

SUMMER
RECREATION
REGISTRATION
NOW
OPEN

your playbook

larkspur community center
breaks ground

summer freebies

park & trail projects
in the works

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

play for life

CONTACT US

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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: May 27 - Memorial Day, July 4 - Independence Day, Sept 2 - Labor Day

THE ART STATION

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

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

BEND SENIOR CENTER

p. (541) 388-1133

May 26 to Sept. 2:
Closed due to construction.

All programming relocated
to other facilities.

See pages 28 - 33 for locations,
dates and additional information.

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 8:00 am - 5:30 pm

Holiday hours and special events: See page 19.

THE PAVILION

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

Office Hours June 17 - August 30

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

Closed July 4 - 5. Hours subject to change.

PARK SERVICES

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

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

Park Services will be closed: May 27 - Memorial Day, July 4 - Independence Day, Sept 2 - Labor Day



summer 2019

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

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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: A PAC summer camp participant enjoys the skatepark features at The Pavilion. Photo by Greg Kleinert.

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*"It's not the time
in your life,
but the life
in your time."
~ Bruce Springsteen*

say hello to summer

Warmer days and later sunsets mark our summers in Central Oregon. We are fortunate to have opportunities to explore the big backyard we all share. On page 7, you can learn about a program that started last summer, partially supported by a grant, to help middle schoolers discover the outdoors. Many of these children visited the mountains and the river for the first time and the program is expanding to reach more participants this summer. We are also offering a summer day camp program at the Ariel Glen affordable housing community in partnership with Housing Works providing safe, healthy and enriching activities for kids in that neighborhood.



Our outreach efforts are reducing barriers for community members to participate in programs and activities. To address financial barriers, we are proud to have a recreation scholarship program that provides more per capita funds than other cities in Oregon. Last year, more than 700 people used scholarship funds to participate in a wide-range of recreation programs.

Partnering with other agencies has been a long-time priority. We have a 30+ year partnership with Bend-La Pine Schools for before- and after-school care, sports camps and leagues, enrichment programs, swim and water polo teams, and more. When we decided that a summer closure of Bend Senior Center was necessary in order to save time and money on the construction of the Larkspur Community Center, Bend-La Pine Schools helped find a solution.

Nearby Marshall High School will be the summer home of Bend Senior Center programs after the school year ends for students. Thank you to the school district for providing the space for Bend Senior Center patrons to continue uninterrupted in their wellness and social enrichment this summer. Camp Marshall details are on pages 28 - 33.

Enjoy your summer adventures!

Don Horton, Executive Director
don@bendparksandrec.org

WHAT'S INSIDE

INTRODUCTION

Contact Us	2
Table of Contents.....	3

NEWS & HIGHLIGHTS 4 - 9

Current Projects.....	10 - 13
Rental Facilities	14
4th of July Pet Parade & Old Fashioned Festival	15

REGISTRATION, FEES & PASSES

Fees & Passes.....	16 - 17
How to Register	18

FACILITIES & SWIMMING

Juniper Swim & Fitness Center	19 - 21
Adult Swimming.....	22
Youth Swimming & Fitness.....	23 - 27
Bend Senior Center / Camp Marshall	28 - 33

ADULT RECREATION

Adult Art	34 - 37
Adult Activities	38 - 42
Adult Outdoor	43 - 45
Adult Fitness & Wellness.....	46 - 53
Adult Sports	54 - 55

THERAPEUTIC RECREATION

Youth Therapeutic Recreation	56 - 57
Adult Therapeutic Recreation.....	57 - 60

YOUTH RECREATION

Young Children	61 - 63
Youth Art.....	64 - 69
Youth Activities	70 - 86
Youth Outdoors	87 - 91
Youth Sports	92 - 106

LOCATIONS & PARKS

Program Locations.....	107
Park Features & Locations	110 - 111

more than a summer job

Brandon Powers, Bend Park & Recreation District swim instructor, grew up participating in BPRD swim programs. Some of his earliest and fondest memories revolve around swim lessons and competitive swimming. In one particularly memorable experience, Brandon was so excited, he literally threw himself into the pool.

"We were going to the Olympic pool for the first time. I loved the water, so I just jumped in. Problem was that I didn't yet know how to get back to the surface. My instructor, Ann Story, grabbed me and reminded me to wait on the wall," he explained with a chuckle.

Brandon's passion for swimming expanded beyond swim lessons and led him to Bend Swim Club and competitive swimming.

For Brandon, Juniper Swim & Fitness Center felt like a natural place for his first job. In high school, he worked summers as a lifeguard and eventually became a swim instructor and novice team and masters swim coach. That's when he discovered a new passion - teaching others.

"I just fell in love with teaching kids. They are a blast to work with and it's a pleasure to watch them grow to be strong swimmers. I even have had the opportunity of working alongside co-workers who I taught to swim."

Beyond the joys of teaching, Brandon values his employee fitness pass, his flexible work schedules and the on-the-job camaraderie.

"This job is different. It's one of the few jobs I have had that works around your schedule so it works well for being in school, having another job or pursuing your passions. I also enjoy the atmosphere which feels like family-style relationships you build over time," he added.



WORK FOR PLAY AT BPRD

- **Lifeguards**
(Must be 16+ years old)
- **Swim Instructors**
(Must be 16+ years old)
- **Customer Service Specialists**
- **Concessionaires**
- **Park Maintenance Workers**
- **Youth Recreation Leaders**
- **Therapeutic Recreation**
(must be 14+ years old)

For more information and to apply, visit bendparksandrec.org/jobs.

bprd news & happenings



BPRD RECEIVES BUDGET PRESENTATION AWARD

The District received a Distinguished Budget Presentation Award from the Government Finance Officers Association (GFOA) for the 2018-19 budget document. Budget documents are rated in four categories as a policy document, a financial plan, an operations guide, and a communications device, with 14 mandatory criteria to receive the honor. There are 1,600 participants in the Budget Awards program.

SYSTEM DEVELOPMENT CHARGES UPDATED

Bend is growing and park needs are changing. Bend Park & Recreation District is updating its SDCs with the goal of a progressive approach that can maintain the system we enjoy today while also reducing barriers to affordability. A flexible SDC methodology will help fund the right kinds of parks at the right level of service for the future. The year-long process is expected to be finished and adopted by the Board of Directors by summer.



CHANGES TO RECREATION SCHOLARSHIP PROGRAM

The District's outreach efforts aim to reduce barriers to participation in recreation offerings and needs-based assistance is a key way to remove financial barriers for community members with limited financial resources.

The Recreation Scholarship Program was recently updated to make more community members eligible, extend the timeline of eligibility and reduce the paperwork needed from applicants. The District has also dedicated increased resources to support programs that target community members who have financial and other challenges. For more information, see page 18.

DISCOVERY PARK EXPANDS WITH LAND DONATION

Discovery Park is growing by nearly 17 acres thanks to a recent donation from West Bend Properties. When the park opened in 2015, the possibility of the adjacent natural area was discussed and a five-year waiting period began to ensure that the pumice mine did not settle post-construction of the park. The donation timeline was moved up nearly a year, and the area will officially become part of Discovery Park. Future plans include a soft surface trail.



BOARD OF DIRECTORS SETS TRAILS PRIORITIES

In late 2018, an assessment was conducted with recommendations regarding viewpoints related to a possible Deschutes River Trail connection at the southern boundary of Bend. After reviewing the findings, the Board of Directors directed staff to work to strengthen relationships with partners, and to focus on a broader view of the trail network and connections. The District has several priority trail projects in process or planned in the next five years and located on both the east and west sides of town.



SUMMER VOLUNTEER OPPORTUNITIES @ BPRD

BPRD volunteers help make fun happen! Here's where you could lend a hand this summer:

FITNESS: Classes for adults, seniors and children.

YOUTH SPORTS COACHES: Adult coaches for fall soccer, flag and tackle football and volleyball.

YOUTH RECREATION: Day camps, art, science and tech, cooking, outdoor adventures and swim programs.

THERAPEUTIC & ADAPTIVE RECREATION: Day camps and recreation opportunities for children and adults with disabilities.

COMMUNITY EVENTS & ACTIVITIES: July 4th Pet Parade & Old Fashioned Festival.

CARING FOR PARKS & TRAILS: Be a host at Riley Ranch Nature Reserve, help with goose management, adopt a park or trail, or gather a group for a spring or fall park maintenance project.

Find out more at bendparksandrec.org or contact Kim, BPRD Community Engagement Supervisor at Kim@bendparksandrec.org or (541) 706-6127.



GETTING
READY
FOR SUMMER

PARK & FLOAT RETURNS FOR SECOND SUMMER

Park & Float, located next to The Pavilion on Simpson Ave. and Bradbury Way, offers everything you need to make your summer day on the river fun and easy. There is ample free parking and access to the Ride the River shuttle. Tumalo Creek Kayak & Canoe offers rental of durable river tubes and complimentary life jackets for children and adults.

The Ride the River shuttle begins and ends at Park & Float with stops at Riverbend Park and Drake Park. For Bend Whitewater Park rapids and fun, Park & Float is only a block away. Hours of operation, maps, shuttle information and details available at bendwhitewaterpark.com.

RESTROOMS, FOUNTAINS & IRRIGATION SYSTEMS RETURN TO FULL SERVICE THIS SPRING

April through early May, BPRD Park Services crews make detailed rounds of the District's parks to check on restrooms, water fountains, irrigation systems and other park amenities. Staff de-winterize systems and make any needed repairs. To prevent damage, drinking fountains will be turned on when overnight temps average above the freezing level. We appreciate your patience as we get all the systems back into service.

SUMMER

FREE

freebies

Part of the BPRD mission is to keep recreation accessible to everyone and that includes financially too.

Every season, BPRD offers activities, programs and events at no cost to participants. The opportunities encourage kids and adults alike to have fun, but it's also a chance for people to get active, try something new and connect with our community. So, take a look at all our freebies and get out and about, cost-free!

Events for Kids & Families

LEARN TO FISH
Thursday, June 20,
9:00 am - 12:00 pm
Shevlin Park (page 87)

DAYS OF PLAY
Every weekday
June 24 - August 16 (page 70)

Hollygrape Park	Mondays 1:00 - 3:30 pm June 24 - August 12
Pilot Butte Park	Tuesdays 9:30 am - 12:00 pm June 25 - August 13
Kiwanis Park	Tuesdays/Thursdays 1:00 - 3:30 pm June 25 - August 15
Orchard Park	Wednesdays 9:30 am - 12:00 pm June 26 - August 14 (No program 7/4)
Sun Meadow Park	Thursdays 9:30 am - 12:00 pm June 27 - August 15
Al Moody Park	Fridays 9:30 am - 12:00 pm June 28 - August 16

4th of July Pet Parade & Old Fashioned Festival

Bring your pet or stuffed animal to the 4th of July Pet Parade in downtown Bend - Thursday, July 4, line-up at 9:00 am, parade at 10:00 am. (page 15)

After the parade, enjoy the music, games, arts and crafts booths and food at the Old Fashioned Festival in Drake Park - Thursday, July 4, 11:00 am - 4:00 pm. (page 15)



Let's Picnic!

Let's Picnic! is coming back for another summer of fun in your neighborhood! And, it's all for FREE!

Pack a picnic and gather with friends and family for a delightful evening of live music, games and art activities in your local park! To top it all off, we'll even bring the ice cream treats!

Bring a blanket and/or chairs (please, no glass or alcohol).

Wednesdays, 6:00 - 8:00 pm	
July 17	Kiwanis Park
July 24	Rockridge Park
July 31	Hollygrape Park
August 7	Providence Park
August 14	Orchard Park
August 21	Al Moody Park

At left: 4th of July Pet Parade

At right: Let's Picnic

Events for Adults

TUESDAY AFTERNOON AT THE MOVIES
Tuesdays, 1:00 pm
Camp Marshall (page 33)

Drama, comedy, adventure! Join us on Tuesdays, June 18 - August 20, to watch a movie with friends.

THURSDAY AFTERNOON DANCE
Thursdays, 1:00 - 2:30 pm
Camp Marshall (page 33)

Put on your dancing shoes every Thursday, June 20 - August 22.





ADVENTURE FOR ALL

Bend residents enjoy easy outdoor access. You can ski in the morning and hike in the desert in the afternoon. The outdoors surround us, but there are unseen barriers for some people.

Bend Park & Recreation District is trying to reduce barriers and develop appreciation of the outdoors for more residents. A core District value is inclusiveness and an increasing focus is on new ways to reach potentially underserved groups and individuals in our community.

Recreation scholarships as needs-based assistance is a key way to remove financial barriers for community members with limited financial resources. The District also has bilingual staff to overcome language barriers and to develop relationships with potentially underserved community members.

With grant help from a Children's Forest of Central Oregon sub-award through a Youth Engagement Strategy, a special regional initiative fund of the Pacific Northwest Region of the U.S. Forest Service, a new program was offered in summer 2018 for middle schoolers from underserved and low-income families. The Discover the Outdoors day camp was designed with as few barriers as possible for participants.

BPRD's Latino Community Specialist helped recruit and register participants to remove any language barriers, and we provided transportation for campers who needed it to be able to participate in the program.

The four-day per week program featured a variety of programs each day. One of the participants, Marlen, a Bend resident, was surprised at the vastness of Central Oregon. The camp went into the Ochocos to look for fossils and to Newberry Crater to see the Big Obsidian Flow. Other field trips were closer to home. Camp participants gained new experiences, new friendships, nature education and a deeper connection to Central Oregon's public lands.

"I've never gone to the Deschutes River," said Marlen. "I am really happy I got to do it. That was something new."

The majority of Discover the Outdoors campers had never floated the river before, something that more than 250,000 people enjoy doing each summer on the Deschutes.

In 2019, Discover the Outdoors is expanding. The program is doubling the number of sessions offered – from four weeks to eight weeks. This means more teenagers get to have more adventures on Central Oregon public lands.

**For more information
on Discover the Outdoors
and other youth
programs, visit
bendparksandrec.org.**

A HABIT OF VOLUNTEERING



*Dave Kyle & Eileen Riley
volunteers for combined 40+ years*

Every year, more than 1,500 people volunteer with a Bend Park & Recreation District program or help care for a park or trail. Some volunteers stay for the duration of the program or activity, many return for a few seasons, and there are a few people who made a connection through volunteering that has become a years-long habit they value.

Dave Kyle and Eileen Riley are familiar faces in the weight room at Juniper Swim & Fitness Center. The couple volunteers together and combined has supported programs for more than forty years. Dave started as a coach for youth sports and then he and Eileen assisted with a martial arts program. Now, they share their experience by hosting fitness center orientations for patrons.

“There are a lot of things you can do as a volunteer, and that can change over time with your interests or where you are in your life. It’s great we can do this together,” Dave says. Both love sharing their passion for physical activity with people of all ages and abilities and agree that they continue volunteering because of the people and the value they themselves gain from encouraging and supporting others. Dave earnestly says, “Everyone is a teacher and everyone is a student; we get as much as we give.”



*Andy Balyeat
volunteer for 20+ years*

Volunteer coach positions for middle school basketball programs can be among the hardest to fill at BPRD. The role takes someone who has experience with the sport and also enjoys working with young teens. For many years now, BPRD sports staff knows that they can call on Andy Balyeat when they need a basketball coach. Andy coached all three of his children and when his kids moved on to high school, he continued sharing his love of basketball and has coached middle school teams for the past eight years. “I like the concept that all kids get to play,” Andy says. “Coaching is a great opportunity to spend time with kids and to make a difference. The time commitment isn’t that much and I really look forward to it.” Evidently, the habit runs in the family as Andy’s youngest son joined him during a recent college break to help coach a team.

The time and support contributed by every volunteer helps provide exceptional recreation experiences for our community. Whether you have an hour to help with an event, want to coach your child for a season, or are just looking for a way to get involved, chances are BPRD has a volunteer opportunity that is right for you. But a warning, you might just develop a volunteering habit.

To learn more about volunteer opportunities, visit our website or contact Kim Johnson, Community Engagement Supervisor at kim@bendparksandrec.org or 541-706-6127.

For more on
BPRD volunteer
opportunities,
visit
bendparksandrec.org
and click on “Volunteer.”



THE LARKSPUR COMMUNITY CENTER

breaks ground

The community's newest indoor recreation facility is starting to take shape this summer!

Larkspur Community Center will create new indoor recreation opportunities while remaining home to the Bend Senior Center when it opens in late summer 2020. The expansion will serve growing demographics and age groups of the community including active adults who have a variety of interests and desires for social and wellness activities.

Approximately 5,000 active adults currently enjoy offerings at Juniper Swim & Fitness Center and Bend Senior Center. We are excited to open up even more opportunities for community members when the project is completed.

BEND SENIOR CENTER ACTIVITIES RELOCATE FOR SUMMER 2019

Bend Senior Center fitness classes and other activities will move to other locations in summer 2019. In partnership with Bend-La Pine Schools, the Bend Senior Center will set up camp at Marshall High School to continue approximately 95 percent of the programming typically offered during the summer season.

Additionally, all Bend Senior Center frequent user passes, including 10-visit/monthly/quarterly/annual and social passes, will be honored at Juniper Swim & Fitness Center during the temporary closure. This includes Supplemental Health Plan basic passes (Silver Sneakers, Silver & Fit and AARP).

During the first two weeks of June, patrons will have access to classes and services at the Riverbend Community Room in the District Office, 799 SW Columbia St., and at The Pavilion, 1001 SW Bradbury Way.

After schools are out for the summer, programs will shift to Camp Marshall!

See pages 28 - 33 for details.

SUMMER CONSTRUCTION PRIORITY

Bend Senior Center will be temporarily closed from May 26 to Sept. 2. This closure allows for the noisiest and dustiest construction work to not disrupt patron activities. The condensed timeline also saves three months for the overall construction schedule.

New and expanded parking areas are part of the first phase of work in spring and summer.

Eighty-five additional parking spaces will be added (for a total 241 spaces) to meet the needs of patrons visiting the recreation center and the popular Larkspur Park.

IMPACT TO LARKSPUR PARK AND TRAIL

Due to safety concerns with an active construction site and closed parking lot, Larkspur Park will only be accessible by bike or walking in summer 2019. For families who use the popular playground, this may be a good opportunity to explore the many other playgrounds offered in the District. When Bend Senior Center and the parking lot reopen in September, access to the park will be unimpeded for the remainder of construction.

Larkspur Trail will detour around the fenced construction area, allowing for continuous use of the trail during construction.

LARKSPUR COMMUNITY CENTER CONSTRUCTION PHASES

SPRING 2019

Phase One:
CLEARING & GRADING



Phase Two:
EXCAVATION

Phase Three:
POOL DIG OUT



Phase Four:
BUILDING CONSTRUCTION

Phase Five:
INTERIORS & FINISHES



Phase Six:
OPEN TO THE PUBLIC

LATE SUMMER 2020



For more information on
Larkspur Community Center,
visit bendparksandrec.org/larkspur.

the future of play

"I look to the future
because that is where
I am going to spend
the rest of my life."

~ George Burns

As Bend changes, so does your park and trail system. The District takes care of what it has and expands to meet our growing community needs. We update aging facilities, parks and trails. We also plan for new places and amenities to allow for play close to home. These projects keep staff busy with land purchases, project design, public outreach to gather input, and construction. Take a look at what's happening this season.

▲ Shown in an artist's rendering, the Larkspur Community Center in southeast Bend will feature a warm-water pool.

Shevlin Park



New interpretive, wayfinding and regulatory signs have been installed throughout the park. Work for the ADA upgrades to the park, including a new accessible trail from the restrooms to the picnic area, upgrades to the Aspen Hall parking area, and trail and bridge upgrades at Larch Bridge begins this summer. The covered bridge will be decommissioned as part of this project, allowing for creek restoration that will help improve water quality and wildlife habitat along the banks of Tumalo Creek.

Larkspur Community Center



Larkspur Community Center is the expansion project adjacent to the Bend Senior Center in southeast Bend. This new facility will add approximately 36,000 square feet, including new fitness facilities, group exercise rooms, a warm-water pool, indoor walk/jog track, and additional parking. The facility will maintain a focus on older adult programs while also offering other activities to meet the needs and schedules of a broader range of users. Construction started in March and is estimated to be completed in late summer 2020. During the first phase of work (now



through May), the senior center is open with normal operations as parking lot work begins. Beginning May 26, the senior center and parking lot will close until Sept. 2. Larkspur Park will remain open, but there will be no vehicle access to the park. The Larkspur Trail is now detoured around the park's east side to Reed Market Road and west along the city sidewalk for the duration of the project.

Drake Park/ Deschutes River Trail & Bank Improvements



The banks of the Deschutes River at Drake Park and Pacific Park have deteriorated over time, resulting in safety and environmental issues. The District has plans to improve the banks and to connect the Deschutes River Trail through Drake Park and Pacific Park. Design, engineering and permitting are underway and expected to last for a year, with construction anticipated to begin in late summer of 2020.

Juniper Park



Located adjacent to Juniper Swim & Fitness Center, Juniper Park is scheduled for improvements including a new restroom and upgraded paths and play area. The project will also provide additional parking for the park and facility. Construction is planned to start in fall 2019.

Alpenglow Park



Purchased with funding from the 2012 bond measure, Alpenglow Park is located in southeast Bend on 15th Street, north of Knott Road. At 37 acres, the park is bordered by railroad tracks to the west and future Bend-LaPine schools to the south. The park will include an off-leash dog area, outdoor event space, open lawn area, shade structures, restrooms, spray ground, play area, demonstration garden, climbing/bouldering/slacklining area, paths, trails and natural space. Alpenglow will offer multiuse paths connecting to surrounding areas and a pedestrian bridge over the railroad tracks. Construction is anticipated to begin in 2020.



▲ Located in northwest Bend along the Deschutes River, Pioneer Park recently received accessibility upgrades to the restroom, parking and pathways.

Pioneer Park



One of Bend's oldest parks, Pioneer Park in northwest Bend is being renovated to improve accessibility for all park users. The updates to the existing restroom, parking areas, paths and other park amenities will be completed in spring 2019.

Rockridge Park Restrooms



The design and permitting process is underway for the addition of a permanent restroom facility on the north side of Rockridge Park in northeast Bend. The project is expected to begin in fall 2019 and be completed by spring 2020.



BRPD staff and consultants review topography and railroad tracks located by Alpenglow Park in southeast Bend.

A pedestrian bridge will offer access to the park from neighborhoods on the west side of the tracks.



