
Mike Toolan
Brian Vernon
Aaron Wells
Doug Westerhoff
Garth White
Jeff Williams
Austin Willis
Justin Winn

Youth Tackle Football

James Bents
Keaton Boileau
Mike Carpenter
Aaron Chamber
Sal Delpozzo
Taylor Drew
David Haines

Alex Hall
Jason Hartman
Aaron Harvey
Mark Howell
Bradley Howk
Rob Imhoff
Joe Kennedy

Nate Macrostie
Ben Moore
Jeff Patterson
Stephen Sehgal
Richie Sexton
Joe Simpson
Reid Smith

Tom Sorenson
Jake Sutherland
Mike Thomas
Jason Urbach
Ryan Whitcomb
Russ White



to our
fall sports sponsors.

Thank you to all the local businesses and individuals who value healthy recreation opportunities for children and adults and help make sports programs possible.

Please join us in thanking the following 2018 Fall Sports Sponsors:

Youth Fall Soccer Program Sponsor

**The Center Orthopedic
& Neurosurgical Care & Research**

Youth Tackle Football Program Sponsor

**Krueger & Lenox
Oral & Maxillofacial Surgery**

Youth Flag Football Program Sponsor

Bigfoot Beverages

Youth Hockey Program Sponsor

**Krueger & Lenox
Oral & Maxillofacial Surgery**

Adult Hockey Program Sponsor

Baldy's Barbeque

Adult Curling Program Sponsor

Miller Lumber

Youth Fall Soccer Team Sponsors

Bend Tree Service

Dean's Machines

The Flybook

Villekulla Properties

Youth Flag Football Team Sponsors

Oregon Health Insurance Marketplace

Mountain Sky Landscaping, Inc.

Kindergarten Soccer Sponsors

Cody's Catering

Oregon Health Insurance Marketplace

Philly Style LLC

The Flybook

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Program Locations

Locations of all winter and spring BPRD programs are in alphabetical order below.

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

Amity Creek Elementary School
437 NW Wall St, Bend, OR 97701

Art Station
313 SW Shevlin Hixon Dr, Bend, OR 97702

Awbrey Glen Golf Club
2500 Awbrey Glen Dr, Bend, OR 97701

Bearings Skateboard Academy
615 SE Glenwood Dr, Bend, OR 97702

Bear Creek Elementary School
51 SE 13th St, Bend, OR 97702

Bend Fieldhouse
401 SE Roosevelt Ave, Bend, OR 97702

Bend Senior Center
1600 SE Reed Market Rd, Bend, OR 97702

Big Sky Sports Complex
21690 Neff Rd, Bend, OR 97701

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

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

Ensworth Elementary School
2150 NE Daggett Ln, Bend, OR 97701

Hal Puddy Field at Ponderosa Park
225 SE 15 St, Bend, OR 97702

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 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

Lava Ridge Elementary School
20805 Cooley Rd, Bend, OR 97701

Lost Tracks Golf Club
60205 Sunset View Dr, Bend, OR 97702

Mantra Indian Kitchen
744 NW Bond St, Bend, OR 97703

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

Old Ponderosa Skate Park
225 15 St, Bend, OR 97702

The Pavilion
1001 SW Bradbury Way, Bend, OR 97702

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

Pine Nursery Sports Complex
3750 NE Purcell Blvd, 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

Rockridge Park
20885 Egypt Dr, Bend, OR 97701

Silver Rail Elementary School
61530 SE Stone Creek St, Bend, OR 97702

Skyline Sports Complex
19617 Mountaineer Way, Bend, OR 97702

Skyliner Lodge
16125 Skyliners Rd, Bend, OR 97701

Smith Martial Arts
100 SE Bridgeford Blvd, Suite A
Bend, OR 97702

Stone Creek Park
61531 SE Stone Creek Ln, Bend, OR 97702



Sun Mountain Fun Center
300 NE Bend River Mall Dr, Bend, OR 97701

Tula Movement Arts
2797 NW Clearwater Dr, #100, Bend, OR 97703

Tumalo State Park
64170 O.B. Riley Rd, Bend, OR 97701

Twin Knolls Transition Co-op
2500 NE Twin Knolls Dr, Bend, OR 97702

Westside Village School
1101 NW 12 St, Bend, OR 97701

Park Features & Amenities

Get out and play with our features and amenities guide. Need to know how to get to a park? An interactive map is available online at bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at bendparksandrec.org or call (541) 389-7275.

PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at bendparksandrec.org.

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans. Dogs are allowed in all parks except for Riley Ranch Nature Reserve.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on District property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

TRAIL USE:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails or in Riley Ranch Nature Reserve. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•		•			
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		•									•		•			



Canal Row Park



Deschutes River Trail, south of Farewell Bend Park



Juniper Park