Riverbank Habitat Improvements



The District and Upper Deschutes Watershed Council (UDWC) are working in partnership to improve and manage the riverbanks of the Deschutes River and Tumalo Creek. The organizations have committed to a long-term collaboration to improve riverbank habitat and support sustainable recreational use of the river and creek. Staff completed an inventory and assessment of riverbank conditions on 10.5 miles of BPRD-owned property. The first project is located between the Bill Healy Bridge and the Farewell Bend Park footbridge. Working together, the District and UDWC awarded a contract for the design of the habitat restoration and to obtain permits. Pending funding, the restoration work could start as early as 2020.

Pacific Crest Athletic Fields



The Board of Directors approved an agreement with Bend La-Pine School District to construct athletic fields at Pacific Crest Middle School. The school district owns approximately 4.5 acres of land adjacent to the school, at the intersection of Skyliner Road and NW Elwood Drive. The school district did not have an immediate need to develop the land for school use and approached the park district about partnering to build the fields for community use. Construction is expected to be completed in early 2020.

Located in northeast Bend, Empire Crossing Park was originally built by a homeowner's association and was private. Now a public park, it will receive improvements including playground upgrades.

Developed in agreement with Bend La-Pine School District, the conceptual plans for Pacific Crest Middle School include two athletic fields.

Empire Crossing Park



The District recently acquired a small neighborhood park located in the Empire Crossing subdivision in northeast Bend that was owned and maintained by a homeowners association. Planned park improvements include upgrading the playground, expanding the irrigation system and making minor landscape and trail improvements. Construction began this spring and should be complete by winter 2020.

Big Sky Park & Luke Damon Sports Complex



Big Sky Park & Luke Damon Sports Complex is an existing 96-acre community park located east of Hamby Road and north of Neff Road. The park is a combination of undeveloped and developed areas with restroom facilities, paths, playground, sport fields and an off-leash dog area.

To expand the recreation opportunities at the park, new planned amenities include vehicle and pedestrian access from Hamby Road, additional parking, bike park features, an area for radio-controlled cars, a 1.5-mile perimeter walking/biking trail, and trail connections to Buckingham School.

Construction is anticipated to begin in winter 2020 with completion in fall 2021.



Goodrich Park



Goodrich Park is a 2.4-acre neighborhood park located in northeast Bend on Quimby Avenue, between 8th and 11th streets. Proposed park amenities include open lawn area, a quarter-mile loop soft-surface path, seasonal restroom enclosure, exploratory play area using landforms and native rocks, street improvements on Quimby Avenue and 11th Street, and a pedestrian crossing at Penn Street and 11th Street. Construction is expected to begin in spring 2020 and be completed by winter 2021.

Haul Road Trail



The District received a grant to improve the Haul Road Trail from McKay Park westward approximately six miles to the Deschutes National Forest boundary. The twenty year-old trail has varying surfaces in need of repair. Identified as a primary, multi-use trail, it will be repaved and the 1.5-mile currently unpaved section will be paved. Done in partnership with City of Bend, which owns a portion of the trail, this project aims to revitalize an important alternative transportation route through Bend's west side and connect to public forest lands. Work is anticipated to begin in 2020.

Central Oregon Historic Canal Trail



District staff have been working on Central Oregon Historic Canal Trail crossings at major roadways in south Bend with the associated design work expected to be completed this summer. The District will work with the City of Bend to construct pedestrian crossings where the trail crosses major arterial roads. One of the first crossings to be completed will be where the canal passes under 15th Street south of Reed Market Road near Chloe Lane. Through an interagency agreement, the District will provide funding to the City of Bend to construct this crossing as part of the Murphy Road project. Other future crossings are planned at Blakely Road, 3rd Street, Brosterhouse Road, Ferguson Avenue and 27th Street.

In addition, the District continues to work with property owners along the canal to secure easements for public use and to connect the nearly five-mile trail

Located in northeast Bend's Pine Nursery Park, the 18-hole disc golf course had to be adjusted due to Empire Avenue road construction.

from the east side of 27th Street west to the Deschutes River Trail. Areas of the trail where public easements exist are identifiable by signage. Please be aware that the areas of the trail that do not have public easements are private property, and unauthorized use is considered trespass.

Pine Nursery Disc Golf Course



To accommodate the City of Bend's Empire Avenue Extension project, the Pine Nursery Park disc golf course needed adjustment. Six new holes were added and work continued this winter to retrofit the remaining twelve holes. When completed, the 18-hole course will have permanent concrete tee boxes, updated signage and be playable as road construction continues.



For more on BPRD current projects, visit bendparksandrec.org and click on "About."

Running west six miles from the Deschutes River at McKay Park to the Deschutes National Forest, Haul Road Trail will be repaired and resurfaced.





Aspen Hall



Hollinshead Barn



The Pavilion



Marcoulier Event Room



Picnic Shelter

Park & Facility Rentals: For Your Next Event

RENT A PARK,
PICNIC SHELTER
OR FACILITY

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

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

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

MARCOULIER EVENT ROOM at the Bend Senior Center is a large, open space with beautiful maple wood floors perfect for dancing, lots of natural light and a full commercial kitchen. It is the perfect location for a wedding, reception, reunion or event, with seating for up to 250 people.

RIVERBEND COMMUNITY ROOM is located in the District office and available for presentations, meetings or small events. The room opens up to an outdoor plaza overlooking the Deschutes River and Riverbend Park.

JUNIPER SWIM & FITNESS CENTER is available for swim parties, pool rentals and special events. Options are available including packages during open recreation swim times and private party pool rental.

THE PAVILION welcomes groups for birthday parties and other special events. Bring the gang for open skate and rent the party room. In addition, the entire facility is available in the non-ice season and can host more than 800 people.

THE ART STATION is the perfect place to host birthday parties and other get-togethers. Art parties and clay parties are available for children and adults.

PARKS, PICNIC SHELTERS & SPORTS FIELDS are available for rent. Fees are based on the size of your group, park amenities and duration of your event.

SPORT PACKS which include: volleyball and net, baseball equipment and Frisbee are available for rent for your outdoor party or company picnic. You just add the fun!

Visit bendparksandrec.org for more details and virtual tours or call (541) 389-7275 for additional information and/or to make a reservation.



COME CELEBRATE IN
DOWNTOWN BEND & DRAKE PARK

JULY 4TH PET PARADE & OLD FASHIONED FESTIVAL

Sponsored by

Bend PetExpress



Start out at the Pancake Breakfast in the park
with Bend Sunrise Lions Club: 8:00 - 11:00 am

SINCE 1932, IT'S THE PET PARADE!

Parade Lineup: 9:00 am ★ Parade: 10:00 am

Parade with your pet or stuffed animal or watch all the action on the parade route.

**AFTER THE PARADE, HEAD TO DRAKE PARK
FOR THE OLD FASHIONED FESTIVAL!**

11:00 am - 4:00 pm ★ Over 100 artisans, live music, games & food!

- ★ **LIVE MUSIC** presented by  **Northwest**
COMMUNITY CREDIT UNION
- ★ **OLD FASHIONED GAMES** for kids of all ages!
- ★ **FAMILY FUN AREA:** Fish Fling • Flush-a-Duck • Fire Truck • Games & More!
- ★ **COMMUNITY ENTERTAINMENT**
brought to you by Bend Park & Recreation District

PARADE DETAILS & PARKING

- All ages welcome. Come dressed in costume with your pet or stuffed animal on pulled wagons, bikes or trikes.
- Kids receive a keepsake and popsicle.
- No registration necessary. Lineup is at the School Administration Building parking lot on Wall Street.
- Pets must be leashed. Be responsible for and clean up after your pet.
- No rabbits, cats or aggressive dogs.
- Large animals need to arrive early.
- Cyclists and equestrians, wear your helmets.
- Do not give away animals.
- No solicitation, commercial floats, motorized vehicles, motorcycles or distribution of anything to spectators, including candy.

Downtown road closures from 8:30 am-Noon.
Best parking: Outer perimeter of downtown &
parking garage • Alternative transportation
encouraged • Bike valet at Drake Park



Riverside Blvd. closed
from 6:00 am - 5:00 pm.

ADA parking available on Bond St. by
staging area, in parking garage and on
Riverside Blvd.

Thank you to our sponsors!



The Bulletin
Serving Central Oregon since 1903



CITY OF BEND



FOR MORE INFORMATION, CALL (541) 389-7275
OR VISIT **BENDPARKSANDREC.ORG**



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 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				
		PASS TYPE	JUNIPER SWIM & FITNESS CENTER	JUNIPER SWIM & FITNESS CENTER	BEND SENIOR CENTER	BEND SENIOR CENTER
		ACCESS	Full Access Over 200 weekly group fitness classes and masters swim practices plus full facility use. Monthly pass includes use of Senior Center.	Basic Use of pools, fitness center, hot tub, sauna, steam room, locker rooms and access to all recreation and lap swim times.	Full Access Over 50 weekly fitness classes plus full facility use and participation in ongoing social activities. See notes below.	Basic Use of fitness center, game room and participation in ongoing social activities. See notes below.
Single Visit Admission	Adult (19-59)		\$8.00	\$7.00	\$6.50	\$3.50
	Older Adult (60-79)/Student		\$7.00	\$6.00	\$5.50	\$1.50
	Youth (3-18)/Honored Citizens (80+)		\$6.00	\$5.00	\$4.50	\$1.25
	Children under 3 with paying adult		Free	Free	n/a	n/a
10-Visit Pass Save an average of 20%	Adult (19-59)		\$69.00	\$59.00	\$60.00	\$29.00
	Older Adult (60-79)/Student		\$59.00	\$49.00	\$45.00	\$12.00
	Youth (3-18)/Honored Citizens (80+)		\$49.00	\$39.00	\$35.00	\$10.00
Monthly Pass Unlimited Visits!	Adult (19-59)		\$61.00	\$51.00	\$51.00	\$24.00
	Older Adult (60-79)/Student		\$49.00	\$39.00	\$39.00	\$16.00
	Youth (3-18)/Honored Citizens (80+)		\$39.00	\$29.00	\$29.00	\$13.00

Bend Senior Center passes honored at Juniper Swim & Fitness Center May 26 - Sept. 2, 2019: Bend Senior Center will be temporarily closed from Memorial Day to Labor Day. Bend Senior Center 10-visit, monthly, quarterly and annual passes, including both Full Access and Basic, will be honored at Juniper Swim and Fitness Center during the temporary closure. This includes Supplemental Health Plan basic passes (Silver Sneakers, Silver & Fit and AARP).

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.

Recreation Scholarships

(Formerly known as Needs-Based Assistance)

Everyone should have the opportunity to participate in recreation activities. Scholarship assistance based on financial need is available to qualifying individuals for many recreation programs. Our goal is to remove financial barriers for community members with limited financial resources, including youth, seniors and individuals with disabilities.

In the last year, approximately 700 individuals and families have participated with assistance support in programs that provide safe, enriching activities and contribute to a physically active community.

To Apply for Scholarships:

1. Complete an application at least one week prior to registering for the program. Applications are online and at all District facilities. Criteria are updated and streamlined! Individuals and families who qualify for other assistance programs including SNAP, TANF and Oregon Health Plan, can skip duplicative income verification. Share a confirmation letter from another program to qualify for our program.
2. Submit the completed application and eligibility documentation to a District facility 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 after receipt of application 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 one (1) year. 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.



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
Open until May 25.
Closed May 26 - Sept. 2.

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:

Fall 2019 registration begins August 12, 2019.

Winter-Spring 2020 registration begins December 9, 2019

SUMMER'S
BEST
.....
REC SWIM
TIMES
.....
PAGE 21

More Activities
at Juniper Swim & Fitness:
Adult swimming p. 22
Adult Fitness p. 46 - 53
Youth Fitness
& swimming p. 23 - 27

pool party

Summer 2019: June 15 - Sept. 1

Regular Hours:

Monday - Friday	5:15 am - 9:00 pm
Saturday	7:00 am - 6:00 pm
Sunday	8:00 am - 5:30 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 16 - 17.

Holidays & Special Hours

5/27	Memorial Day	Noon - 5:00 pm
6/2	Staff Training	Closed at 4:00 pm
7/4	Independence Day	Noon - 5:00 pm
9/2	Labor Day	Noon - 5:00 pm

Swim Meets & Events

6/15	COMA Long-Course Meet
6/21 - 23	Sun Country Swim Meet
8/9 - 11	Bend Open Swim Meet
8/25	Kids Triathlon (see page 23)

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

Bend Senior Center Passes

Bend Senior Center passes honored at Juniper May 26 - Sept. 2, 2019: Bend Senior Center will be temporarily closed from Memorial Day to Labor Day. Bend Senior Center 10-visit, monthly, quarterly and annual passes, including both Full Access and Basic, will be honored at Juniper Swim and Fitness Center during the temporary closure. This includes Supplemental Health Plan basic passes (Silver Sneakers, Silver & Fit and AARP).

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!



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:

\$40.00 ID \$48.00 OD

Drop-in fee per hour, per child:

\$4.50 ID \$5.40 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 - 11:30 am

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.



How to Get There

Juniper Swim & Fitness Center 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

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

June 15 - September 1

M - F: 1:00 - 4:00 pm
(Outdoor & Indoor pools)

M - F: 7:15 - 9:00 pm
(Indoor Pools only)

Sa: 1:00 - 5:30 pm
(Outdoor & Indoor Pools)

Su: 1:00 - 5:00 pm
(Outdoor & Indoor Pools)

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

June 15 - September 1

M - F: 7:00 - 8:00 am

F: 4:00 - 5:30 pm

Sa: 7:00 - 9:00 am

Su: 8:00 - 10:30 am

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: \$5 per person when adult accompanies children.

June 15 - September 1

M - F: 10:30 am - 1:00 pm
4:05 - 7:15 pm

Sa - Su: 10:30 am - 1:00 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

June 15 - September 1

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

F: 5:15 am - 7:30 pm

Sa: 7:00 am - 6:00 pm

Su: 8:00 am - 5:30 pm

WANT MORE? Look for:

ADULT FITNESS on pages 46 -53.

ADULT SWIMMING on page 22.

YOUTH FITNESS & SWIMMING on pages 23 - 27.



LEARN TO SWIM THIS SUMMER!

What better time than summer to learn how to swim?
The water's as inviting as the days are long.

There's a great selection of lessons at just the perfect level to match your or your child's needs.

Adult Lessons, page 22.
Youth Lessons, pages 23 - 27.

TEENS!

Check out the Jr. Lifeguard & Swim Instructor Aide training and volunteer programs on page 26. Volunteer opportunities available with child care and recreation programs too!



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.

fit to swim

Liquid benefits.

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



Adult Swimming at Juniper Swim & Fitness Center

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.

\$42.00 ID \$50.40 OD / session

Activity: 205554

Sa: 7:45 - 8:15 am

Sessions: 6/15 - 7/13
7/20 - 8/24 (no class 8/10)

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.

\$51.00 ID \$61.20 OD / session

Activity: 205555

T/Th: 7:15 - 7:45 pm

Sessions: 6/18 - 7/2
(Adj. Fee \$40.00 ID \$48.00 OD)
7/9 - 25 7/30 - 8/15

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 25 meters but not much more.

\$51.00 ID \$61.20 OD / session

Activity: 205556

M/W: 7:30 - 8:00 pm

Sessions: 6/17 - 7/3 7/8 - 24
7/29 - 8/14

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.

\$170.00 ID \$204.00 OD / session

Activity: 205557

M/W: 7:30 - 8:30 pm

Sessions: 6/17 - 7/17 7/22 - 8/21

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

June 17 - Sept. 1

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

Tu/Th: 6:45 - 8:15 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





LIKE A FISH!
.....
**KIDS
SWIM
LESSONS**
.....
PAGES 24 - 25

splash & swim

Recreation Swim Schedules

available on page 21 and at juniperswimandfitness.com.

Find all the times you can come splash and play.

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!

Presented by



6th Annual Kids Triathlon

Ages: 4 - 15

Juniper Swim & Fitness Center

Swim! Bike! Run! Do a triathlon, get a cool new t-shirt, and join the fun! The swimming portion of this non-timed event will be held in the safety of a supervised pool. The mountain biking and running portions will be held in Juniper Park. The event focuses on sportsmanship and making new friends. All abilities welcome. Build your skills and get ready by signing up for the weekly clinics.

Early Fee: \$25.00 ID \$30.00 OD by 8/21

Late Fee: \$30.00 ID \$36.00 OD after 8/21

At registration time, sign up for all four Kids Triathlon Clinics and receive a \$5 discount off the Kids Triathlon.

Activity: 205607

Date: Sunday, August 25

Time: 8:30 am - 12:30 pm

SWIM!

BIKE!

RUN!

Kids Triathlon Clinics

Ages: 4 - 15

Juniper Swim & Fitness Center

Come give "tri" a try, learn new skills and make new friends. Each clinic will include activity in each of the disciplines so bring your bike, helmet, swim suit, towel, running shoes and a water bottle. Finish your session with a tip to keep you healthy and motivated all summer. Sign up for one or all. Whatever you choose, it will be tons of fun!

At registration time, sign up for all four Kids Triathlon Clinics and receive a \$5 discount off the Kids Triathlon.

\$5.00 ID \$6.00 OD / session

Activity: 205608

Tu: 5:00 - 6:15 pm

Sessions: 7/30, 8/6, 8/13, 8/20



Family Swim Lessons

at Juniper Swim & Fitness Center

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

All Ages with Adult

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

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

\$55.00 ID \$66.00 OD / session

Activity: 205260

F: 5:30 - 6:15 pm

6:25 - 7:10 pm

Session: 6/14 - 7/5 7/12 - 8/2
8/9 - 30



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.

Swim Lesson Assessment **FREE**

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

March 18 - June 13

June 17 - August 30

Tu: 10:45 am & 6:30 pm, Sa: 12:30 pm

M - Th: 12:45 pm & 7:00 pm, F: 12:15 pm, Sa: 11:45 am

Call (541) 706-6183 to arrange an appointment to work with your schedule.

Descriptions & Schedules

Parent Tot Swim Lessons

Ages: 6 - 36 months

Developmentally appropriate classes provide a safe, encouraging and fun introduction to the wonderful world of water. Parents 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.

Activity: 205015 (1- or 2-days) / 205017 (4-days)

Sea Stars Swim Lessons

Age: 2 1/2 - 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.

Activity: 205145 (1-day) / 205144 (2-days) / 205143 (4-days)

Journey Swim Lessons

Ages: 3 - 5

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

Journey 1 - 3 Activity: 205112 (1-day) / 205111 (2-days) / 205110 (4-days)

Journey 4 - 5 Activity: 205142 (1-day) / 205141 (2-days) / 205140 (4-days)

Level Swim Lessons

Ages: 6 - 12

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

Level 1 - 3 Activity: 205212 (1-day) / 205211 (2-days) / 205210 (4-days)

Level 4 Activity: 205243 (1-day) / 205242 (2-days) / 205256 (4-days)

Level 4 - 6 Activity: 205256 (1-day) / 205256 (4-days)

Level 5 - 6 Activity: 205255 (1 or 2-days)

Teen Level Swim Lessons

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 6 for your progression.

Teen Level 1 - 6 Activity: 205258 (1, 2 or 4-days)

ONE-DAY- A-WEEK SESSIONS

Fees: ID / OD	FRIDAYS
\$42.00 / \$50.40	6/21 - 7/19
\$42.00 / \$50.40	7/26 - 8/23
Parent Tot 1, 2	8:50, 9:40 am
Journey 1, 2, 3	8:50, 9:40, 10:30, 11:20 am
Journey 4, 5	9:40 am
Level 1, 2, 3	8:50, 9:40, 11:20 am
Teen Level 1 - 6	10:30 am
Level 4, 5, 6	10:30 am
Fees: ID / OD	SATURDAYS
\$42.00 / \$50.40	6/15 - 7/13
\$42.00 / \$50.40	7/20 - 8/24 (no class 8/10)
Parent Tot 1, 2	10:05 am
Sea Stars	9:15 am
Journey 1, 2, 3	9:15, 10:05, 10:55 am
Journey 4, 5	9:15 am
Level 1, 2, 3	9:15, 10:05, 10:55 am
Teen Level 1 - 6	10:55 am
Level 4	10:05 am
Level 5, 6	10:55 am

Start times only listed. All classes 45-minutes.

Private & Semi-Private Lessons

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

Fees: \$56.00 ID semi-private lesson or \$111.00 ID private lesson. (Semi-private lesson registration in-person only; private lesson registration in-person or online.) Call (541) 389-7665 to schedule.

TWO-DAYS- A-WEEK SESSIONS

Fees: ID / OD	MONDAY/ WEDNESDAY - or - TUESDAY/THURSDAY
M/W \$61.00 / \$73.20 Tu/Th \$54.00 / \$64.80	6/17 - 7/11 (No class 7/4)
\$61.00 / \$73.20	7/15 - 8/8
\$46.00 / \$55.20	8/12 - 29
Parent Tot 1, 2	5:40, 6:25 pm
Sea Stars	11:30 am, 4:10, 4:55 pm
Journey 1, 2, 3	11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm
Journey 4, 5	12:15, 5:40 pm
Level 1, 2, 3	11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm
Teen Level 1 - 6	6:25 pm
Level 4	11:30 am, 4:10, 4:55 pm
Level 5, 6	12:15, 4:10, 4:55 pm

Start times only listed. All classes 40-minutes.

FOUR- DAYS- A-WEEK SESSIONS

Fees: ID / OD	MONDAY - THURSDAY
\$61.00 / \$73.20	6/17 - 27
\$54.00/ \$64.80	7/1 - 11 (No class 7/4)
\$61.00 / \$73.20	7/15 - 25
\$61.00 / \$73.20	7/29 - 8/8
\$61.00 / \$73.20	8/12 - 22
Parent Tot 1, 2	9:00, 9:45 am
Sea Stars	9:00, 9:45, 10:30 am
Journey 1, 2, 3	8:15, 9:00, 9:45, 10:30 am
Journey 4, 5	9:00, 9:45 am
Level 1, 2, 3	9:00, 9:45 am
Teen Level 1 - 6	9:45 am
Level 4	9:00, 9:45, 10:30 am
Level 5, 6	10:30 am

Start times only listed. All classes 40-minutes.

TRAINING & VOLUNTEER PROGRAMS

Jr. Lifeguard & Swim Instructor Aide Programs

at Juniper Swim & Fitness Center

Ages: 12 - 15

Be part of the team at Juniper this summer! Learn the skills, standards and expectations for being a lifeguard or swim instructor and put your training into practice through supervised volunteering during summer programs.

Participants will complete a swim skills test and must attend all required training dates for their session. Volunteering is a required part of these programs. Information about volunteer shifts for summer will be available at training. Students may participate in only one of these programs per summer.

Fee: \$25.00 covers training

SWIM INSTRUCTOR AIDE

Activity: 209501

Required Training Dates:

Tu/Th: 4:00 - 6:00 pm
5/28, 5/30, 6/4, 6/6

- OR -

Tu/W/Th: 9:45 - 11:45 am
6/25, 6/27, 7/2, 7/3

Ongoing Training Dates:

W: 4:30 - 5:45 pm
7/10 - 8/21

JUNIOR LIFEGUARD

Activity: 209502

Required Training Dates:

W: 2:00 - 4:00 pm
5/29, 6/5

- OR -

W: 10:00 am - 2:00 pm
6/26

Ongoing Training Dates:

Th: 10:30 am - 1:00 pm
6/27 - 8/15



Youth Swim Programs

at Juniper Swim & Fitness Center

Juniper Summer Swim League

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 divided by age and ability levels.

\$138.00 ID \$165.60 OD / session

Activity: 205411

Entering Grades: 1 - 10

M - F*: 9:45 - 10:45 am
10:45 - 11:45 am

Session: 6/17 - 8/9

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

Entering Grades: 4 - 10

T/Th/F: 4:15 - 5:15 pm

Session: 6/18 - 8/9

Swim Squad

Ages: 14 - 18

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.

\$98.00 ID \$117.60 OD / session

Activity: 205542

Tu/Th: 5:15 - 6:30 pm

Session: 6/18 - 8/8

Beginning 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.

\$86.00 ID \$103.20 OD / session

Activity: 205570

T/Th: 5:40 - 6:25 pm

Sessions: 6/18 - 7/18
(no class 7/4, \$77.00 ID \$92.40 OD)
7/23 - 8/22

Advanced Springboard Diving

Ages: 9 - 15

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.

\$86.00 ID \$103.20 OD / session

Activity: 205571

M/W: 6:25 - 7:10 pm

Sessions: 6/17 - 7/17 7/22 - 8/21

Snorkeling

Ages: 6 - 14

Learn to use a mask, fins and snorkel to discover what you can see and do under water. All equipment is provided. Prerequisite: Level 3 or able to comfortably swim two widths in the deep end.

\$48.00 ID \$57.60 OD / session

Activity: 205575

F: 12:20 - 1:00 pm

Sessions: 6/21 - 7/19 7/26 - 8/23

Juniper Swim & Sports Camp

NEW

Ages: 6 - 9

Finish off your summer with a splash! Start each morning with a swim and finish the day with a variety of sports in the park. We will explore tennis, pickleball, kickball, soccer, Frisbee and more. Each day begins with an hour swim lesson taught by our swim instructors followed by free play in the pool. Next, we'll have lunch in the park and dive into sports for the remainder of the day.

\$250.00 ID \$300.00 OD / session

Activity: 205500

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

Session: 8/26 - 8/30

Youth Programs

at Juniper Swim & Fitness Center

Summer Buddies

Includes daily swimming!

Ages: 3 - 5

Children will enjoy afternoon swimming, making crafts, playing outdoor games, making new friends and much more. Summer Buddies is a great boost before Preschool or Kindergarten! No prior swimming experience required. Children must be potty trained.

\$95.00 ID \$114.00 OD / session

Activity: 205600

M/W: 1:30 - 3:45 pm

Sessions: 6/24 - 7/10
7/15 - 31 8/5 - 21

or

Tu/Th: 1:30 - 3:45 pm

Sessions: 6/25 - 7/11 (no class 7/4, \$80.00 ID \$96.00 OD)
7/16 - 8/1 8/6 - 22

Busy Buddies Preschool

Includes weekly swim lessons & yoga!

Ages: 3 - 5

This program includes weekly swim lessons, yoga and movement play! Children will enjoy arts and crafts, dramatic play, and more. Children will be introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting. A daily snack is included.

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

Monthly Fee:

2 days/week: \$200.00 ID \$240.00 OD

(payment is due by the 5th of each month.)

Registration fee: \$20.00 non-refundable registration fee is due at the time of enrollment.

Registration begins May 20

Activity: 405601

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

- or -

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

Dates: Sept. 10 - June 11

Need child care while you work out?

With Kids' Corner, we've got you covered.
Learn more on page 20.

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 16 - 17.

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.



Girls & Guys Get Fit & Have Fun!

Ages: 10 - 14

Juniper Swim & Fitness Center

Girls and guys, come get fit and have fun in a program designed especially for you! Fill your summer with fitness and friends while building self-confidence, and a lifelong love of fitness. Experience a variety of workout options: indoor cycling, yoga stretching, water running, weight training, dance fitness and even obstacle courses. Coaches create a positive environment wrapped around weekly themed activities. Weekly theme and full program information at www.juniperswimandfitness.com. Program time is 11:15 am to 1:15 pm. Bring lunch to refuel with friends, then join Recreation Swim from 1:15 to 4:00 pm.

\$36.00 ID \$43.20 OD / session

JSFC Passholders: \$30.00 ID \$36.00 OD / session

Activity: 205403

M - Th: 11:15 am - 1:15 pm (program)

1:15 - 4:00 pm (swimming)

Session 1: 6/24 - 27 - Juniper's Fun & Fit Adventure

Session 2: 7/8 - 11 - Challenges for Champions

Session 3: 7/22 - 25 - Fueling for Fitness

Session 4: 8/5 - 8 - Triathlon Try it!

Session 5: 8/19 - 22 - Crazy Cool Experiments



"Things do not change.
We change."
- Henry David Thoreau

PLAY FOR LIFE!
.....
**FITNESS
SCHEDULES**
.....
PAGES 30 - 31

on the move

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 Goes to Camp Marshall

Summer 2019: June 17 - August 23

Camp Marshall Regular Hours:

Monday - Thursday	7:30 am - 6:30 pm
Friday	7:30 am - 3:00 pm
Saturday	9:00 am - 12:00 pm
Sunday	Closed

Located at Marshall High School:
1291 NE 5th St., Bend, OR 97701

p. (541) 388-1133

Locations, Holidays & Closures

May 26 - Sept. 2	Bend Senior Center closed. BSC passes honored at Juniper Swim & Fitness Center, The Pavilion, District Office and Camp Marshall.
May 26 - June 2	Fitness classes at Juniper Swim & Fitness Center.
June 3 - 16	Activities and classes at District Office, The Pavilion and/or Juniper Swim & Fitness Center. Check schedules for days and times.
June 17 - Sept. 2	Activities and classes at Camp Marshall and/or Juniper Swim & Fitness Center. Check schedules for days and times.
July 4 & Sept. 2	Camp Marshall closed.

Schedules & Information

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

Bend Senior Center relocates for the summer

Bend Senior Center will be temporarily closed due to
construction from May 26 to Sept. 2. This closure allows
for the noisiest and dustiest construction work to not
disrupt patron activities.

For June 3 - 14, classes will be held at The Pavilion and
District Office. See page 30 for details.

For June 17 - August 23, classes and social activities will be
held at Marshall High School. See pages 31 - 33 for details.

Use your pass at Juniper

In addition to the District Office, The Pavilion and Camp
Marshall, Bend Senior Center passes will be honored
at Juniper Swim & Fitness Center May 26 - Sept. 2,
2019. Bend Senior Center 10-visit, monthly, quarterly and
annual passes, including both Full Access and Basic, will
be honored at Juniper Swim and Fitness Center during the
temporary closure. This includes Supplemental Health Plan
basic passes (Silver Sneakers, Silver & Fit and AARP).

let's go to camp!

The great instructors, staff and activities of Bend Senior Center are heading to camp and you're invited to come along. Keep up your fitness and social activities this summer with the change of locations.

Weeks 1 - 2: June 3 - 14 at The Pavilion & District Office

Fitness is the focus of pre-summer camp for the first two weeks. Yoga, Zumba, Pilates, functional fitness and more will occur at the District Office and The Pavilion. Want more outdoor adventure? Join us for river canoeing and paddleboarding! See page 30 for details.



The Pavilion

1001 SW Bradbury St., Bend, OR 97702
p. (541) 389-7588

Located at the Colorado Ave. and Simpson Ave. roundabout in southwest Bend.

CET Route: #10



BPRD District Office

799 SW Columbia St., Bend, OR 97702
p. (541) 389-7275

Located in the Old Mill District at Riverbend Park.

CET Routes: #2 and #10



Weeks 3 - 12: June 17 - August 23 at Marshall High School

Summer is in full swing now! Fitness classes move to Marshall High School along with social activities and registration programs. Just like camp when you were a kid, there's always something to join to make new friends and connect with existing ones. See pages 31 - 33 for details.

How to Get There

Marshall High School is located in northeast Bend. It's on 5th St., between NE Norton Ave. and NE Kearney Ave.

PUBLIC & ALTERNATIVE TRANSPORTATION:

Bike racks are available at the facility in addition to limited street and lot parking. For public transportation, use Cascades East Transit routes #5, 6 or 7.



Camp Marshall

at Marshall High School

1291 NE 5th St., Bend, OR 97701
p. (541) 388-1133

Located in northeast Bend by 3rd St. and Greenwood Ave.

CET Routes: #5, #6 and #7





“PRE-CAMP” FITNESS


Weeks 1 - 2: June 3 - 14

Weekly Fitness Classes at The Pavilion & District Office

PASSES / FEES: Pass information on pages 16 - 17.

WEEKLY SCHEDULES: All classes are held on a weekly basis. Check schedules online at bendparksandrec.org for times and locations.

ADDED FUN! COME RIVER CANOEING AND STAND UP PADDLE BOARDING. Come try it out. Equipment will be furnished. Use your all access pass or pay a drop in fee.

BPRD DISTRICT OFFICE RIVERBEND COMMUNITY ROOM: 799 SW COLUMBIA STREET, BEND				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	7:30 - 8:30 am Power Stretch & Strength	7:30 - 8:30 am Power Stretch & Strength	7:30 - 8:30 am Power Stretch & Strength	7:30 - 8:30 am Power Stretch & Strength
	8:45 - 9:45 am Fitness Variety	8:45 - 9:45 am Strength & Condition	8:45 - 9:45 am Fitness Variety	8:45 - 9:45 am Strength & Condition
	10:15 - 11:15 am Functional Fitness	10:15 - 11:15 am Yoga Fundamentals	10:15 - 11:15 am Functional Fitness	10:15 - 11:15 am Yoga Fundamentals
	11:30 am - 12:30 pm Yoga Flow	11:30 am - 12:30 pm Chair Yoga	11:30 am - 12:30 pm Yoga Flow	11:30 am - 12:30 pm Chair Yoga
AFTERNOON	12:45 - 1:45 pm Group Fitness	12:45 - 1:45 pm Tai Chi 24 Movement	12:45 - 1:45 pm Group Fitness	12:45 - 1:45 pm Tai Chi 24 Movement
	2:00 - 3:00 pm Tai Chi 8 Movement	2:00 - 3:00 pm River Fun	2:00 - 3:00 pm Tai Chi 8/24 Movement	2:00 - 3:00 pm River Fun
	3:15 - 4:15 pm Pilates Mat	3:15 - 4:15 pm Gentle Yoga for Mindfulness	3:15 - 4:15 pm Pilates Mat	3:15 - 4:15 pm Gentle Yoga for Mindfulness
	4:30 - 5:30 pm Yoga For Health	4:30 - 5:30 pm Yoga Flow	4:30 - 5:30 pm Barre Body	4:30 - 5:30 pm Yoga Flow
<div>Class descriptions on pages 48 - 53 in Adult Fitness.</div> <div>Look for the  icon.</div>				

THE PAVILION ON THE SPORTS COURTS & INDOORS: 1001 SW BRADBURY WAY, BEND					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	9:00 - 10:00 am Cardio Dance	9:00 - 10:00 am Cardio Dance	9:00 - 10:00 am Cardio Dance	9:00 - 10:00 am Cardio Dance	9:00 - 10:00 am Cardio Dance
	10:15 - 11:15 am Zumba Gold	10:15 - 11:15 am Zumba Gold	10:15 - 11:15 am Zumba Gold	10:15 - 11:15 am Zumba Gold	10:15 - 11:15 am Zumba Gold
	10:15 - 11:15 am Moving to Music	10:15 - 11:15 am Walk with Ease	10:15 - 11:15 am Indoor Cardio Walking	10:15 - 11:15 am Moving to Music	10:15 - 11:15 am Indoor Cardio Walking
	11:30 am - 12:30 pm Strength Tone & Mightier Bone	11:30 am - 12:30 pm Strength Tone & Mightier Bone	11:30 am - 12:30 pm Strength Tone & Mightier Bone	11:30 am - 12:30 pm Strength Tone & Mightier Bone	11:30 am - 12:30 pm Strength Tone & Mightier Bone



CAMP MARSHALL FITNESS

Weeks 3 - 12: June 17 - August 23


Weekly Fitness Classes at Marshall High School

PASSES / FEES: Pass information on pages 16 - 17.

WEEKLY SCHEDULES: All classes are held on a weekly basis. Check schedules online at bendparksandrec.org for times and locations.

MARSHALL HIGH SCHOOL | 1291 NE 5TH STREET, BEND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7:35 - 8:35 am Power Stretch & Strength	7:35 - 8:35 am Power Stretch & Strength	7:35 - 8:35 am Power Stretch & Strength	7:35 - 8:35 am Power Stretch & Strength	7:35 - 8:35 am Power Stretch & Strength	
	7:45 - 8:45 am Vinyasa Yoga	7:45 - 8:45 am Cardio Dance	7:45 - 8:45 am Vinyasa Yoga	7:45 - 8:45 am Yoga Flow	7:45 - 8:45 am Pilates Mat	
	8:45 - 9:45 am Fitness Variety	8:45 - 9:45 am Cardio Ball	8:45 - 9:45 am Balance Essentials	8:45 - 9:45 am Zumba Gold	8:30 - 9:30 am Tai Chi 24 Movement	
	9:00 - 10:00 am Cardio Dance	9:00 - 10:00 am Strength & Condition	9:00 - 10:00 am Nia	9:00 - 10:00 am Strength & Condition	8:45 - 9:45 am Fitness Variety	9:00 - 10:00 am Strength & Condition
		9:30 - 10:30 am Tai Chi 24 Movement	10:00 - 11:00 am Indoor Cardio Walking		9:00 - 10:00 am Restorative Yoga Flow	9:15 - 10:15 am Zumba Gold
	10:00 - 11:00 am Zumba Gold	10:00 - 11:00 am Beginning Barre	10:00 - 11:00 am Zumba Gold	10:15 - 11:15 am Functional Fitness	10:00 - 11:00 am Indoor Cardio Walking	
	10:15 - 11:15 am Functional Fitness	10:15 - 11:15 am Yoga Fundamentals	10:15 - 11:15 am Stand Tall (Reg. Only)	10:15 - 11:15 am Yoga Fundamentals	10:15 - 11:15 am Beginning Barre	10:15 - 11:15 am Yoga Pilates
	10:15 - 11:15 am Moving to Music			10:15 - 11:15 am Moving to Music		10:30 - 11:30 am Strength, Tone & Mightier Bone
	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	
	11:30 am - 12:30 pm Walk With Ease	11:30 am - 12:30 pm Chair Yoga	11:30 am - 12:30 pm Walk With Ease	11:30 am - 12:30 pm Chair Yoga	12:45 - 1:45 pm Stretch & Relax	
AFTERNOON	12:45 - 1:45 pm Group Fitness		12:45 - 1:45 pm Group Fitness		12:45 - 1:45 pm Group Fitness	
	2:00 - 3:00 pm Tai Chi - 8 Movement	3:15 - 4:15 pm Gentle Yoga for Mindfulness	2:00 - 3:00 pm Tai Chi 8/24 Movement	3:15 - 4:15 pm Gentle Yoga for Mindfulness		
	4:15 - 5:15 pm Pilates	4:15 - 5:15 pm Yoga Flow	4:15 - 5:15 pm Pilates	4:15 - 5:15 pm Yoga Flow		
	4:30 - 5:30 pm Zumba 101					
	5:30 - 6:30 pm Barre Body	5:30 - 6:30 pm Cardio Dance Fusion	5:30 - 6:30 pm Yoga 101	5:30 - 6:30 pm Barre Body		

Class descriptions
on pages 48 - 53
in Adult Fitness.
Look for the  icon.



Camp Marshall 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

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

**Looking for
that "little extra"
to reach your
fitness goals?**

Give Personal Training a try.

More on page 47.



Generations Connect: NEW Grand Camp

Ages: 4 - 12 & Adults

Camp Marshall

Share in some summer camp fun with a special child in your life in a day filled with food, hands-on crafts and games! Much like our 'With Your Child' classes, this program is designed to grow the unique bond between an older, extended family member or family friend and their special lil' buddy. You'll make life-long memories. Each event includes lunch, activities and a keepsake craft to take home. Activity and lunch sponsored by Whispering Winds Retirement.

\$6.00 ID \$7.20 OD / session

Activity: 202438

F: 11:00 am - 3:00 pm

Sessions: 7/12 8/9

VOLUNTEER WITH BPRD.

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

Community Information & Support

June 17 - August 23

AARP Driver's Safety

June 24, July 22 and August 5

9:00 am - 4:00 pm

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

Social FREE Security Basics

June 19, July 17 and August 21

4:30 - 5:30 pm

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

Medicare 101 FREE

June 19, July 17 and August 21

5:30 - 6:30 pm

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

June 20, July 11 and August 1

4:00 - 5:00 pm

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

Alzheimer's & Dementia Caregiver Support Group FREE

June 20, July 18 and August 22

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.



Camp Marshall Summer Registration Classes

See pages 38 - 42 for descriptions.

BAKING

With Your Child:

Handmade Pretzels

Session: 6/28

Gluten-Free Bread & Cookies

Session: 7/22

COOKING

A Taste of Japan:

Strawberry Mochi Rice Cake

Session: 6/18

Taste of India for Two

Sessions: 6/23

International Dishes

Session: 6/25

A Taste of Japan:

Let's Roll Sushi

Sessions: 6/29 7/27

Farmer's Market Feasts

Session: 7/2

A Taste of Japan:

Okonomiyaki

Session: 7/9

Making Pressed Cheeses at Home

Session: 7/13

Pasta, Gnocchi & Special Sauce

Session: 7/16

DIY

Mosaic Stepping Stones

Session: 6/29

Generations Connect: Grand Camp

Sessions: 7/12 8/9

With Your Child:

Family Fusing Fun with Fish

Session: 7/25

FIBER ARTS

Fixing Your Knitting Mistakes

Session: 6/26

Knitting Tips & Tricks

Session: 7/17

FITNESS - SPECIALIZED

Stand Tall - Don't Fall

Session: 6/19 - 8/21

MUSIC

Beginning Guitar I

Sessions: 6/17 - 7/8 7/15 - 8/5

Beginning Guitar II

Sessions: 6/17 - 7/8 7/15 - 8/5

Beginning Ukulele I

Sessions: 6/18 - 7/9 7/16 - 8/6

Summertime Ukulele Fun!

Sessions: 6/18 - 7/9 7/16 - 8/6



Camp Get-togethers

June 17 - August 23

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 1:00 pm to watch a movie with friends. We'll show both contemporary and classic films. Monthly movie selections online.

Thursday Afternoon Dance

FREE

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

Cards & Games

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

Sunday Afternoon Dance

This summer, come dance to The Notables Swing Band from 2:00 - 4:00 pm on July 14, August 11 and Sept. 8 for \$5.00 per person. Note: Sept. 8 dance will be at Bend Senior Center.

Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

Camp Marshall Health Clinics: June 17 - August 16

Provided by local health practitioners for your convenience.

Foot Clinic

June 19 & 26;
July 3, 10, 17 & 24;
August 7 & 14
9:00 am - 3:00 pm
Call (541) 788-4785 for appointments and fees.

Blood Pressure Clinic

FREE

June 19, July 3 & 17,
August 7
9:30 - 10:30 am • Drop-in

Ear/Hearing Care & Consultations

FREE

Thursday, August 8:
10:00 - 11:30 am
Provided by licensed audiologist.



CAMP MARSHALL WEEKLY SOCIAL ACTIVITY SCHEDULE

MONDAY:	(subject to change)
12:00 - 3:30 pm	Social Bridge
12:30 - 3:00 pm	Co-ed Mexican Train
TUESDAY:	
10:30 am - 2:30 pm	High Desert Rug Hookers
1:00 - 3:00 pm	Afternoon at the Movies
1:00 - 3:00 pm	Knitters Social
WEDNESDAY:	
	No activities planned
THURSDAY:	
1:00 - 2:30 pm	Afternoon Dance
12:00 - 4:00 pm	Mahjong Players
FRIDAY:	
12:00 - 3:30 pm	Social Bridge
12:30 - 4:00 pm	Pinochle
SATURDAY:	
	No activities planned
SUNDAY:	
2:00 - 4:00 pm	Sunday Dance Hour The Notables Swing Band July 14, August 11 & Sept. 8



Lunch
around town

Souper Tuesday Lunch on the move!

FREE

Since the Bend Senior Center is under construction this summer, our community partners have stepped up to host lunch each Tuesday. Thank you to everyone involved for continuing Souper Tuesdays!

Tuesdays at 11:45 am - 12:15 pm

Join us for lunch at the following locations:

Dates: May 28, June 4, 11, 18 & 25

Whispering Winds Retirement
2920 NE Connors Avenue

PUBLIC TRANSPORTATION:
Use Cascades East Transit route #7.

Dates: July 2, 9, 16, 23 & 30

Mt. Bachelor Assisted Living
& Memory Care
20215 Powers Road

PUBLIC TRANSPORTATION:
Use Cascades East Transit route #1.

Dates: August 6, 13, 20 & 27

Whispering Winds Retirement
2920 NE Connors Avenue

PUBLIC TRANSPORTATION:
Use Cascades East Transit route #7.



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 35.

Camp Marshall

"Summer home of the Bend Senior Center"
1291 NE 5th St., Bend, OR 97701
p. (541) 388-1133

Facility information on page 28 - 33.



Follow us on Facebook!

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

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 36 - 37.

YOUTH CLASSES
on pages 64 - 69.

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: 2 hours	\$225.00 ID \$270.00 OD
Clay Party: 2 hours	\$250.00 ID \$300.00 OD

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.



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: 211100

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

Sessions: 6/11 - 27 8/27 - 9/12

Drawing

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: 211115

M: 6:00 - 8:00 pm

Session: 6/17 - 7/1

The Drawing Response

NEW

Ages: 16 & up

Art Station

Use deep observation and drawing as a path to discover and connect to the world around you. With simple tools (pencil, pen, watercolor) and guidance, we will spend three mornings drawing at local parks. Rather than passing by the small and amazing, we will seek it out! Rather than focusing on "getting it right", we will be encouraged to "get to know." Bring a 9 x 12 or larger sketch book. Instructor: Vicki Shuck

\$129.00 ID \$154.80 OD / session

Activity: 211110

Sa: 9:30 am - 12:30 pm

Session: 8/3 - 17

Fused Glass

Creating Waves in Fused Glass

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 \$80 materials and firing fee paid to instructor for each piece. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 211163

Tu: 5:30 - 8:30 pm

Session: 6/18



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: 211164

Tu: 5:30 - 8:00 pm

Session: 7/9

Fused Glass Vase

NEW

Ages: 14 & up

Art Station

Using a 9 inch round or 10 inch square clear glass base, students create designs in glass that will be fired to a full fuse and draped over a stainless steel mold. The outcome results in a beautiful fused glass vase or candle holder. Additional charge of \$60 paid to instructor per piece for raw materials and firing cost. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 211165

Tu: 5:30 - 8:30 pm

Session: 7/30

Painting

Beginning Watercolor

Ages: 50 & up

Camp Marshall

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: 202400

Th: 1:00 - 3:30 pm

Session: 6/20



Fun With Acrylics!

Ages: 50 & up

Camp Marshall

Learn the basics of acrylic painting in just an afternoon. All skill levels welcome as we focus on the techniques of color, lighting, composition, texture and layering. Take home a finished, ready-to-frame painting featuring a summer flower. Take one or both classes! \$20 supply fee due to instructor at each class. Instructor: Carol Picknell

\$15.00 ID \$18.00 OD / session

Activity: 202407

Th: 1:00 - 3:30 pm

Session: 6/27 Wildflower Meadow
7/11 Koi Pond
8/8 Field Poppies

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 64 - 65.



Ease into Watercolor

Ages: 16 & up

Art Station

Have you always wanted to watercolor paint, but wondered how to begin? Or have you tried it long ago, and wondered how to start again? This class is for you and anyone wanting to paint more independently. We will begin with the basics, creating fun designs as well as representational paintings while practicing wash techniques, texture methods, and design principles. Instructor: Kathleen Branch

\$129.00 ID \$154.80 OD / session

Activity: 211121

Th: 6:00 - 8:00 pm

Session: 7/11 - 8/1

Intro to Chinese Brush Painting

Ages: 50 & up

Camp Marshall

Learn the basics of this age old painting style with brush and ink 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: 202405

Th: 1:00 - 3:30 pm

Session: 7/18

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: 211120

Tu: 5:30 - 8:30 pm

Session: 8/6 - 27

Print Making

Fun with Monotype

NEW

Ages: 16 & up

Bend Art Center

Learn easy and fun techniques for making monotype (one-of-a-kind) prints. Roll ink onto plexiglass plates, then draw, wipe, stencil and press in textures. Roll up your sleeves and run your monotype through our special hand-crank printmaking presses. No art making experience necessary. All supplies provided.

\$20.00 ID \$24.00 OD / session

Activity: 211130

F: 6:00 - 8:00 pm

Session: 6/21

Sa: 11:00 am - 1:00 pm

Session: 6/29



Intro to Cyanotype

NEW

Ages: 16 & up

Bend Art Center

Make handmade photographic prints in our studio using the blueprint process! Coat your own light-sensitive emulsion, expose your paper in the sun, and develop your print in water to create beautiful cyanotypes. No art making experience necessary. All supplies provided.

\$160.00 ID \$192.00 OD / session

Activity: 211131

Sa/Su: 10:00 am - 2:00 pm

Session: 7/20 - 21

WORK FOR PLAY.

View available seasonal, part-time and full-time positions at bendparksandrec.org/jobs





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

Gluten-Free Bread & Cookies

Ages: 16 & up

Camp Marshall

Stop sacrificing flavor and texture in your fresh-baked, gluten-free treats. Learn to create sweet and savory recipes and make delicious, seeded gluten-free bread and cookies. We'll use unique gluten-free flour blends, learn tips for working with and storing gluten-free baked goods. Instructor: Brenda Chilcott

\$59.00 ID \$70.80 OD / session

Activity: 202242

M: 5:00 - 8:00 pm

Session: 7/22

With Your Child: Handmade Pretzels

Ages: 6 & up with adult

Camp Marshall

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: 202241

F: 5:00 - 7:00 pm

Session: 6/28

Cooking

Italian Dinner Night for Two

Ages: 16 & up

Bend Senior Center

Bring your friend, family member or significant other and learn how to make fresh handmade pasta, stuffed pasta, perfect sauces and all the accompaniments! 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: 202257

F: 5:00 - 8:00 pm

Session: 5/17

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 64 - 65.



Simple Cheese Making for Soft Cheeses

Ages: 16 & up

Bend Senior Center

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: 202221

Sa: 11:00 am - 2:00 pm

Session: 5/18

Taste of India for Two

Ages: 16 & up

Mantra Indian Kitchen

Learn to make a traditional Indian meal and familiarize yourself 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

\$99.00 ID \$118.80 OD / session

Activity: 202265

Su: 4:00 - 7:00 pm

Sessions: 5/19 6/23

International Dishes

NEW

Ages: 16 & up

Camp Marshall

Come learn new spins on old favorites and take away multiple ideas for new dishes. This course inspires evening meals with family-friendly, international flair. We will use Thai, Indian and North African flavor profiles to revamp your dinner rotation! Instructor: Shannon Hodgen

\$59.00 ID \$70.80 OD / session

Activity: 202215

Tu: 5:00 - 8:00 pm

Session: 6/25



Farmer's Market Feasts

NEW

Ages: 16 & up

Camp Marshall

Join us as we cook, pickle and apply culinary concepts to fresh, healthy foods that will improve your meals, your food repertoire and your budget! Explore what you can do with bunches of broccolini, pounds of parsley, crates of carrots and more. Instructor: Shannon Hodgen

\$59.00 ID \$70.80 OD / session

Activity: 202216

Tu: 5:00 - 8:00 pm

Session: 7/2

Making Pressed Cheeses at Home

Ages: 16 & up

Camp Marshall

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 guide you through the process to produce pressed cheeses. Instructor: Elizabeth Guerin.

\$59.00 ID \$70.80 OD / session

Activity: 202224

Sa: 11:00 am - 2:00 pm

Session: 7/13

Pasta, Gnocchi & Special Sauce

NEW

Ages: 16 & up

Camp Marshall

Learn to make light, pillowy gnocchi (Italian potato pasta), fresh tagliatelle and pappardelle pasta from scratch using fresh, local ingredients. We'll explore how to create light, tasty and summer-friendly sauces for your pasta masterpieces using citrus and fresh herbs. Instructor: Shannon Hodgen

\$59.00 ID \$70.80 OD / session

Activity: 202217

Tu: 5:00 - 8:00 pm

Session: 7/16



Taste of Japan

Ages 16 & up

Camp Marshall

Strawberry Mochi Rice Cake

NEW

This traditional dessert Strawberry Mochi (Ichigo daifuku) is made from glutinous rice filled with red bean paste (An). You will be able to make this popular and delicious treat at home! Bring containers for leftovers. Instructor: Yoko Godlove

\$49.00 ID \$58.80 OD / session

Activity: 202264

Tu: 5:00 - 7:00 pm

Session: 6/18

Let's Roll Sushi

Learn about simple sushi-rolling techniques, ingredients and proper equipment. You can make sushi with lots of other ingredients beyond raw fish. The class includes recipes, the cost of food and sushi to take home for the whole family. Bring containers for leftovers! Instructor: Yoko Godlove

\$69.00 ID \$82.80 OD / session

Activity: 202266

Sa: 1:00 - 4:00 pm

Sessions: 6/29 7/27

Okonomiyaki

Okonomiyaki (Japanese-style pancake pizza) is a savory version of Japanese pancake, made with flour, eggs, shredded cabbage, meat/protein and topped with a variety of condiments. This is a great way to use the leftovers from your fridge. Bring an apron and containers for leftovers. Instructor: Yoko Godlove

\$49.00 ID \$58.80 OD / session

Activity: 202268

Tu: 5:00 - 7:00 pm

Session: 7/9



Camp Marshall? Where's Camp Marshall?

Bend Senior Center programs relocated for the summer

Bend Senior Center will be temporarily closed due to construction of the Larkspur Community Center from May 26 to Sept. 2. This closure allows for the noisiest and dustiest construction work to occur without disrupting patron activities.

For June 17 - August 23, classes and social activities will be held at Marshall High School. See pages 31 - 33 for additional details.

Marshall High School
1291 NE 5th St.,
Bend, OR 97701
p. (541) 388-1133

Located in northeast Bend by 3rd St. and Greenwood Ave.

Public Transportation:
Use CET Routes: #5, #6 and #7



DIY

Mosaic Stepping Stones

Ages: 16 & up

Camp Marshall

Mosaic stepping stones are a great way to personalize your garden, walkway, or yard. This hands-on class covers how to create your own garden art, including advanced techniques, such as using tiles, stone, river rocks, stained glass and more. Instructor: Jessica Carlton

\$59.00 ID \$70.80 OD / session

Activity: 202434

Sa: 10:00 am - 2:00 pm

Session: 6/29

Generations Connect: NEW Grand Camp

Ages: 4 - 12 & Adults

Camp Marshall

Share in some summer camp fun with a special child in your life in a day filled with food, hands-on crafts and games! Much like our 'With Your Child' classes, this program is designed to grow the unique bond between an older, extended family member or family friend and their special lil' buddy. You'll make life-long memories. Each event includes lunch, activities and a keepsake craft to take home. Activity and lunch sponsored by Whispering Winds Retirement.

\$6.00 ID \$7.20 OD / session

Activity: 202438

F: 11:00 am - 3:00 pm

Sessions: 7/12 8/9

Fiber Arts

Fixing Your Knitting Mistakes

Ages: 16 & up

Camp Marshall

Mistakes happen to the best of us and most are easy to fix with a little patience. In this hands-on class, you'll learn to identify your knitting missteps. Discover techniques and solutions for common knitting mistakes; whether to "tink" or "frog" or how to pick up dropped stitches. Instructor will explain common pitfalls to knitting projects. Please bring a project with a mistake that you would like to learn how to fix. Instructor: Kristina Romer.

\$24.00 ID \$28.80 OD / session

Activity: 202470

W: 9:30 - 11:30 am

Session: 6/26



Knitting Tips & Tricks NEW

Ages: 16 & up

Camp Marshall

You know the basic stitches and are ready to knit "outside the square." Learn to choose and read a knitting pattern; what the abbreviations mean and what is required. Learn about available tools, what they're used for, and why a crochet hook is useful for knitters. Instructor: Kristina Romer

\$24.00 ID \$28.80 OD / session

Activity: 202471

W: 9:30 - 11:30 am

Session: 7/17

Fitness - Specialized

Stand Tall - Don't Fall

Ages: 50 & up

Camp Marshall

As we age, loss of balance can lead to fear of falling, which often decreases quality of life. This multi-faceted program develops skills to maintain balance and builds confidence to remain active and healthy throughout our mature years. Class is limited to 20 and taught by a certified Arthritis instructor. Must be able to stand unassisted for 15-20 minutes in class.

\$40.00 ID \$48.00 OD / session

Activity: 202777

W: 10:00 - 11:00 am

Session: 6/19 - 8/21



Music

Intro to Voiceovers

Ages: 16 & up

Offered online

Explore the voiceover industry! Discover current trends and tools. 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: 202160

Online: At your convenience

Session: 6/1 - 8/31

Beginning Guitar I

Ages: 16 & up

Camp Marshall

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: 202106

M: 5:00 - 6:00 pm

Sessions: 6/17 - 7/8 7/15 - 8/5



Beginning Guitar II

Ages: 16 & up

Camp Marshall

Let's move beyond the basics as we 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. Instructor: Carl Ventis

\$39.00 ID \$46.80 OD / session

Activity: 202107

M: 6:00 - 7:00 pm

Sessions: 6/17 - 7/8 7/15 - 8/5

Beginning Ukulele I

Ages: 16 & up

Camp Marshall

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: 202100

Tu: 5:00 - 6:00 pm

Sessions: 6/18 - 7/9 7/16 - 8/6

Summertime Ukulele Fun! NEW

Ages: 16 & up

Camp Marshall

Load up the Woody with the boards (and your ukulele)! It's summertime and time to learn to play some classic Beach Boys songs. This class will build on your previous ukulele class experience. Each session, we will learn new songs and build on your past skills. Beginning Ukulele I is required before taking this class.

\$39.00 ID \$46.80 OD / session

Activity: 202102

Tu: 6:15 - 7:15 pm

Sessions: 6/18 - 7/9 7/16 - 8/6



Tours

Schreiner's Iris Gardens Day Trip NEW

Ages: 50 & up

Bend Senior Center

Enjoy a day trip to the Mid-Willamette Valley. Join us as we visit the Schreiner's Iris Gardens. This 10-acre display garden features 500 Iris varieties, among a dizzying array of perennials. What a feast for your senses! Transportation, admission and lunch at the Bargarten Bavarian Social Haus included.

\$99.00 ID \$118.80 OD / session

Activity: 202300

M: 8:30 am - 7:00 pm

Session: 5/20

The Out to Lunch Bunch

Ages: 50 & up

The Pavilion

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: 202530

M: 11:00 am - 1:00 pm

Session: 6/10

Elk Lake Lunch & Pontoon Boat Ride

Ages: 50 & up

The Pavilion

Join us for a summer day at Elk Lake. After exploring the lodge, you'll enjoy a leisurely lunch with stunning lake views. Afterwards, learn the history of the lodge and lake on a scenic pontoon boat ride. Cost includes transportation, lunch and boat ride.

\$75.00 ID \$90.00 OD / session

Activity: 202301

M: 10:30 am - 3:30 pm

Session: 8/26

Western Antique Aeroplane & Automobile Museum NEW

Ages: 50 & up

Bend Senior Center

Step back in time at the Western Antique Aeroplane & Automobile Museum in Hood River. This antique collection of cars, planes, motorcycles and military vehicles is housed in over 3.5 acres of indoor hangar facility and has more airplanes than the Smithsonian. Come listen to the stories, talk to a docent and recount your own memories. Transportation, admission and lunch included in the fee.

\$99.00 ID \$118.80 OD / session

Activity: 302306

F: 8:30 am - 7:30 pm

Session: 9/6





**Volunteer coaches
needed for
youth sports.**

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



Trips

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)

Dates: 9/26 - 10/4



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)

Dates: 10/19 - 30



Music Cities Christmas

All Adults

Experience the 'Music Cities Christmas' with six days and five nights of first-class accommodations in America's premier music cities of the Midwest, including: Branson, Memphis and Nashville. The tour will fly from Portland/Redmond into St. Louis and returning home from Nashville. Call BSC for an information packet at (541) 388-1133.

\$2,495.00 each
(dbl occupancy, land/air/ tax from Portland)

Dates: 12/6 - 11

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
.....
**HIKING
& WALKING**
.....
PAGE 45

play it out

Dogs

Dog Obedience NEW in Parks & Open Spaces

Ages: 16 & Older

Pine Nursery Park

Gain confidence and control when walking your dog. The four-week class focuses on appropriate skills for sharing sidewalks, parks and trails with people and other dogs. Practice leash walking, greeting people and dogs, paying attention in the presence of distractions, the "leave it" command, and establishing and improving your dog's recall. Dogs should have basic skills to sit and stay. Dogs need to be on a 6-foot leash with a collar or harness with no pinch, prong, choke or shock collars. Bring lots of yummy treats and a smiling face!

\$80.00 ID \$96.00 OD / session

Activity: 208977

Tu: 10:00 – 11:00 am

Session: 6/25 - 7/16

Sa: 10:00 – 11:00 am

Session: 8/3 - 24



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

Fishing

Women NEW Teaching Women Fly Fishing

All Adults

Hollinshead Barn

Ladies! Join in a fun-filled day all about fly fishing as professional female fly anglers from Central Oregon share their knowledge and skills in fly casting, tying knots, rigging rods, and fly selection. Whether you are new to the sport or a seasoned angler, you take away new fly fishing skills and knowledge.

\$100.00 ID \$120.00 OD / session

Activity: 208976

F: 8:30 am - 4:30 pm

Session: 6/7

**Volunteer coaches
needed for
youth sports.**

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

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.

Hike & Walk 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.



The Bend Park & Recreation District is an equal opportunity recreation provider under Special Use Permit with the Deschutes National Forest and the Prineville District of the BLM.



Introduction to Fly Casting NEW

All Adults

Shevlin Park

Develop your basic casting stroke with help from a certified casting instructor. Instruction is focused around building a solid foundation for those new to fly fishing. Participants will develop casting techniques to present the fly naturally to fish in practical situations.

\$50.00 ID \$60.00 OD / session

Activity: 208975

W: 9:00 - 11:30 am

Session: 7/3

Sa: 9:00 - 11:30 am

Session: 8/10

Daytrippers:

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

See page 41.

Hiking & Walking

Explore the John Day Overnight Trip

All Adults

Harmon Park

The John Day is one-cool-corner of Oregon. We start at the Condon Paleontology Center: a world-class history museum that displays fossil specimens of three-toed-horses, bearded dogs and saber-toothed cats that once roamed ancient Oregon. We then camp riverside and enjoy some paddling near camp in the mild evening. Second day we paddle gentle Class I water (small rapids) of the John Day River in inflatable kayaks or by float raft. Meals, inflatable kayak/raft, tents and other group gear provided.

Optional pre-trip meeting 5/28.

\$240.00 ID \$288.00 OD / session

Activity: 208205

Th: 8:00 am - Fri 5:00 pm (overnight)

Session: 5/30 - 31





Trailpacers Hikes

All Adults

District Office

Level 2+ to 3 - Get a weekly dose of good exercise, great companionship, and gorgeous Central Oregon scenery. Hikes are typically 6-10 miles at a steady pace, with some moderate elevation gain.

\$75.00 ID \$90.00 OD / session

Activity: 208715

Th: 8:30 am - 4:30 pm

Sessions: 7/11 - 25 8/1 - 15
8/22 - 9/5 9/12 - 26

Barlow

Wagon Road Hike

All Adults

District Office

Level 2+ Wagon roads were the main thoroughfare for wagons traveling over the Cascades and through Central Oregon. Now that the wagons are gone, the roads are reserved for those curious souls trying to recapture the spirit of the Old West. Explore Mt. Hood's Barlow Road (level 2 walk), the most perilous section of the Oregon Trail. Our van will make numerous stops for walks to visit wagon ruts, graves and other points of interest, while hearing stories and journal accounts that make history come alive.

\$30.00 ID \$36.00 OD / session

Activity: 208720

Tu: 8:00 am - 6:00 pm

Session: 8/27

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

\$235.00 ID \$235.00 OD / session

Activity: 408360

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

Sessions: 4/6 - 7 6/8 - 9
11/2 - 3

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to address difficult medical situations. Presented by NOLS Wilderness Medicine. Includes CPR.

\$770.00 ID \$770.00 OD / session

Activity: 408364

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

Sessions: 10/8 - 17

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This training is specifically designed to recertify the Wilderness First Responder certification. Includes CPR.

\$340.00 ID \$340.00 OD / session

Activity: 408362

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

Session: 4/30 - 5/2

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

Sessions: 10/5 - 7 10/26 - 28
11/16 - 18



Wilderness Upgrade for Medical Professionals

NEW

All Adults

Hollinshead Barn

Five-day/48-hour module for professional medical practitioners that builds on background in urban emergency care to learn how to improvise equipment, deal with challenging environmental conditions and make difficult medical decisions in remote locations. This course is for medical professionals - EMTs, medical students, nurses, physician assistants and physicians. Presented by NOLS Wilderness Medicine. Continuing education units available.

\$725.00 ID \$870.00 OD / session

Activity: 408366

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

Session: 11/4 - 8

Work for play. Play for work.

View available
positions at
bendparksandrec.org/jobs

River Safety & Rescue

Ages: 12 & up

Pioneer Park

When it comes to recreating on the river, safety comes first. Learn basic recognition and avoidance of common river hazards, self-rescue techniques and simple rescues for swimmers or boaters in distress. Emphasis will be on personal safety and simple, commonly used skills in moving water. Participants must be in good physical condition and have basic swimming ability. Required equipment: PFD designed for whitewater use, whitewater helmet, drysuit or wetsuit for extended cold-water swimming, protective footwear, neoprene gloves and whistle. If you have additional rescue gear, please bring it. (Some gear available for rental). Minors must be accompanied by enrolled and paid adult.

\$89.00 ID \$106.80 OD / session

Activity: 208980

Sa: 8:00 am - 5:00 pm

Session: 6/29

Advanced Swiftwater Rescue

All Adults

Pioneer Park

Take your river skills to the next level in this American Canoe Association certified course. This course is geared for private river runners and professional guides in all river disciplines (raft, kayak, SUP, canoe, drift boat) that may be called upon to affect a rescue. Skills taught include: personal and group safety, proper use of rescue equipment, mechanical advantage and simple-to-complex rescue solutions. Participants must be in good physical condition and comfortable in Class III whitewater. Required equipment includes a whitewater personal floating device (rescue PFD recommended) whistle, knife, whitewater helmet, drysuit or wetsuit and river shoes.

\$179.00 ID \$214.80 OD / session

Activity: 208984

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

Session: 7/13 - 14



**CLASSES
AT
THE PAVILION
& DISTRICT
OFFICE**

**JUNE
1 - 16**

fit for life

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.

Summer 2019 Fitness Class Locations

Due to the construction at Bend Senior Center, fitness classes will be offered at several different locations this summer.

PASSES / FEES: There are numerous pass options available to suit your needs. Because of construction impacts this summer, Bend Senior Center multi-visit passes will be honored at all fitness class locations, May 26 - Sept. 2. Pass information on pages 16 - 17.

WEEKLY SCHEDULES: All classes are held on a weekly basis. Check schedules online at bendparksandrec.org for times and locations.

Look for the JSFC and SUM location icons with class descriptions.

June 1 - 16

JSFC JUNIPER SWIM & FITNESS CENTER
800 NE 6th St.,
Bend, OR 97701
p. (541) 389-7665

SUM THE PAVILION
1001 SW Bradbury Way
Bend, OR 97702
p. (541) 389-7588

SUM BPRD DISTRICT OFFICE
799 SW Columbia St.
Bend, OR 97702
p. (541) 389-7275

June 17 - Sept. 1

JSFC JUNIPER SWIM & FITNESS CENTER
800 NE 6th St.,
Bend, OR 97701
p. (541) 389-7665

**SUM CAMP MARSHALL -
SUMMER HOME OF THE
BEND SENIOR CENTER**
1291 NE 5th St.,
Bend, OR 97701
p. (541) 388-1133

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: All locations feature the same great instructors.

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 16 - 17.

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

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!

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



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.

Fitness Centers

FITNESS CENTER ORIENTATION

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 orientations are offered weekly and are free.

FITNESS CENTER & UNDER 18 USE

16- to 17-year-olds may use the fitness center without restriction, although we recommend completing an orientation. 11- to 15-year-olds may workout in the fitness center under direct parental/guardian supervision, or complete an orientation to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Orientations are offered weekly and are free.



WEEKLY FITNESS CLASSES

on pages 50 - 53.

THERAPEUTIC FITNESS

on pages 48 - 49.



Low Impact • Light Intensity Fit4U Fitness Programs

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

Look for the  icon with class descriptions on pages 50 - 53. Visit our website at bendparksandrec.org/fit4u for the Fit4U class schedule.

Personal Training: Individual & Group

A personal trainer can help you:

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

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: 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!

Therapeutic Next Steps Training: Aimed for those recovering from injury or surgery, preparing for surgery or transitioning from physical therapy, personalized training is designed just for you. See page 48 for details.

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

Private & Semi- 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 and semi-private instruction is available for 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 one partner of like abilities and goals. Contact our Fitness Team at (541) 706-6188 to schedule your class.

MOVE FOR HEALTH!

PHYSICAL FITNESS & WELLNESS



Therapeutic Fitness Program

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**
- **BACK PAIN**
- **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.

Looking to get in shape before or after surgery?

- OR -

Looking for your next step from physical therapy?

Therapeutic fitness can help you transition.

Therapeutic Fitness Options

Bend Park and Recreation District features three different therapeutic fitness program options so that you can access the type of program you need.

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 - pre-/post-joint replacement, arthritis, back and joint pain, stroke, fibromyalgia and MS. 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

Therapeutic Next Step Program JSFC

Whether you are getting in shape for an upcoming surgery, recovering from an injury or surgery, or transitioning from physical therapy, our expert staff will design a personalized program for you. Both water and/or land exercise programs can be developed to meet your needs. Call us at (541) 706-6188 to schedule an appointment

2 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

Fit4U Moving to Music SUM

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.

Fit4U 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.

Fit4U 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. Look for the Fit4U icon. Learn more on page 47.

3 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, centered on muscle strengthening for stability and mobility.

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

Stand Tall - Don't Fall SUM

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: 202777

W: 10:00 - 11:00 am

Session: 6/19 - 8/21



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 52)

Prenatal/

Deep Water Workout (page 53)

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 50)

Baby & Me Yoga (page 52)

Online schedules at
bendparksandrec.org

Cancer Survivors' Therapeutic Fitness



Supported through
partnership with
Tour Des Chutes

The Tour des Chutes and Bend Park and Recreation District have partnered to provide the following free programs specifically designed for cancer survivors.

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

All Adults

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

Activity: 205630

Tu: 4:30 - 5:45 pm

Session: 6/11 - 7/23 (no class 7/2)

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

All Adults

Come experience the healing environment of the water. Class includes walking and low impact movements in the shallow water along with non-impact movements in the deep water, improving cancer-related fatigue and strength in cancer survivors.

Activity: 205631

F: 12:15 - 1:00 pm

Session: 7/12 - 8/16



Summer Fitness Class Locations

Due to the construction at Bend Senior Center, fitness classes will be offered at several different locations this summer.

WEEKLY SCHEDULES: All classes are held on a weekly basis. Check schedules online at bendparksandrec.org for times and locations.

June 1 - 16

JSFC JUNIPER SWIM & FITNESS CENTER
800 NE 6th St.,
Bend, OR 97701
p. (541) 389-7665

SUM THE PAVILION
1001 SW Bradbury Way
Bend, OR 97702
p. (541) 389-7588

SUM BPRD DISTRICT OFFICE
799 SW Columbia St.
Bend, OR 97702
p. (541) 389-7275

June 17 - Sept. 1

JSFC JUNIPER SWIM & FITNESS CENTER
800 NE 6th St.,
Bend, OR 97701
p. (541) 389-7665

SUM CAMP MARSHALL - SUMMER HOME OF THE BEND SENIOR CENTER
1291 NE 5th St.,
Bend, OR 97701
p. (541) 388-1133

PASSES / FEES: There are numerous pass options available to suit your needs. Because of construction impacts this summer, Bend Senior Center multi-visit passes will be honored at all fitness class locations. Pass information on pages 16 - 17.

Drop-in Weekly Fitness Classes

June 1 - September 1

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.

Fit 4U FIT4U CYCLE JSFC

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



EXPRESS CYCLE JSFC

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

CYCLE ON YOUR OWN JSFC

Non-instructed cycling on your own. Allow 10 minutes before and after scheduled classes for transitions. 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 SUM

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 SUM

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 **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** **SUM**

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**

Get your cardio dance on in this great combo class.

Fit 4U **ZUMBA® 101** **SUM**

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®** **SUM**

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** **SUM**

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** **SUM**

Class combines ballet and strength conditioning with head-to-toe flexibility, balance and core work.

BARRE BODY **JSFC** **SUM**

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** **SUM**

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** **SUM**

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.

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** **SUM**

This weight training class focuses on improving bone health and muscle mass while increasing flexibility and balance.

Fit 4U **FITNESS VARIETY** **SUM**

A total body conditioning class incorporating strength, cardio, core and balance.

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

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** **SUM**

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** **SUM**

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** **SUM**

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

Need child care while you work out?

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

Learn more on page 20.

Work for play.

BPRD is hiring. Learn more at bendparksandrec.org.



Mind & Body:

Benefits: Rooted in traditional practices, Mind & Body classes aim to improve your overall health and wellbeing through stretching, focused breathing, relaxation techniques and strengthening movements or poses. Yoga, Pilates, Tai Chi, meditation and other practices are known to build on both physical and mental awareness and wellness.

All Levels

YOGA 101

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.

STRETCH & RELAX

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

CHAIR YOGA

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.

GUIDED MEDITATION

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

GENTLE YOGA FOR MINDFULNESS

This yoga practice is designed to settle the mind, stretch the body and cultivate relaxation in the moment with meditation, breath work and asanas, or seated poses.

YOGA FOR HEALTH

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.

YOGA FUNDAMENTALS

Learn to do yoga poses correctly and safely with an emphasis on alignment, proper muscle action and breathing techniques. This class moves at a slow pace and includes the instruction and tools to develop your yoga practice.

RESTORATIVE YOGA

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.

RESTORATIVE FLOW YOGA

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

RESTORATIVE YOGA FOR ATHLETES

A restorative practice designed to enhance athletic recovery and reduce the risk of injury. Add flexibility training to your workout routine and improve your athletic performance.

YIN YOGA

Opens the connective tissue in the body using deep, passive poses held for several minutes. This practice challenges your mind to relax as you tether your focus to your breath.

PRENATAL YOGA

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.

BABY & ME YOGA

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.

TAI CHI 8 MOVEMENT

Slow, circular movements to gently exercise muscles and improve range of motion. Often described as "meditation in motion," Tai Chi focuses on constant, low-impact movements and internal awareness to help generate a feeling of overall health and vitality.



TAI CHI 8/24 MOVEMENT

This class is designed for those that want to build on the 8 Movement form of Tai Chi as a bridge to the 24 Movement. Features both formats.

TAI CHI 24 MOVEMENT

Further your practice of Tai Chi with additional movements to help improve balance, movement, vitality and wellbeing.

Intermediate Levels

FLEXIBLE STRENGTH THROUGH YOGA

A fitness-style yoga class that moves with the breath, continuously stretching and strengthening the body.

KUNDALINI YOGA & MEDITATION

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

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

Move with the breath in this dynamic form of yoga which incorporates sun salutations and connecting asanas to create flow in your practice.

Private & Semi-Private Yoga & Pilates Sessions

The personalized instruction you want to help achieve your individual goals.

30-minute session: \$25.00

60-minute session: \$50.00

Session can be shared with one partner of like abilities and goals. See page 47 for more.

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 SUM

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 SUM

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.

Need child care while you work out?

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

Learn more on page 20.

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

All are welcome in this deep water fitness class that is geared for everybody, but especially those who are expecting. 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!

DEEP TETHERED RUNNING 101 JSFC

New students are required to attend this 15-minute introduction. Not recommended for prenatal students.

DEEP TETHERED RUNNING JSFC

High intensity deep water running class that provides a total body workout without any impact. Your floatation belt is anchored to a lane line, providing even greater resistance. Set to upbeat music, participants can work out harder, get their heart rates up higher and burn more calories than running on land. Not recommended for prenatal students.

GAME,
SET, MATCH
.....
**TENNIS
LESSONS**
.....
PAGE 55

play it thru

Game time.

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

Cornhole

PINTS N' PLAY: Adult Cornhole League

All Adults

The Pavilion

It has been called many things - Corn Toss, Bean Bag, Bean Toss, Soft Horseshoes, and Indiana Horseshoes - but to many of us the game is passionately known as Cornhole. If you can toss a corn bag 30 feet, then come play! Enjoy summer evenings with friends and family playing one of Bend's favorite past times. Local brewery on site for Pints N' Play.

\$125.00 ID \$150.00 OD / team

Activity: 210200

Registration deadline: 6/25
or until full

Tu: 6:30 - 9:00 pm

Season: 7/9 - 8/13

Playoffs: 8/20 & 8/27

Golf

Adult Golf League

All Adults

Lost Tracks Golf Club

Four player teams play nine holes each night in a scramble format. Prizes awarded each week for Long Drive, KP and Long Putt. Team tee times vary each week starting at 4:00 pm; we can work with your schedule. Team registration only.

\$639.00 / team

Activity: 203920

Registration deadline: 5/31
or until full

M: 4:00 - 6:15 pm

Season: 6/10 - 7/15

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

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



Kickball

Adult Kickball League

All Adults

Harmon Park

Get your team together and join the action! Teams play an eight-game schedule. All interested teams are encouraged to attend an organizational meeting on Wednesday, 5/22 at 5:30 pm at the BPRD office. Team registration only.

\$159.00 / team

Activity: 203930

Registration deadline: 5/31
or until full

M - W: 6:00 - 8:00 pm

Season: 6/10 - 8/7



Martial Arts

Historical NEW European Swordplay

Ages: 16 & up

Bend Masonic Hall

Historical swordplay is growing in popularity worldwide. This fitness-oriented class in historical European martial arts will take you through the basics: footwork, movement, defense, striking and tactics. Practices include solo and partner drills useful for developing competency in historical fencing technique. Come for a good workout, have fun and become a better martial artist. No previous experience required. Equipment supplied.

\$150.00 ID \$180.00 OD / session

Activity: 208973

Tu: 5:30 - 7:00 pm

Sessions: 5/7 - 6/25 7/2 - 8/20



Softball

Adult Fall Softball League

All Adults

Skyline Sports Complex

Get your team together! Teams play a seven-game schedule and a single elimination tournament at season's end. Teams play one or two games per week. Space is limited; first-come, first-served.

\$449.00 / team

Activity: 203945

Registration deadline: 8/1
or until full

M: Women's

M/W: Coed

Tu/Th: Men's

W: Senior

Season: Mid-August - Mid-October

Tennis

Adult Tennis Lessons I

All Adults

Juniper Park

Players will learn the rules, basic playing skills and court positioning. The sessions are action-oriented and include a lot of fun.

\$60.00 ID \$72.00 OD / session

Activity: 203960

Tu/Th: 5:30 - 6:45 pm

Sessions: 6/4 - 27 7/2 - 25
7/30 - 8/22

Adult Tennis Lessons II

All Adults

Juniper Park

Sessions focus on continued skill development coupled with actual match experiences. Players review basic shot-making techniques, undertake more advanced drills, learn and practice doubles, and play matches.

\$60.00 ID \$72.00 OD / session

Activity: 203961

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

Sessions: 6/4 - 27 7/2 - 25
7/30 - 8/22

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

The Pavilion

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 & Th: 6:30 - 8:30 pm

Session: 6/17 - 9/12



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.



Soccer

Adult Recreational Soccer Leagues

All Adults

Big Sky Sports Complex

New this season - team sign-up only. Get outside and play some soccer! For beginning to experienced soccer players, this league provides recreational soccer game opportunities emphasizing camaraderie, fitness and fun.

\$559.00 / team

SUMMER LEAGUE

Activity: 203900

Registration deadline: 5/27
or until full

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

Season: 6/4 - 8/8

FALL LEAGUE

Activity: 203901

Registration deadline: 8/25
or until full

Su: 11:45 am - 6:00 pm

Season: 9/8 - 10/27

**ADULT
THERAPEUTIC
RECREATION**
.....
PAGES 57 - 60

ready, set, play

With Inclusion, Everybody Benefits!

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

Someone from the Therapeutic Recreation Department will contact you to discuss what we can do to make your experience a success!

*The only disability
in life is
a bad attitude.
~ Scott Hamilton*

Youth Therapeutic Recreation

Kids Overnight Zoo Trip

Ages: 8 - 14

BPRD District Office

Join us for our kid's overnight extravaganza to the Portland Zoo! Kids will enjoy a day exploring the zoo and going out to dinner then to the hotel for a dip in the pool.

\$150.00 ID \$180.00 OD / session

Activity: 204831

Sa/Su: 8:30 am - 1:00 pm

Session: 5/25 - 26

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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

Camp Excel

Ages: 13 - 21

Harmon Park

All you adventurous teens, sign up to spend the day playing with friends, swimming, boating, fishing and enjoying all that Central Oregon has to offer. This is an inclusive program, so we encourage friends and siblings to sign up too!

\$200.00 ID \$240.00 OD / session

Activity: 204821

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

Session: 6/17 - 21

Camp G.R.O.

Ages: 6 - 12

Harmon Park

Developing social skills and increasing fitness while discovering exciting opportunities around Central Oregon. Our staff will take you on a thrilling journey down rivers, exploring caves, and enjoying water activities. This is an inclusive program, so we encourage friends and siblings to sign up too!

\$200.00 ID \$240.00 OD / session

Activity: 204820

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

Session: 6/24 - 28

Extended Adventures

Ages: 13 - 21

Harmon Park

Join us for exciting summer adventures as we take excursions around Central Oregon. Activities may include blueberry picking, a trip to the trampoline park, swimming and other outings. Participants must be able to hike 1 mile unassisted, walk over uneven terrain and roll front to back while floating with life jacket.

\$210.00 ID \$252.00 OD / session

Activity: 204808

M: 9:00 am - 4:00 pm

Session: 7/8 - 29

GRO

Ages: 6 - 12

Miller Elementary

Let our highly trained staff take you on an adventure of recreation and exploration as you spend your summer swimming in Central Oregon lakes and rivers and making new friends! This program is for children with disabilities.

\$210.00 ID \$252.00 OD / session

Activity: 204806

Tu/Th: 11:30 am - 4:00 pm

Session: 7/9 - 8/1

W/F: 11:30 am - 4:00 pm

Session: 7/10 - 8/2



Excel

Ages: 13 - 21

Miller Elementary

Get ready for another EXCEL-lent summer? Pack your sun screen, swimsuit, and hiking shoes and prepare for afternoons filled with swimming, hiking, boating, hanging out in local parks, and much more!

\$210.00 ID \$252.00 OD / session

Activity: 204807

Tu/Th: 11:30 am - 4:00 pm

Session: 7/9 - 8/1

W/F: 11:30 am - 4:00 pm

Session: 7/10 - 8/2

Camp Exploration NEW

Ages: 8 - 14

Harmon Park

Fuel your sense of adventure and explore Central Oregon! This new camp will take original, exciting field trips, with our last adventure heading to Crater Lake to tackle the zip-lines.

\$300.00 ID \$360.00 OD / session

Activity: 204824

Tu/Th: 9:00 am - 4:00 pm

Sessions: 8/6 - 22

Adventure Quest NEW

Ages: 15 - 21

Harmon Park

Calling all teens who are up for adventure! This new camp will take original and exciting field trips around Central Oregon. For our last exploration, we will tackle the zip-lines at Crater Lake.

\$300.00 ID \$360.00 OD / session

Activity: 204823

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

Session: 8/7 - 23

Adult Therapeutic Recreation

Sisters Rodeo

All Adults

Norton Avenue Apartments

Yee-haw! Grab your boots and cowboy hats and head over to the Sisters Rodeo. Join us for an evening full of bull riding, steer wrestling and great fun!

\$40.00 ID \$48.00 OD / session

Activity: 204513

F: 5:30 - 9:30 pm

Session: 6/7

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. Recreation Scholarships:

Scholarships are available to cover a percentage of program fees for those who qualify. See page 18 for details.



Summer Festival

All Adults

Norton Avenue Apartments

Enjoy an afternoon of music, shopping and hanging out with friends as we walk downtown to explore the Bend Summer Festival.

\$25.00 ID \$30.00 OD / session

Activity: 204501

Sa: 12:30 - 3:30 pm

Session: 7/13

Bend Elks Baseball Game

All Adults

Norton Avenue Apartments

Batter up! Join us for an evening of Bend Elks baseball. Come cheer for our local baseball team as they take on their next opponent.

\$20.00 ID \$24.00 OD / session

Activity: 204514

Tu: 5:30 - 9:30 pm

Session: 8/6

Munch & Music

All Adults

Norton Avenue Apartments

Bring your best dance moves and enjoy an evening of music and food at Drake Park!

\$25.00 ID \$30.00 OD / session

Activity: 204515

Th: 6:00 - 9:00 pm

Session: 8/8



Summer Dance

All Adults

Hollinshead Barn

Swing into summer with our annual summer dance! Festivities begin with a scrumptious barbecue and continue into the night with dancing to some rockin' tunes!

\$25.00 ID \$30.00 OD / session

Activity: 204511

Sa: 5:00 - 8:00 pm

Session: 8/24



Arts & Crafts

Nighttime Art

All Adults

Twin Knolls Transition Co-op

Each week we will make night-inspired art projects. Projects will use various mediums and may include painting, pottery, fabric art, fused glass and/or tie-dye.

\$60.00 ID \$72.00 OD / session

Activity: 204412

W: 6:30 - 8:00 pm

Session: 6/12 - 26

Under the Sea Art

All Adults

Twin Knolls Transition Co-op

Take a dive under the ocean! Art projects will focus around the ocean and marine life.

\$75.00 ID \$90.00 OD / session

Activity: 204414

W: 6:30 - 8:00 pm

Session: 7/10 - 24

Nature-Themed Art

All Adults

Twin Knolls Transition Co-op

Get creatively connected to nature through this art class. Projects will incorporate nature themes and use various art mediums.

\$60.00 ID \$72.00 OD / session

Activity: 204415

W: 6:30 - 8:00 pm

Session: 7/31 - 8/14

Cooking

Hollywood-Inspired Cooking NEW

All Adults

Twin Knolls Transition Co-op

From Lady and the Tramp's spaghetti to the food of Willy Wonka's "pure imagination." Let's learn how to cook foods inspired by your favorite movies. Don't miss this culinary exploration!

\$60.00 ID \$72.00 OD / session

Activity: 204313

W: 4:30 - 6:30 pm

Session: 6/12 - 26

Adult Therapeutic Recreation Summer Registration By Survey - Opens March 18

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 summer programs.

The survey is available at bendparksandrec.org/TR and will be open March 18 - April 14. You will be notified by May 1 of your classes and arrangements for payment must be received by May 15 or your spot will be forfeited. After May 15, 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.



Simple & Delicious Meals

All Adults

Twin Knolls Transition Co-op

Learn how to prepare quick and easy meals to spice up your everyday meal plans.

\$75.00 ID \$90.00 OD / session

Activity: 204317

W: 4:30 - 6:30 pm

Session: 7/10 - 24

Summer Favorite Recipes

All Adults

Twin Knolls Transition Co-op

Bring your favorite summer recipe to share with the class. We will create a different recipe each week that is voted on the prior week by the entire group.

\$60.00 ID \$72.00 OD / session

Activity: 204318

W: 4:30 - 6:30 pm

Session: 7/31 - 8/14

Outdoor Adventures

Wings & Waves Waterpark Trip

All Adults

Norton Avenue Apartments

Join us for a day riding the waves, relaxing in the lazy river and all-around fun water activities at the Wings and Waves Waterpark in McMinnville.

\$125.00 ID \$150.00 OD / session

Activity: 204710

F: 7:00 am - 6:00 pm

Session: 6/14

Blue Pool Hike

All Adults

Norton Avenue Apartments

Join us for an early-summer hike along the Mackenzie to the famous Blue Pool.

\$75.00 ID \$90.00 OD / session

Activity: 204707

Sa: 9:00 am - 4:00 pm

Session: 6/22

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.

Day on the Deschutes

All Adults

Norton Avenue Apartments

Enjoy a fantastic float down the Deschutes with a day full of swimming, water fights and fun in the sun. Don't forget sun block, a swimsuit and lunch! Participants must be able to perform or provide for their own personal care. With advanced notice and available space, a caregiver may attend at no charge.

\$75.00 ID \$90.00 OD / session

Activity: 204704

Sa: 9:00 am - 4:30 pm

Session: 7/20

McKenzie Mayhem

Ages: 16 & older

Norton Avenue Apartments

Get ready for an exciting day of rafting! Grab your swimsuit, pack a lunch and get ready to cool down on the beautiful McKenzie River. We encourage friends, siblings, and parents to join us on this inclusive voyage. Space is limited so don't miss the boat...literally! Participants must be able to perform or provide for their own personal care. A caregiver may attend at no charge with advanced notice.

\$90.00 ID \$108.00 OD / session

Activity: 204705

Sa: 8:00 am - 5:00 pm

Session: 7/27

Day at the Lake

All Adults

Norton Avenue Apartments

Join us for a day basking in the sun, swimming, games and a picnic at a Central Oregon lake.

\$60.00 ID \$72.00 OD / session

Activity: 204708

Sa: 9:00 am - 4:00 pm

Session: 8/10

Crater Lake Hike & Zip Line

All Adults

Norton Avenue Apartments

Join us for an exciting day at Crater Lake. We will be going on a short hike and trying out the zip line course with beautiful views of the lake.

\$175.00 ID \$210.00 OD / session

Activity: 204709

M: 8:00 am - 6:00 pm

Session: 8/12



Overnight Trips

John Day Overnight Camping Trip

All Adults

Norton Avenue Apartments

Enjoy an overnight camping trip on the John Day River. After a trip to the paleontology museum, we'll spend an afternoon playing in the river in tubes and inflatable kayaks before settling in for the night camping along the river. This is a rustic campout. Participants must be able to walk 100 yards unassisted and attend to their own personal care.

\$150.00 ID \$180.00 OD / session

Activity: 204610

M/Su: 9:00 am - 5:00 pm

Session: 6/30 - 7/1

Summer Campout

All Adults

Norton Avenue Apartments

Pack your sleeping bag, camera and hiking shoes for the annual campout! Join in as we explore our own backyard at Tumalo State Park. You'll spend your day exploring waterfalls, taking short hikes, swimming and floating in the river. You'll spend evening telling stories around the campfire, playing games and roasting marshmallows.

\$125.00 ID \$150.00 OD / session

Activity: 204611

M/Su: 11:00 am - 2:00 pm

Session: 8/4 - 5

Charlie & Chocolate Factory Play

All Adults

Norton Avenue Apartments

Join us as we travel to Portland to see a live performance of Charlie and Chocolate Factory at Keller Auditorium. We'll stay in a hotel and go out to dinner at the Spaghetti Factory.

\$200.00 ID \$240.00 OD / session

Activity: 204612

M/Su: 8:00 am - 1:00 pm

Sessions: 8/18 - 19

Oregon Coast Trip

All Adults

Norton Avenue Apartments

For our annual beach trip, we will head to Devil's Lake State Park. You'll spend two nights camping in yurts, eat delicious seafood, hiking trails in the coastal mountains and playing on the beach. What a fun two days! This trip is very active. Participants must be able to walk 2 - 3 miles unassisted up and down uneven terrain.

\$325.00 ID \$390.00 OD / session

Activity: 204601

M/Sa/Su: 10:00 am - 4:00 pm

Session: 9/21 - 23

Sports & Fitness

Zumba

All Adults

Hollinshead Barn

Dance to an energetic blend of popular music. This is an upbeat and easy way to work out by yourself or with some friends!

\$75.00 ID \$90.00 OD / session

Activity: 204100

Tu: 4:30 - 5:45 pm

Session: 5/28 - 6/25

Fitness Games

All Adults

The Pavilion

Join us for a fun workout playing various fitness games to improve your strength, endurance, balance and agility to become stronger.

\$75.00 ID \$90.00 OD / session

Activity: 204107

Th: 6:15 - 7:45 pm

Session: 5/30 - 6/27

Walking & Jogging Club

All Adults

Norton Avenue Apartments

Grab your walking shoes and join us for fitness walks and/or jogs around the park trails.

\$60.00 ID \$72.00 OD / session

Activity: 204140

Tu: 5:30 - 7:00 pm

Session: 7/9 - 30

Floor Hockey

All Adults

The Pavilion

Take your best shot! Come learn how to play floor hockey and enjoy a scrimmage at the end of each short lesson.

\$60.00 ID \$72.00 OD / session

Activity: 204141

Th: 6:45 - 8:15 pm

Session: 7/11 - 8/1



Aqua Zumba

All Adults

Juniper Swim & Fitness Center

If you like Zumba and you enjoy the water, then Aqua Zumba is for you! It's an exhilarating way to work out by yourself or with friends on a warm summer evening! Please advise prior to program if you will need transportation; bus space is limited.

\$60.00 ID \$72.00 OD / session

Activity: 204110

Th: 5:00 - 6:30 pm

Session: 7/11 - 8/1

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

The Pavilion

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 & Th: 6:30 - 8:30 pm

Session: 6/17 - 9/12



SUMMER BUDDIES

.....
PRESCHOOL PLAY
AT JUNIPER
.....
PAGE 62

play by play

Crafts

Imagination Inspiration Camp

Ages: 3 - 5

Harmon Park

Kids will focus on a different fairy tale each day. They will do art, cooking, story-time, sing songs and use their imaginations.

\$49.00 ID \$58.80 OD / session

Activity: 206115

Tu - Th: 9:00 - 10:30 am

Session: 8/20 - 22



Little Paleontologists

Ages: 3 - 5

Harmon Park

Step back in time and explore the world of dinosaurs. You will make fossils, unearth a dinosaur egg and more in this exciting class from the past.

\$40.00 ID \$48.00 OD / session

Activity: 206116

M - W: 9:00 - 10:30 am

Session: 8/26 - 28

Dance

Moving Joyfully Summer 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 and the jungle. Children participate in art, movement, dancing, stories, 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: 206766

\$35.00 ID \$42.00 OD / daily drop-in

M - Th: 9:00 - 11:30 am (No Friday)

\$140.00 ID \$168.00 OD / week

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

Sessions: 6/17 - 21 8/12 - 16



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 Play

Summer Buddies

Includes daily swimming!

Ages: 3 - 5

Juniper Swim & Fitness Center

Children will enjoy afternoon swimming, making crafts, playing outdoor games, making new friends and much more. Summer Buddies is a great boost before Preschool or Kindergarten! No prior swimming experience required. Children must be potty trained.

\$95.00 ID \$114.00 OD / session

Activity: 205600

M/W: 1:30 - 3:45 pm

Sessions: 6/24 - 7/10

7/15 - 31

8/5 - 21

Tu/Th: 1:30 - 3:45 pm

Sessions: 6/25 - 7/11

(no program 7/4; \$80.00 ID \$96.00 OD)

7/16 - 8/1

8/6 - 22



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 fully potty trained.

Monthly Fee: 2 days/week:
\$200.00 ID \$240.00 OD / month
(payment is due by the 5th of each month.)

Registration Fee: \$20.00 non-refundable registration fee
due at the time of enrollment.

Registration begins May 20.

Activity: 405601

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

or

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

Dates: Sept. 9 - June 11



Born to Dance

Ages: 2.5 - 4

Academie De Ballet

Little boys and girls will be dreaming of dancing at the ball! Budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement.

\$48.00 ID \$57.60 OD / session

Activity: 206573

Tu: 10:00 - 10:30 am

Session: 6/25 - 8/6 (no class 7/16)

Twinkle Toes Tap - Level 1

Ages: 4 - 7

Academie De Ballet

Kids will love to make rhythm sounds with their feet, while parents will appreciate the coordination and ear training tap gives their children. Choreography develops the brain and improves retention skills.

\$60.00 ID \$72.00 OD / session

Activity: 206585

W: 4:00 - 4:55 pm

Session: 6/26 - 7/31

Little Swans Ballet

Ages: 4 - 7

Academie De Ballet

A delightful start to ballet! Together, we'll develop fundamentals of classical dance and creative movement in a lively environment. Leap over imaginary streams, fly over snowcapped mountains and land lightly on a flower petal in this fun ballet series.

\$72.00 ID \$86.40 OD / session

Activity: 206572

Tu: 9:00 - 9:55 am

Session: 6/25 - 8/6 (no class 7/16)

Th: 5:30 - 6:25 pm

Session: 6/27 - 8/8 (no class 7/18)

Cinderella Ballet Camp

Ages: 4 - 8

Academie De Ballet

Boy and girl dances will take a fantastic journey through the magical kingdom of Cinderella in this themed camp. Join the cast! Kings, queens, spinning wheels, fairies, evil stepsisters, soldiers and horses needed. Bring a healthy snack to keep the energy high.

\$72.00 ID \$86.40 OD / session

Activity: 206570

Th/F: 9:30 am - 12:00 pm

Session: 8/1 - 2



Music

Kindermusik: Cuddle & Bounce

Ages: Newborn - 12 months

Cascade School Music

Your baby's brain is filled with billions of neurons waiting to be connected through sensory stimulation.

These baby music classes offer a sensory-rich, yet caring and gentle environment. Develop and strengthen your baby's neural pathways, enhance your growing parent-child bond and learn the how's and whys of your baby's development.

\$75.00 ID \$90.00 OD / session

Activity: 206352

Tu: 9:30 - 10:15 am

Session: 6/4 - 25

Kindermusik: Wiggle & Grow Family Style: Beach Days

Ages: 1 - 4

Cascade School Music

Children love the beach! This summer, bring the beach indoors as we sing, move and play while learning about the great outdoors, nature-friendly ideas and all kinds of interesting creatures unique to the coastal environment. So put on your beach clothes and join us for an ocean adventure!

\$75.00 ID \$90.00 OD / session

Activity: 206350

W: 10:45 - 11:30 am

Sessions: 6/5 - 26 7/17 - 8/7

Kindermusik - Sing & Play, Rain or Shine

Ages: 1 - 2

Cascade School Music

Get ready to sing, play and move with your little one in this high-energy music class designed 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.

\$75.00 ID \$90.00 OD / session

Activity: 206351

W: 9:30 - 10:15 am

Sessions: 6/5 - 26 7/17 - 8/7

Kindermusik: Musical Summer

Ages: 4 - 6

Cascade School Music

It's a musical summer! Your child will learn, sing and dance to different styles of music from classical to folk. They will learn to play melodies on their own flutophone (it's similar to a recorder), begin to read music, play percussion instruments, dance, sing and express themselves musically. It's a musical summer! Materials included.

\$75.00 ID \$90.00 OD / session

Activity: 206354

Th: 10:45 - 11:30 am

Session: 7/18 - 8/8

Kindermusik: Splash into Music

Ages: 3 - 4

Cascade School Music

Fun ahoy! Join this water-themed class as we sing about penguins, whales, bath time and pirates! With lots of pretend play, dancing, instruments and stories, your child will go on a wonderful water adventure this summer that is filled with learning and giggles. Materials included.

\$75.00 ID \$90.00 OD / session

Activity: 206355

Tu: 11:00 - 11:45 am

Session: 6/4 - 25

Th: 9:30 - 10:15 am

Session: 7/18 - 8/8

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: 206752

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

Sessions: 6/4 - 27 7/9 - 8/1
8/6 - 29 9/3 - 26

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: 206750

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

Sessions: 6/3 - 26 7/8 - 31
8/5 - 28 9/9 - 10/2

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

Sessions: 6/4 - 27 7/9 - 8/1
8/6 - 29 9/10 - 10/3

More programs for little guys and gals at:

Art, pages 64 - 69

Fitness, page 27

Swimming, pages 24 - 26

Sports, pages 92 - 106

Work for play. Play for work.

View available
positions at
bendparksandrec.org/jobs

LET'S
GET ARTY!
.....
**SUMMER
ART CAMPS**
.....
PAGES 68 - 69

make your play

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

Young Children

Art Play Group

Art Station

Parents, grandparents, nannies or any other family member get to connect with their child at the art station! Each session will have different activities that are play based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. Child must be accompanied by an adult.

\$19.00 ID \$22.80 OD / session

Activity: 211300

Ages: 2 - 3 with adult

F: 9:00 - 10:00 am

Ages: 3 - 5 with adult

F: 10:30 - 11:30 am

Sessions: 6/21 7/12
7/26 8/2
8/16

With Your Child: Clay

With Your Child: Clay Dragons

Ages: 5 & up with adult

Art Station

Make a mystical creature! These adorable characters are fun to make while sharing your imagination and creativity. Instructor: Helen Bommarito

\$55.00 ID \$66.00 OD / session

Activity: 211500

Sa: 10:00 am - 1:00 pm

Sessions: 6/22 8/3

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 Whistles

Ages: 5 & up with adult

Art Station

You and your child will make music from mud! These fun little whistles are aesthetically pleasing, functional and a happy hoot. Instructor: Helen Bommarito

\$55.00 ID \$66.00 OD / session

Activity: 211505

Sa: 10:00 am - 1:00 pm

Session: 7/13

With Your Child: Wall Pockets

Ages: 5 & up with adult

Art Station

Bring some cheer to your wall! Wall pockets are functional art that can be used to display small bouquets, air plants, dried flowers and more. These delightful art pieces can be used in so many ways to brighten up a room. Instructor: Helen Bommarito

\$39.00 ID \$46.80 OD / session

Activity: 211502

Sa: 10:00 am - 12:00 pm

Session: 8/24

With Your Child: Glass

With Your Child: Garden Flowers

Ages: 5 & up with adult
Art Station

Create garden art! A variety of flower designs and choices will be available for this whimsical project. Garden flowers will be attached to a steel stake for use in the garden or potted plants. Additional charge of \$20 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session
 Activity: 211560
Sa: 10:00 am - 12:30 pm
- Or - 2:00 - 4:30 pm
 Session: 6/15



With Your Child: Garden Birds

Ages: 5 & up with adult
Art Station

These lovely glass creatures can be hung in windows or outdoors or attached to stakes for use in the garden or in potted plants. Additional \$20 fee paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session
 Activity: 211562
Sa: 10:00 am - 12:30 pm
- Or - 2:00 - 4:30 pm
 Session: 7/6



With Your Child: Family-Fusing Fun with Fish

Ages: 5 & up with adult
Camp Marshall

Bring the whole family along in this special 'With Your Child' class as we create a fun summer memory in this family-fusing class. Learn to fuse glass as you and your little ones bond - while making a fish or undersea creature together. Class fee includes supplies and firing cost. Instructor: Diane Burns

\$49.00 ID \$58.50 OD / session
 Activity: 202414
Th: 5:00 - 7:00 pm
 Session: 7/25

With Your Child: Butterfly Sun Catcher

Ages: 5 & up with adult
Art Station

No need to wing it, our instructor will guide you and your child to choose from an array of butterfly designs to hang in a window or outdoors. Additional charge of \$10-20 fee paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session
 Activity: 211561
Sa: 10:00 am - 12:30 pm
- Or - 2:00 - 4:30 pm
 Session: 7/27

Printing

Big Art Camp NEW

Ages: 9 - 17
Bend Art Center

See what happens when you step out of your comfort zone and start making large art! We'll experiment with large-scale drawing, assemble enormous collages and create giant prints on the press! We'll survey works by artists who also work large and see what happens when we choose a small-scale subject and super-size it.

\$130.00 ID \$156.00 OD / session
 Activity: 211410
M - Th: 9:00 am - 12:00 pm
 Session: 6/24 - 27



Crazy Composition Camp NEW

Ages: 9 - 17
Bend Art Center

Take a big leap in your art making, from simply drawing to making conscious decisions about how you arrange the elements of your picture. We'll play with design elements such as line, shape, color and pattern. We'll work in collage, printmaking, and photography processes that allow you to create compositions that really pop! We'll also survey compositions by famous artists to train the eye and get inspired.

\$125.00 ID \$150.00 OD / session
 Activity: 211420
M - Th: 9:00 am - 12:00 pm
 Session: 7/8 - 11

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 guests
Kids Party:
 10 children
 & 10 adult chaperones
Fees: Art Party: 2 hours
 \$225.00 ID \$270.00 OD
Clay Party: 2 hours
 \$250.00 ID \$300.00 OD

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 at: bendparksandrec.org.

Art Camps at the Art Station

Ages: 6 - 12

Make this summer a creative one! Choose full-day or half-day art classes.

Let's lunch! If registered for both morning and afternoon sessions, care will be provided from 12:00 - 1:00 pm.

Session: Monday - Thursday each week
No program 7/4 - 5.

\$119.00 ID \$142.80 OD / session

Session: Monday - Thursday each week

For full-day enrollment, care will be provided during 12:00 - 1:00 pm.

June 17 - 20

Contemporary Sculpture

NEW

Activity: 211210

This art is a combination of materials & methods. Using paper clay, foam, paint and a variety of other materials to sculpt contemporary sculptures and have fun experimenting with different supplies. Instructor: Michaela Greene

Ages: 6 - 7 9:00 am - 12:00 pm

Ages: 8 - 12 1:00 - 4:00 pm

Wacky Clay Creatures

Activity: 211211

Construct wacky characters and wild creatures. Base your projects on real animals or craft your own distinctive creatures. Focus on using your imagination while learning about techniques to sculpt with clay. Instructor: Amanda Krammes

Ages: 8 - 12 9:00 am - 12:00 pm

Ages: 6 - 7 1:00 - 4:00 pm



June 24 - 27

Galactic Art

NEW

Activity: 211220

Space, stars and aliens! Create a variety of art inspired by what makes up our solar system, constellations and what we can see from earth. Projects will include a variety of media, painting, sewing, modeling clay and more! Instructor: Julie Wilson

Ages: 6 - 7 9:00 am - 12:00 pm

Ages: 8 - 12 1:00 - 4:00 pm

Unique Yard Art

Activity: 211221

Step foot into the magical world of your own backyard. Using clay and your imagination, sculpt a handmade hanging bird feeder, a cool toad house and a little garden gnome. Place your ceramic creations outside to enjoy in your garden all summer long. Instructor: Amanda Krammes

Ages: 8 - 12 9:00 am - 12:00 pm

Ages: 6 - 7 1:00 - 4:00 pm

What about Fridays?

See page 69 for Bend's best Friday creative fun!

July 1 - 3

Monday - Wednesday Only,
No camp 7/4 - 5

Up, Up & Away

Activity: 211230

Come construct your own hot air balloon! These colorful orbs are not only fun to make but brighten a room when hung for everyone to enjoy. The pattern and painting possibilities are sky high! Other lifting art techniques and projects will be explored. Instructor: Anne Rustand

\$90.00 ID \$108.00 OD / session

Ages: 6 - 7 9:00 am - 12:00 pm

Ages: 8 - 12 1:00 - 4:00 pm

Super Hero Clay

Activity: 211231

Pow! Embrace your inner super hero! Use your creative powers and clay to make a cool mask and a courageous shield. Then design and construct your super hero's get-away vehicle while learning slab and coil techniques. Instructor: Amanda Krammes

\$90.00 ID \$108.00 OD / session

Ages: 8 - 12 9:00 am - 12:00 pm

Ages: 6 - 7 1:00 - 4:00 pm

July 8 - 11

Mini Masterpieces

NEW

Activity: 211250

Use imagination, creativity and exploration, learn about shapes and colors and express emotions. This is a hands-on introduction to make masterpieces through kid-friendly projects inspired by famous works of art history. A variety of art techniques will be used while we get inspiration from famous artists including Monet, Van Gogh and more! Instructor: Deena Newman

Ages: 6 - 7 9:00 am - 12:00 pm

Ages: 8 - 12 1:00 - 4:00 pm

Clay Masks & Totems

NEW

Activity: 211251

Sculpt with paper clay and learn how to finish pieces with acrylic finishes. These cold finishes are different from traditional glazes and will give your artwork a whole different look. Make a mask, carved and textured and suitable for hanging! Build, carve and texture totems. Instructor: Michaela Greene

Ages: 8 - 12 9:00 am - 12:00 pm

Ages: 6 - 7 1:00 - 4:00 pm

Art Camps at the Art Station

\$119.00 ID \$142.80 OD / session

Session: Monday - Thursday each week

For full-day enrollment, care will be provided during 12:00 - 1:00 pm.

July 15 - 18

Insect Inspired

NEW

Activity: 211260

Whether learning about creepy crawlers or beautiful butterflies, there is so much to discover about the variety of insects through artistic expression. Sculpt bugs, experiment with painted paper for collage, create your own imaginary insect environment, and more. Come bug out with us! Instructor: Anne Rustand

Ages: 6 - 7 1:00 - 4:00 pm

Big Bug Ideas

Activity: 211261

Take a close and creative look at insects. We'll inspect their shapes, sizes and colors; as well as examine their environments and movements. Build a beehive, ladybug pinch pot, butterfly bowl and more! Instructor: Amanda Krammes

Ages: 6 - 7 9:00 am - 12:00 pm

Ages: 8 - 12 1:00 - 4:00 pm



July 22 - 25

Diving into the Deschutes

NEW

Activity: 211270

Discover some of the critters that live in and around the Deschutes River: the Oregon spotted frog, river otters, trout and the great blue heron. Through various techniques and materials we will capture the unique characteristics of these critters as well as the spirit of the river itself. Instructor: Kathy Schoderbeck

Ages: 6 - 7 9:00 am - 12:00 pm

Ages: 8 - 12 1:00 - 4:00 pm

Magical Medieval Age

NEW

Activity: 211271

Take a step back in history to a magical land and medieval times. Using clay and creativity, sculpt a whimsical wizard, a "fire" breathing dragon and a heroic castle. Instructor: Amanda Krammes

Ages: 8 - 12 9:00 am - 12:00 pm

Ages: 6 - 7 1:00 - 4:00 pm

Looking for another program this week?
Check out Art & Adventure Camps on page 69.

July 29 - August 1

Pop Art!

NEW

Activity: 211275

Pop art is an art movement that presented a challenge to traditions of fine art by included imagery from popular and mass culture, such as advertising, comic books and mundane cultural objects. Discover sculpture, drawing, painting, collage all inspired by specific artists from the Pop Art era. Instructor: Vicki Shuck

Ages: 6 - 7 9:00 am - 12:00 pm

Ages: 8 - 12 1:00 - 4:00 pm

Pet Pals

Activity: 211276

A bowl for the cat, a bowl for the dog, a bowl for me! Make food and water bowls to take home for your own furry friend. Also make a wall plaque or sculpture of your pet with their favorite toy. Instructor: Amanda Krammes

Ages: 8 - 12 9:00 am - 12:00 pm

Ages: 6 - 7 1:00 - 4:00 pm

More Art Camps
on the next page.

August 5 - 8

Optical Illusions

Activity: 211280

Discover how artwork can play tricks with your eyes! Learn about Op Art and optical illusions, and make artwork that appears to shake, shimmy and shift. Create visual illusions by carefully placing lines, shapes and color in ways that will fool your eyes into thinking your artwork is moving. Instructor: Kathy Schoderbeck

Ages: 6 - 7 9:00 am - 12:00 pm

Ages: 8 - 12 1:00 - 4:00 pm

What's Cookin' with Clay?

Activity: 211281

Make clay food that looks good enough to eat! Learn and use good construction techniques that will work for anything our taste buds may suggest. Satisfy your clay creative appetite. Instructor: Amanda Krammes

Ages: 8 - 12: 9:00 am - 12:00 pm

Ages: 6 - 7: 1:00 - 4:00 pm

Looking for another program this week?
Check out Art & Adventure Camps on page 69.



Art Camps at the Art Station

\$119.00 ID \$142.80 OD / session

Session: Monday - Thursday each week

For full-day enrollment, care will be provided during 12:00 - 1:00 pm.



August 12 - 15

Step-by-Step Animals

NEW

Activity: 211285

Learn the steps of how to fit shapes together to draw animals. Beginning drawing techniques will be taught while students observe how to incorporate shading and value using graphite and pastels. 3D will also be explored with a paper mache animal sculpture. Instructor: Kathleen Branch

Ages: 6 - 7: 9:00 am - 12:00 pm

Ages: 8 - 12: 1:00 - 4:00 pm



Birds of Feather

Activity: 211286

Whoooo knew birds could be so inspiring? Learn how to construct an owl plaque and a peacock bowl and clay bird art. Learn basic hand building techniques and a variety of patterns to make each project unique. Instructor: Amanda Krammes

Ages: 8 - 12: 9:00 am - 12:00 pm

Ages: 6 - 7: 1:00 - 4:00 pm



August 19 - 22

Creating Waves

NEW

Activity: 211290

Sea and ocean is the inspiration for this art and craft week. Packed with projects that will include a variety of media, painting, sewing, modeling clay and more! Creations will include and explore the many animals that live under the sea. Instructor: Julie Wilson

Ages: 6 - 7: 1:00 - 4:00 pm



Ceramic Sea Life

NEW

Activity: 211291

Take a dive and make a splash into the wonderful world of the ocean. Craft a colorful fish plate and a pinch pot sea turtle. Sculpt a bowl for fish and add blue glass for a vividly cool water look. A truly awesome aquatic art experience! Instructor: Amanda Krammes

Ages: 6 - 7: 9:00 am - 12:00 pm

Ages: 8 - 12: 1:00 - 4:00 pm

August 26 - 29

Forest Friends

NEW

Activity: 211292

Forests will be your artistic inspiration! Draw animals and habitats from the woodlands to the rain forests. Explore various mediums and experience using pastel, watercolor, 3D paper craft and contribute to a collaborative mural throughout the week. Instructor: Kathleen Branch

Ages: 6 - 7: 9:00 am - 12:00 pm

Ages: 8 - 12: 1:00 - 4:00 pm

Terracotta Creations

NEW

Activity: 211293

Come join us for a fun art experience using red clay called terracotta. Learn to make a clay basket, sculpt a shining sun plaque and carve a fun pattern into a tile. Instructor: Amanda Krammes

Ages: 8 - 12: 9:00 am - 12:00 pm

Ages: 6 - 7: 1:00 - 4:00 pm

What about Fridays?

See page 69 for Bend's best Friday creative fun!

Creative Fridays

Fabulous Art Fridays

Ages: 6 - 10

Art Station

Sign up for one or more classes, each Fab Friday! Create different and unique projects and discover your creative side. With the options of painting, pastels, drawing, clay, sculpture and mixed media, the possibilities are endless! Instructors: Art Station Staff

\$65.00 ID \$78.00 OD / session

Activity: 211296

F: 9:00 am - 4:00 pm

Sessions: 7/26 8/2
8/9 8/16
8/23 8/30



Young Jewelers

Ages: 8 - 12

Art Station

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

\$35.00 ID \$42.00 OD / session

Activity: 211295

F: 1:00 - 4:00 pm

Sessions: 6/21 7/12

Ceramic Treasure Box

NEW

Ages: 6 - 12

Art Station

Learn how to construct a clay box to store your jewelry, coins or small treasures. Learn hand building and texturing while creating a keepsake for all time. Instructor: Helen Bommarito

\$35.00 ID \$42.00 OD / session

Activity: 211297

F: 9:00 am - 12:00 pm

Session: 6/28

Yummy Ice Cream Bowl

NEW

Ages: 6 - 12

Art Station

Join us for a cool clay experience! You will make a set of coiled ice cream bowls and spoons, while learning the basics of clay! Instructor: Madeleine Meyers

\$35.00 ID \$42.00 OD / session

Activity: 211298

F: 1:00 - 4:00 pm

Session: 7/19

Alcohol Ink Technique

NEW

Ages: 6 - 12

Art Station

These fast drying, transparent inks create a colorful, polished stone effect. Learn the technique of working with alcohol inks while creating a set of coasters and large tile design. Instructor: Michael Greene

\$39.00 ID \$46.80 OD / session

Activity: 211299

Ages: 8 - 12

F: 9:00 am - 12:00 pm

Ages: 6 - 7

1:00 - 4:00 pm

Session: 7/19



Art & Adventure Camps

Ages: 8 - 12

Art Station

Artwork inspired by the outdoors and then getting outdoors to be inspired, it's ReCreative! Spend the morning making art, eat lunch, and take off for a Central Oregon recreational adventure with our BPRD outdoor staff.

\$245.00 ID \$294.00 OD / session

Activity: 211205

Wild Bend

NEW

Stop, look close and be present! Nature is all around us, hidden in plain sight throughout our great city of Bend! Immerse yourself in the practice of awareness and learn about the native plants and animals that live in our cityscape. Work with a variety of nature and art mediums to create art projects that showcase the birds, bees and wildflowers of Bend. Instructor Molly Alles

M - Th: 9:00 am - 5:00 pm

Session: 7/15 - 18

Salmon Story

NEW

Take a journey along the salmon life cycle through different art mediums including watercolor, printmaking and found object sculpture. Each morning we will learn about the stages of the salmon life cycle including the anatomy, needs, threats and adaptations that each stage needs for survival. Connect it all with an inspired art project to take home. Through this process, we'll build appreciation and respect for this important mountain forest and river health indicator species. Instructor: Molly Alles

M - Th: 9:00 am - 5:00 pm

Session: 8/19 - 22





For Kids' Sake

Bend Park & Recreation District and Bend La Pine Public Schools work cooperatively so that kids have convenient locations for Bend-La Pine's summer lunch program.

SCHOOL SUMMER LUNCH SITES

Weekdays: June 17 – August 16

(no program 7/4)

Boys & Girls Club - Admin. Bldg. in Bend
11:30 am - 12:30 pm
& 3:30 - 4:15 pm

Al Moody Park
11:00 am - 12:00 pm

Jewell Elementary
11:00 am - 12:00 pm

Kiwanis Park
11:15 am - 12:15 pm

Pilot Butte Neighborhood Park
11:15 am - 12:15 pm



Dates & times subject to change.
USDA & Bend-La Pine Schools are equal opportunity
providers & employers

FREE



LOCATED
AT A
PARK NEAR
YOU!

CRAFTS
GAMES
SPORTS
PLAY

BROUGHT TO YOU BY:

BEND PARK & RECREATION FOUNDATION

Crafts • Games • Sports • Play

The Bend Park and Recreation Foundation is proud to present Days of Play for its twenty-second summer - providing children in our community the opportunity to participate in crafts, water play, field games, sports activities and much more. Come enjoy these great recreational activities at no cost.

Most of the Days of Play parks are also Bend-La Pine School District summer lunch program locations, too!

Note: This program may be canceled without prior notice due to bad weather. Days of Play is not a daycare program and should not be used as such. Every child under the age of 8 must be accompanied by a person over the age of 16. This program does not require registration. Children may come and go as they wish. Because of the popularity of this program, take-home activities will be available on a first-come, first-serve basis and limited to one per child.

Ages: 4 - 10

LOCATION:

Hollygrape Park

Pilot Butte Park

Kiwanis Park

Orchard Park

Sun Meadow Park

Al Moody Park

DAY/TIMES:

Mondays

1:00 - 3:30 pm

6/24 - 8/12

Tuesdays

9:30 am - 12:00 pm

6/25 - 8/13

Tuesdays/Thursdays

1:00 - 3:30 pm

6/25 - 8/15

Wednesdays

9:30 am - 12:00 pm

6/26 - 8/14 (No program 7/4)

Thursdays

9:30 am - 12:00 pm

6/27 - 8/15

Fridays

9:30 am - 12:00 pm

6/28 - 8/16



SUMMER DAY CAMP

Entering Grades: 1 - 3

High Lakes Elementary

Operation Recreation offers exciting weekly themes that include enrichment, group activities and amazing daily field trips. Children enjoy a complete recreation experience while making new friends and lasting memories.

\$225.00 ID \$270.00 OD / session

Activity: 201401

M - F: 7:00 am - 6:00 pm

Weekly: 6/20 - 8/16 (no program 7/4)

SUMMER BLAST OFF!

Week 1: June 20 - 21

Adj. Fee: \$90.00 ID \$108.00 OD

Let's kick off an exciting summer! We will get to know each other this week.

PASSPORT ADVENTURES

Week 2: June 24 - 28

Stamp your passport; we are going on an adventure! Visit and explore the wonders of diverse cultures and different countries.

WEEK OF MYSTERY

Week 3: July 1 - 5 (no program 7/4)

Adj. Fee: \$180.00 ID \$216.00 OD

You'll never know what's coming during this wacky week. Become a super hero, experiment with some slime...Oops, we've already said too much.

WINTER IN JULY

Week 4: July 8 - 12

We think summer is a great time to enjoy our favorite things about winter. Be ready to chill out and be merry while we build snowmen and listen for jingle bells.

SAFARI ADVENTURES

Week 5: July 15 - 19

Be on the lookout for the furry, the feathered, and the fantastic this week as we explore the safari in search of animals of all kinds.

LAND OF MAKE BELIEVE

Week 6: July 22 - 26

Flex your imagination as we explore fantasy lands and create new creatures. Who knows what we'll discover this week!

NIFTY NATURE

Week 7: July 29 - Aug. 2

This week we will learn more about natural phenomena around us, from glowing jellyfish to flying lemurs to plants that eat bugs. What an amazing world we live in!

COLOR ME CRAZY

Week 8: Aug. 5 - 9

The world would be so boring if everything was black and white. We will spend the week gaining a new appreciation for every color of the rainbow.

WACKY WATER WEEK

Week 9: Aug. 12 - 16

Let's beat the heat this week and jump into a week of water fun. We will be going on all day field trips every day this week.



Endless Summer Camp

Ages: 6 - 8

Hollinshead Barn

It's all fun, games and cool crafts to wrap up your summer. Mornings feature field trips and for afternoons we'll head to Juniper Swim & Fitness Center or a river park to cool off with water play. Each day ends back at the Barn with snacks and more fun. Bring a swimsuit, sunscreen, towel and lunch daily.

\$225.00 ID \$270.00 OD / session

Activity: 206401

M - F: 7:00 am - 6:00 pm

Session: 8/19 - 23 8/26 - 30





SUMMER DAY CAMP

AGES: 8 - 13

M - F: 6/17 - 8/30 (no program 7/4 - 5)

Full-day: 7:00 am - 6:00 pm

This summer, join the PAC at The Pavilion!

Each day is different as you get to choose what you want to do! There are always awesome choices whether you want to "play hard or chill out."

We're talking climbing the rock wall, skateboarding and scootering, playing water games, floating the river, stand up paddle boarding, outdoor adventuring, getting into crazy, unique activities, creating art and playing your favorite games. It's any way you want to spend your day, even just hanging with friends.

AGES: 8 - 10

At The PAC, you decide how to spend your day! Choose between your favorite activities like group games and cool art projects, as well as opportunities to try new things and plan off-site adventures. We'll also have designated areas and lockers just for you including time on the skatepark features and rock wall! Rock on!

AGES: 10 - 13

Banish boring - Don't just hang out at home, join the PAC! Come spend your day with friends and fill your days with your favorite activities! You'll also get a chance to plan your own off-site special adventures. Bonus! Those over the age of 12 are able to check themselves in and out of The PAC (with parent pre-approval) and go off-site as needed.

DAILY FIELD TRIPS OF AWESOMENESS

The PAC offers daily morning and afternoon local field trips and weekly all-day getaways to awesome places around Central Oregon. Off-site trips are designated by ages, 8 - 10 and 10 - 13. (Yep! 10 year olds choose between the two trips. Lucky!)

Morning field trips will include such fun as Capture the Flag or nature adventures at Shevlin Park, visiting the library and games at local parks.

Afternoons will include cooling off with paddle boarding, swimming and floating the Deschutes River or visiting Juniper Swim and Fitness Center for recreation swim.

On Tuesdays and Wednesdays, the PAC features all-day get-a-ways with such Central Oregon adventures as swimming and picnicking at a variety of Cascade Lakes, visiting cool and interesting businesses or outdoor adventures like biking, caving and fishing.

\$5 registration fee per trip.





**IT'S YOUR SUMMER
TO PLAY YOUR WAY!**

MAKE THE PAC WHAT YOU WANT!

PAC PASSES:

A variety of passes are available from full-season to single visit passes.

Choose the option that is best for you. One day or bundle your days for an even greater discount.

ABOUT PASSES: SPACE IS LIMITED - BUY NOW

Buy passes now to be in the PAC! Plan ahead and purchase a season pass or the amount of visits you think your child will have for the summer to take advantage of early discounts. Unsure or want to purchase visits as summer goes along? That's fine, just buy at least one-visit pass now to have a current valid pass for when your child will attend. While additional visits can be purchased for an active pass, passes for summer are limited, so be sure to not let your pass visits run out.

MULTI-VISIT PASS

Buy one to 40 visits on your multi-day pass. Multi-visit passes are non-refundable and non-transferable except that the visits can be shared between siblings in the same household. Any unused visits can be used for future PAC visits until your child ages out of the program.

2019 SEASON PASS

Season passes are good for PAC visits during June 17 - August 30, 2019. This pass is non-refundable, non-transferable and cannot be shared. There are 50 days this PAC season - think about the savings!

COME DROP-IN!

Want to come join in The PAC at the last minute? Just have a multi-visit pass with at least one visit and your kid can come at any time throughout the day. Easy! Due to limited space, parents are encouraged to purchase a visit prior to the day of your child's attendance. It is possible a day could be sold out and space not available.

ALL-DAY GETAWAYS & SPECIAL EVENTS

All-day field trips and special events offered at The PAC may feature an additional \$5 fee.

HOW TO PURCHASE PAC PASSES ONLINE:

1. Go to BPRD Registration website at <https://register.bendparksandrec.org>.
2. On registration home page, scroll down to "Child Care" section. Click on "The PAC."
3. Select season pass or multi-visit passes as shown below.

PASSES	ON OR BEFORE MAY 16			AFTER MAY 16		
	In-District	Out-of-District		In-District	Out-of-District	
2019 PAC SEASON PASS	\$1,250.00	\$1,500.00	Save \$250 or more	\$1,500.00	\$1,800.00	Save \$300 or more
10 to 40-VISIT PASS	\$30.00/visit	\$36.00/visit	Save \$6 or more per visit	\$36.00/visit	\$43.20/visit	Save \$2 or more per visit
1 to 9-VISIT PASS	\$38.00/visit	\$45.60/visit		\$38.00/visit	\$45.60/visit	

SKATE FEATURES

Open skate with skatepark ramps and more. Skateboards and scooters welcome.

ROCK CLIMBING WALL

SPORTS

Basketball
Volleyball
Badminton
Pickleball
Quidditch
Skate competitions
Dodgeball
Sprout ball
Tag games
Floor hockey
Futsal

OUTDOOR ACTIVITIES

Swimming
Floating the river
Paddleboarding
Biking

DAILY FIELD TRIPS

Floating the river
Columbia Park
Riverbend Park
Farewell Bend Park
Harmon Park
Drake Park
Cascade Lakes
Shevlin Park
and more!

TOURNAMENTS

Basketball
Ping pong
Foosball

CONTESTS & GAMES

Lego & building
Water play
Cornhole
Ladder ball
Bocce ball
Croquet

ART & MORE

Nature-inspired art
Phone photography
Beading
Drawing
Paper crafts
Recycled art, upcycling
Chalk art
Science

Day Camp

Westside Village Summer Camp

Ages: 6 - 14

Westside Village Magnet School

Packed with adventures and creative arts! Get moving with outdoor activities such as biking, skateboarding, geocaching, swimming, and playing at the park. Tap into your creative side with drama, music, drumming, ukulele and art projects.

\$220.00 ID \$264.00 OD / session

Activity: 206510

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

Sessions: 6/17 - 21 6/24 - 28
7/8 - 12 7/15 - 19
7/29 - 8/2 8/19 - 23
8/26 - 30

Day Camp

Quest Imaginarium NEW

Ages: 6 - 16

Hillside Park

Experiential education through Live Action Role-Play! Inspired by the Adventure Quest game system, children will go on structured adventures using foam swords. Children will play sword-based games and receive instruction on historical European martial arts-based sword play.

\$350.00 ID \$420.00 OD / session

Activity: 206509

M - F: 8:00 am - 4:30 pm

Sessions: 6/17 - 20
7/1 - 5 (no class 7/4,
\$280.00 ID \$336.00 OD)
7/15 - 19
7/29 - 8/2
8/12 - 16



Cascade Camp with Diane Burns

Cascade Middle School

Make this summer a crafty one! Choose your favorite classes for each week this summer.

Draw, Paint, Sculpt

Ages: 7 - 11

Every day is an artistic adventure! We will create whimsical and creative projects using a variety of art forms, including clay, painting, drawing and print making.

\$70.00 ID \$84.00 OD / session

Activity: 206106

M - Th: 9:00 - 10:30 am

Session: 6/17 - 20

Art and Jewelry Bliss

Ages: 7 - 11

Tap into your creativity and come away with beautiful art and jewelry pieces. Projects include clay beading, stamping, mosaics, candle and soap making, painting, tie-dying and more. Bring lunch, snack and water.

\$169.00 ID \$202.80 OD / session

Activity: 206107

M - Th: 9:00 am - 1:00 pm

Session: 6/24 - 27

Make It Magical

Ages: 5 - 8

Back by popular demand! Make your creative escape into the magical fantasy world of fairies and gnomes. We'll create fairy houses, paint a unicorn and make a charming fairy lantern. For enrollment in both classes offered this week, care will be provided during 10:30 - 11:00 am.

\$49.00 ID \$58.80 OD / session

Activity: 206108

M - Th: 9:00 - 10:30 am

Session: 7/8 - 11

Animal Art Adventures

Ages: 5 - 8

Lions and tigers and bears, oh my! Join us as we study our favorite animals and use lots of different art materials to create artworks inspired by those animals. For enrollment in both classes offered this week, care will be provided during 10:30 - 11:00 am.

\$49.00 ID \$58.80 OD / session

Activity: 206109

M - Th: 11:00 am - 12:30 pm

Session: 7/8 - 11



Hands-on Art!

Ages: 10 - 14

Unleash your creativity and experiment with different art mediums in some fun and creative ways! We will paint, sculpt, use glass, and more to create one of a kind art. Bring a lunch, snack and water bottle.

\$109.00 ID \$130.80 OD / session

Activity: 206110

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

Session: 7/15 - 18

Mash It Up

Ages: 7 - 11

Mountain View High School

In this class, we will take the most popular art and cooking projects of the summer and bring them together with a twist to make them even more exciting and fun-filled.

\$49.00 ID \$58.80 OD / session

Activity: 206112

M - Th: 9:00 - 10:30 am

Session: 7/29 - 8/1

Oregon-Inspired Art

Ages: 7 - 11

Paint the Cascades, sculpt Bigfoot, sketch the forest, and more as we create original works of art, delicious treats and a variety of other crafty items that is uniquely Oregon.

\$70.00 ID \$84.00 OD / session

Activity: 206111

M - Th: 9:00 - 10:30 am

Session: 8/5 - 8

End of Summer Fun

Ages: 7 - 11

Get wild in this end of summer art party! We will create unique works of art, cook snacks, play your favorite summer games, make your favorite slime recipes and get soaked in an end of summer water balloon fight! Bring a lunch, snack and water bottle.

\$200.00 ID \$240.00 OD / session

Activity: 206113

M - Th: 9:00 am - 3:00 pm

Session: 8/12 - 15



Animals

Caring For Animals

Ages: 10 - 14

Harmon Hobby Hut

We will visit several local organizations, shelters, ranches and rehabilitation centers dedicated to improving the quality of life for animals. You'll have the opportunity to interact with various animals and help out with their particular needs. Dress for the weather.

\$60.00 ID \$72.00 OD / session

Activity: 206201

W - F: 9:30 am - 1:00 pm

Sessions: 6/26 - 28 7/24 - 26

M - W: 9:30 am - 1:00 pm

Session: 7/1 - 3

Crafts

Hand Build Clay Masks NEW

Ages: 10 - 14

Pine Ridge Elementary

Make one or two large clay masks, carved and textured. The masks will be suitable for hanging! The art is finished in acrylics.

\$80.00 ID \$96.00 OD / session

Activity: 206102

M - Th: 10:00 am - 12:00 pm

Session: 6/24 - 27

Hand Build Clay Totems NEW

Ages: 10 - 14

Pine Ridge Elementary

Build, carve and texture totems, approximately 18-inches tall. The totems will be finished in acrylic colors.

\$80.00 ID \$96.00 OD / session

Activity: 206103

M - Th: 10:00 am - 12:00 pm

Session: 7/15 - 18

Kids Welding NEW

Ages: 8 - 12

DIYcave

In this hands-on class, kids will cut steel with a torch and weld those pieces back together. They'll learn some amazing skills and take their creations home with them - it's a powerful experience for kids. All materials included.

\$49.00 ID \$58.80 OD / session

Activity: 206150

Th: 1:00 - 3:00 pm

Session: 6/20



**Art Station and more.
Youth Art classes
on pages 64 - 69.**

3D Printing NEW

Ages: 10 - 17

DIYcave

Join our beginner's course for 3D printing. See how 3D printers work and find out why it's so revolutionary! 3D printing is a skill that anyone can learn and enjoy. We will cover how they work and even print out custom designs. We'll show you the proper software to download for future self-learning too. Expand your skill set and use the 3D printer at DIYcave! All materials included.

\$59.00 ID \$70.80 OD / session

Activity: 206153

Th: 1:00 - 4:00 pm

Session: 7/11

Articulated Robots NEW

Ages: 10 - 17

DIYcave

Design and create an articulated robot or pet using wood and recycled materials. Over two sessions, kids will learn to use several wood shop tools to shape and assemble common materials into an articulated toy full of charm. This is a wonderful first project for older kids that will introduce them to the joy of woodworking. All materials included.

\$74.00 ID \$88.80 OD / session

Activity: 206154

Th: 1:00 - 3:00 pm

Session: 7/18 & 7/25

Trebuchet DIY NEW

Ages: 10 - 17

DIYcave

3-2-1-Launch! Design and create a trebuchet capable of launching tennis balls! Over two sessions, kids will learn to use wood shop tools to shape and assemble a working trebuchet. All materials included.

\$79.00 ID \$94.80 OD / session

Activity: 206155

Th: 1:00 - 3:00 pm

Session: 8/8 & 8/15



Build a Bird House NEW

Ages: 10 - 17

DIYcave

Kids will learn to use several wood shop tools to shape and assemble a single cedar board into a bird house that provides a safe haven for the friendly fliers in your backyard. This is a wonderful first project for kids introducing them to the joy of woodworking. All materials included.

\$69.00 ID \$82.80 OD / session

Activity: 206157

Th: 1:00 - 4:00 pm

Session: 8/22

Wizards Camp

Ages: 7 - 12

Juniper Elementary

Inspired by Harry Potter books and movies, tap into your imagination to discover the world of wizards and magic. Create spells, potions and wands, while you also play fun games such as Quidditch and a Tri-Wizards Challenge.

\$95.00 ID \$114.00 OD / session

Activity: 206140

M - Th: 8:00 - 11:00 am

Session: 7/8 - 11



Wanted! Teen Volunteers

Ages: 12 & up

BPRD has a summer jam packed with fun youth programs, and we need great teen volunteers to join in to help us make it the best summer ever!

Here's some of the fun you can help with:

- Junior Lifeguard and Swim Instructor Aide training programs
- Fit Kids, Kids Triathlon and Girls/Guys Get Fit
- Summer Buddies Preschool
- Cougar Camp
- Days of Play
- Day camp programs for children with disabilities
- Art and adventure programs
- July 4th Pet Parade & Old-Fashioned Festival

Find out more at bendparksandrec.org. Click on the Volunteer tab for information and sign up though the online registration for the opportunities that are right for you.

It might just be your best summer too!



Cooking & Baking

Kids in the Kitchen

Ages: 7 - 11

Cascade Middle School

Learn to cook as you make a yummy lunch everyday! We'll make easy foods to enjoy in class, with a recipe book to take home so you can make great food for your family and friends. Geared toward the beginner, but all experience levels are welcome. Take home a new recipe book each week.

\$59.00 ID \$70.80 OD / session

Activity: 206117

M - Th: 11:00 am - 12:30 pm

Session: 6/17 - 20
7/29 - 8/1 Mountain View HS
8/5 - 8

Quick & Tasty Meals

Ages: 10 - 14

Cascade Middle School

Learn to make easy and delicious meals, including desserts for your family and friends! In this class, you will do all the cooking. If you've taken this class before, there will be new recipes!

\$59.00 ID \$70.80 OD / session

Activity: 206223

M - Th: 10:00 am - 12:30 pm

Session: 6/24 - 27

I Love Sushi

Ages: 10 - 15

Cascade Middle School

Let's make sushi! Start with learning to hold a knife, safely cut fresh fish and make perfect sushi rice. Then, prepare your favorite sushi rolls and enjoy an impressive sushi meal; including California roll, tempura shrimp roll, and vegetable roll. Bring a cutting board and container for leftovers.

\$50.00 ID \$60.00 OD / session

Activity: 206226

F: 1:00 - 4:00 pm

Session: 6/21 7/19

Looking for more?

See 'With Your Child' baking classes on page 38.



Make 'Em Yourself Snacks

NEW

Ages: 9 - 14

Cascade Middle School

Make your own tasty, healthy and fun snacks! Learn how to make hummus to your liking, no bake fruit and seed bars, as well as crispy kale chips!

\$54.00 ID \$64.80 OD

Activity: 206228

Sa: 10:00 am - 1:00 pm

Session: 6/29

Tasty Ways to Use All Your Food

NEW

Ages: 9 - 14

Cascade Middle School

Get super creative with what we normally call "food waste." Nothing gets thrown in the trash! We will make delicious food with what you never thought was possible. Learn to make candied fruit peels, pesto, Stalk stock, and Arancini con Formaggi.

\$54.00 ID \$64.80 OD / session

Activity: 206229

Sa: 3:00 - 6:00 pm

Session: 6/29

Delicious Desserts

Ages: 10 - 14

Cascade Middle School

Sweet crepes, cookies and pies - Yumm! You'll enjoy learning how to make delicious desserts at home that you can share with family and friends. Bring containers for leftovers.

\$59.00 ID \$70.80 OD / session

Activity: 206225

M - Th: 10:00 am - 12:30 pm

Session: 7/8 - 11

Volunteer with kids!

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



Fun at the Deli NEW

Ages: 10 - 13

Mountain View High School

Join us as we learn how to make gourmet sandwiches, salads and desert and become deli chefs. Students will learn basic skills in the kitchen and how to select seasonal ingredients. (Dishes include sandwiches with pita bread and wraps, pasta salad, potato salad, hummus and yummy desert with seasonal fruits)

\$119.00 ID \$142.80 OD / session

Activity: 206234

M - Th: 9:00 am - 2:30 pm

Session: 7/8 - 11

Creative Summer Soups NEW

Ages: 9 - 14

Cascade Middle School

When it's hot out and you want something fun, lite, and easy-to-eat, make soup! Impress your parents and friends by learning to make fun, tasty, and creative soups using local summer ingredients from area farms. Examples of what we'll be making include Spanish Gazpacho, Blueberry Mint Soup and Mexican Tortilla Soup.

\$54.00 ID \$64.80 OD / session

Activity: 206230

Sa: 10:00 am - 1:00 pm

Session: 7/13

Summer Salads Recipes NEW

Ages: 9 - 14

Cascade Middle School

Summer is a fantastic time to use all the produce available to Central Oregon! We will be using fresh ingredients from local farmers, where we create three fun, colorful and tasty salads that are worthy of a summer dining experience in your home. We will make Central Oregon Nicoise Salad, Greek Kale Salad and Summer Panzanella Salad.

\$54.00 ID \$64.80 OD / session

Activity: 206231

Sa: 3:00 - 6:00 pm

Session: 7/13

Dealing with Dough

Ages: 10 - 14

Cascade Middle School

Learn how to handle dough to create sweet and savory dishes. Recipes can include such things as pizzas, strudels, sweet rolls, monkey bread, pies, and pretzels. Bring Containers for leftovers.

\$59.00 ID \$70.80 OD / session

Activity: 206224

M - Th: 10:00 am - 12:30 pm

Session: 7/15 - 18

Satisfying Summer Bowls NEW

Ages: 9 - 14

Cascade Middle School

"Bowls" are popular, healthy, and super tasty! Learn to make your own "signature bowl" using a variety of fresh ingredients from local Central Oregon farmers and ranchers. We will learn about different grains, seeds, veggies, animal and non-animal protein sources, as well as creating amazing sauces and dressings. Get ready to think outside the box for this class!

\$54.00 ID \$64.80 OD / session

Activity: 206232

Sa: 10:00 am - 1:00 pm

Session: 7/20

Ravioli from Scratch NEW

Ages: 9 - 14

Cascade Middle School

We are making pasta from scratch! Using a simple mixture of eggs, flour and water, we are able to create tasty ravioli, fill it and sauce it with a selection of delightful local and fresh ingredients. Don't make dinner this evening, because your family is having the ravioli! Buon Appetito!

\$54.00 ID \$64.80 OD / session

Activity: 206233

Sa: 3:00 - 6:00 pm

Session: 7/20

Fun at the Bento Shop NEW

Ages: 10 - 13

Mountain View High School

Have fun and learn to make sushi rolls, pot stickers and other delicious Asian foods with ingredients found mostly in our region. Students get to be the bento shop staff and enjoy making Mochi ice cream on the last day of this course. Foods include California rolls, rice balls, Miso soup, side dishes, pot stickers and Mochi ice cream.

\$119.00 ID \$142.80 OD / session

Activity: 206235

M - Th: 9:00 am - 2:30 pm

Session: 7/22 - 25

Tapas Party NEW

Ages: 10 - 13

Mountain View High School

Join us as we make delicious Spanish small dishes called tapas. Tapas are very common in Spain and recently have become quite popular in the US. This class will introduce dishes in some Spanish speaking countries, such as Spanish omelets, summer salad, ceviche, empanadas and classic flan for dessert. Finally, students will enjoy a tapas party on the last day of this course.

\$119.00 ID \$142.80 OD / session

Activity: 206236

M - Th: 9:00 am - 2:30 pm

Session: 8/5 - 8

Dance

Discover Ballet

Ages: 7 - 10

Academie De Ballet

Introduce your child into the wonderful world of dance. Through playful, magical and imaginative exercises, kids discover the joys of dance and movement while experiencing the tradition of ballet technique.

\$96.00 ID \$115.20 OD / session

Activity: 206576

Tu/Th: 9:00 - 10:30 am

Session: 6/25 - 8/8

(No Class 7/16 & 7/18)

Leap, Soar, Dance!

Ages: 6 - 11

Academie De Ballet

A potpourri of dance styles with a mini show on the last day! Come try out tap, jazz, contemporary, lyrical ballet and Russian character dance. Bring healthy snack and lunch to keep your energy high. You'll need all the fuel you can get!

\$110.00 ID \$132.00 OD / session

Activity: 206577

M - Th: 9:00 am - 12:30 pm

Session: 7/15 - 18



Teen Dance Intensive

Ages: 13 - 18

Academie De Ballet

Non-stop dancing of every style imaginable! Explore, experiment and challenge yourself with this assortment of theater arts and dance. Program will end with a production for friends and family. Bring a healthy snack to keep your energy high.

\$110.00 ID \$132.00 OD / session

Activity: 206578

M - Th: 9:00 am - 12:30 pm

Session: 7/15 - 18

Poppin' with Bobby NEW

Ages: 9 - 13

Pine Nursery Park

Pop n' Lock is a street form of dance that Michael Jackson brought to the mainstream which has come into its own over the past decade as one of the most popular contemporary styles of Hip Hop. Your dance coach, Bobby, takes campers through progressions as they discover and master new abilities and movements. Super fun skill building camp that encourages fun, creativity, mutual support, builds coordination and timing as each dancer develops their own style of Pop n' Lock dance. Bring appropriate clothing, snacks and lunch.

\$175.00 ID \$210.00 OD / session

Activity: 207814

M - F: 11:00 am - 4:00 pm

Session: 8/5 - 9

Learning Workshops

Check Mate Chess Camp

Ages: 6 - 14

Harmon Park

Learn strategy and sharpen your mind! Catering to beginner through intermediate levels, each day starts with instructors for your level and ends with matches with other participants.

\$68.00 ID \$81.60 OD / session

Activity: 206240

M - F: 11:00 am - 12:30 pm

Session: 6/17 - 21

Italian Summer Camp NEW

Ages: 8 - 12

Pine Ridge Elementary

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 a simple, daily vocabulary and be able to have a basic conversation in Italian. Greetings, colors, numbers, days, months, seasons, family members and school related words will be taught.

\$70.00 ID \$84.00 OD / session

Activity: 206200

M - Th: 10:00 am - 12:00 pm

Session: 6/17 - 20

M/W: 10:00 am - 12:00 pm

7/22 - 31

Music & Voice

Meet the Instruments Camp

Ages: 9 - 11

Cascade School of Music

Discover the world of instrumental music as you try four different instruments - violin or cello, guitar, piano and drums. We'll introduce fundamental music concepts and skills such as notation, ear training, rhythm and more. Fun and effective, the small-group setting is a great place to learn which instrument you'll enjoy playing.

\$120.00 ID \$144.00 OD / session

Activity: 206360

M - Th: 10:00 am - 12:00 pm

Session: 6/24 - 27 7/15 - 18
7/22 - 25 7/29 - 8/1

Discover Music Camp

Ages: 6 - 8

Cascade School of Music

Take an exciting, musical journey of song and play across the globe. Explore the world of music making as we sing, play with kid-friendly instruments, dance, create music-inspired craft projects and even stage a short musical performance on your session's last day. Bring a snack. Includes materials.

\$120.00 ID \$144.00 OD / session

Activity: 206361

M - Th: 1:00 - 3:00 pm

Session: 6/24 - 27 7/15 - 18
7/22 - 25 7/29 - 8/1

Little Singers

Ages: 5 - 7

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.

\$90.00 ID \$108.00 OD / session

Activity: 206362

W: 10:00 - 10:50 am

Session: 7/17 - 8/21

Percussion Camp

Ages: 10 - 14

Cascade School Music

Give me a beat! We will learn popular songs on percussion instruments in this beginner class which features marimba, glockenspiel, snare drums, bass drums, tenor cymbals and other percussion instruments.

\$120.00 ID \$144.00 OD / session

Activity: 206363

M - Th: 1:00 - 3:00 pm

Session: 8/5 - 8 8/12 - 15



Ukulele Camp

Ages: 7 - 12

Cascade School of Music

A beginner friendly instrument, the Ukulele sounds great whether you're playing by yourself or in a group. In this beginning camp, you'll be introduced to chords, strums and picking notes through Hawaiian, folk and contemporary songs. A fun performance will be held on Friday. Ukulele not included.

\$110.00 ID \$132.00 OD / session

Activity: 206368

M - F: 1:00 - 2:30 pm

Session: 6/24 - 28 7/15 - 19
8/12 - 16

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

Introduction to Guitar

Ages: 7 - 12

Cascade School Music

Learn the basics to get you strummin'! We will go over tuning, how to hold, strum and pick the guitar, chords, leads and songs. Electric or acoustic guitars OK; no experience required.

\$90.00 ID \$108.00 OD / session

Activity: 206372

Ages: 7 - 9

W: 4:00 - 4:50 pm

Session: 7/17 - 8/21

Ages: 10 - 12

W: 5:00 - 5:50 pm

Session: 7/17 - 8/21

Introduction to Drums

Ages: 8 - 10

Cascade School Music

Every musician needs a solid foundation in rhythm. An excellent preparation for formal instruction on drums, this class features a variety of percussion instruments to build essential rhythmic skills and rhythm reading ability, and introduces basic sticking patterns, beats and rhythms on the drum kit.

\$90.00 ID \$108.00 OD / session

Activity: 206373

M: 4:00 - 4:50 pm

Session: 7/15 - 8/19



Introduction to Piano

Ages: 7 - 12

Cascade School Music

In this solid introduction to the piano, you'll be introduced to music theory, note reading, rhythms and musical symbols on a staff and also learn a few simple songs.

\$90.00 ID \$108.00 OD / session

Activity: 206370

Ages: 7 - 9

Tu: 1:00 - 1:50 pm

Session: 7/16 - 8/20

Ages: 10 - 12

Tu: 2:00 - 2:50 pm

Session: 7/16 - 8/20

Introduction to Violin NEW

Ages: 7 - 10

Cascade School Music

Beginning with the basic techniques, students will learn how to hold the bow and instrument along with basic rhythms and notes on the violin. We'll even learn a couple fun fiddle tunes to round out the class.

\$90.00 ID \$108.00 OD / session

Activity: 206371

Tu: 9:30 - 10:20 am

Session: 7/16 - 8/20

Showtime Choir for Girls

Ages: 9 - 12

Cascade School Music

Singing with a choir gives children a forum to work together to bring the beauty of music to life. The process of ensemble music-making cultivates the sense of connection, commitment, teamwork, confidence and poise. Students will explore ways to find ease and comfort while singing show tunes from musicals and movies. No experience necessary and no auditions.

\$90.00 ID \$108.00 OD / session

Activity: 206375

Tu: 10:00 - 11:15 am

Session: 7/16 - 8/20



KPOV Radio Camp

Ages: 10 - 14

KPOV Radio

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

\$105.00 ID \$126.00 OD / session

Activity: 206650

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

Sessions: 6/24 - 28 7/15 - 19
8/5 - 9

Nature

The Hidden World Around Us

Ages: 8 - 12

Riley Ranch Nature Reserve

Explore the natural habitat of Riley Ranch and sharpen your naturalist observation skills. Get to know the plants and animals that make the rivers and forest their home. Learn how these organisms adapt for survival and bring it all together with nature-inspired art projects and games. Bring lunch and a water bottle.

\$220.00 ID \$264.00 OD / session

Activity: 206128

M - Th: 9:00 am - 3:00 pm

Session: 6/24 - 27 8/26 - 29

Predator Prey Project NEW

Ages: 8 - 12

Riley Ranch Nature Reserve

You will get hands-on experience with a variety of mammal skulls and learn key observation skills to identify if the animal was a meat eater or plant eater and what senses they relied on to find food or avoiding being food. We will also play games that highlight predator-prey relationships, adaptations and apply our new knowledge to art projects. Bring lunch and a water bottle.

\$220.00 ID \$264.00 OD / session

Activity: 206129

M - Th: 9:00 am - 3:00 pm

Session: 8/12 - 15



Let's Perform with Miss Lovely

Ages: 6 - 14

**Westside Village Magnet
School**

Miss Lovely's Art of Theater

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits or short play for family and friends will be held on Friday.

\$90.00 ID \$108.00 OD / session

Activity: 206511

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

Sessions: 6/17 - 21 8/26 - 30

Miss Lovely's Sing, Dance, Act

Learn to perform like the professionals do! Practice vocalizing techniques, enjoy fun choreography and move to international music. Work with a group to make up your own unique performance to showcase on Friday.

\$100.00 ID \$120.00 OD / session

Activity: 206512

M - F: 9:30 am - 12:00 pm

Sessions: 6/24 - 28 7/8 - 12
8/19 - 23

Miss Lovely's Fairy Tale Theatre

Let's get creative and embark on a fabulous journey into the world of theatre and self-expression. You'll practice and perform a beautiful fairytale of your choice. Friends and family are welcome to our performance on Friday.

\$100.00 ID \$120.00 OD / session

Activity: 206513

M - F: 9:30 am - 12:00 pm

Sessions: 7/15 - 19 7/29 - 8/2



Performing Arts

Is Acting For You?

Ages: 7 - 11

CTC Rehearsal Venue

Have you seen a play and wondered if acting might be for you? Come and try out being on the stage. Get in character and in costume to put on a short play for your friends and family in one week! With Ms. Julee, you'll learn about being an actor and have lots of fun in the process! No previous experience necessary.

\$120.00 ID \$144.00 OD / session

Activity: 206550

M - Th: 12:30 - 3:30 pm

Session: 7/29 - 8/1 8/5 - 8

Improv for the Actor

Ages: 9 - 16

BEAT Studio

Do you love to make up exciting stories? Do you love to act out amazing characters? Then Improv is for you! Come spend some time this summer learning all about the art of Improvisation and have a terrific time playing improv games and sharpening your acting skills. No previous experience required.

\$120.00 ID \$144.00 OD / session

Activity: 206551

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

Session: 7/15 - 18 8/12 - 15

Shakespeare's Farewell Scenes

Ages: 10 - 16

CTC Rehearsal Venue

Shakespeare is known for many things... and his farewell scenes are some of the favorites. Come get an introduction to Shakespeare's language and his plays through staging some of his most famous death scenes. Some are dramatic and some are hysterically funny... all are challenging and fun! No previous experience necessary.

\$120.00 ID \$144.00 OD / session

Activity: 206552

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

Session: 8/12 - 15

Three One-Act Plays

Ages: 7 - 13

BEAT Studio

What better way to try out your passion for acting than to get right up on stage! Come join our Three One Acts class and experience the joy of bringing a short story together with your fellow actors. Beginners and experienced actors will find fun here! No previous experience required.

\$120.00 ID \$144.00 OD / session

Activity: 206553

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

Session: 7/29 - 8/1

The Mini Musical

Ages: 7 - 13

BEAT Studio

Do you love to sing and dance? Come and have fun this summer singing and dancing as part of a mini musical! This class will take you through all the basics of a musical theatre performance, and then the class will put on a fabulous show for family. No previous experience required.

\$120.00 ID \$144.00 OD / session

Activity: 206559

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

Session: 8/5 - 8

Movement & Dance for the Actor

Ages: 9 - 16

CTC Rehearsal Venue

Move like an ape! Dance like a street urchin! A big part of acting is understanding how to move like your characters. This class introduces actors to various ways to use movement to tell a story. Using all kinds of music and characters, you'll learn skills for moving around the stage in ways the audience will love to see! No previous experience required.

\$120.00 ID \$144.00 OD / session

Activity: 206555

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

Session: 8/19 - 22

Musical Theatre NEW

Ages: 10 - 17

BEAT Studio

This exciting class focuses on the specific skills of musical theatre for those who want to give it a try. This class includes singing, dancing and magical story telling methods. Learn to connect the heart and soul of the story, the characters and the music through song and dance. No previous experience required.

\$120.00 ID \$144.00 OD / session

Activity: 206557

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

Session: 8/19 - 22



Photography

Click! Photography Basics

NEW

Ages: 10 - 14

Harmon Park

Capture the world around you! We'll learn the basics (shutter speed, aperture and ISO) and composition. Each day, we will take a walking field trip and experiment with different photography genres. Campers will go home with inspiration and photos to share with their family. DSLR and memory card required. Limited loaners available on request.

\$120.00 ID \$144.00 OD / session

Activity: 206125

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

Session: 6/24 - 27

Click! Portrait Photography

NEW

Ages: 10 - 14

Ponderosa Elementary

Learn the basics of photography, composition and editing as you learn to take meaningful portraits. We'll cover camera functions, the exposure triangle, rule of thirds and posing subjects. We will practice taking portraits of ourselves and each other, before we head to a retirement center and take a beautiful portrait of a senior to share with them. DSLR and memory card required. Limited loaners available on request.

\$120.00 ID \$144.00 OD / session

Activity: 206126

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

Session: 7/15 - 18

Click! Into the Wild Photography

NEW

Ages: 10 - 14

Riley Ranch Nature Reserve

Grab your camera and join us for a hike as you learn the art of photography. On the first day, we'll learn shutter speed, aperture and ISO. Then, we are off to explore the natural world through our lenses and get some exercise as we hike/walk to Tumalo Falls and one of the Cascade Lakes. On our last day, we will compile our photos and journal entries into a memorable art piece. DSLR camera, memory card and journal required. Limited camera loaners available on request.

\$120.00 ID \$144.00 OD / session

Activity: 206127

Tu - Th: 9:00 am - 3:00 pm

Session: 8/20 - 22

Technology: Coding & Programming

Coding

Ages: 8 - 14

Sylvan Learning Center

Use a personalized Tynker technology account to create your own animated, 3D, interactive projects and video games. Be inspired for life-long learning skills like problem solving, logic, collaboration, advanced coding skills and more.

\$199.00 ID \$238.80 OD / session

Activity: 206651

M - F: 1:00 - 3:00 pm

Session: 6/24 - 28 - NWX
8/12 - 16 - Main Ctr.



Gaming and Coding

Ages: 6 - 10

Summit High School

This course combines two unbelievable experiences for students: gaming and coding. Students spend the morning taking an interactive look at coding and building virtual apps to share with friends. In the afternoon, students build simple video games combining the art of video game design and animation to create interactive characters that fly around the screen. Students are encouraged to bring a sack lunch.

\$250.00 ID \$300.00 OD / session

Activity: 206671

M - Th: 9:00 am - 2:00 pm

Session: 6/24 - 27

iGame Creators

Ages: 6 - 10

Summit High School

Get creative with video games! In this introductory course, you'll learn to build simple video games. Combine the art of game design and animation to create fun, interactive games with characters that fly around the screen and amaze your friends and family.

\$125.00 ID \$150.00 OD / session

Activity: 206664

M - Th: 12:00 - 2:00 pm

Session: 6/24 - 27

M - Th: 9:00 - 11:00 am

Session: 7/29 - 8/1

iCode

Ages: 6 - 12

Summit High School

Code on, friend! In this fun, interactive look at coding, you'll create virtual apps and write your own programs to share with friends and family. Exploring problem solving and programming logic, you'll have out-of-class account access so the learning goes beyond class time. Students should be able to read prior to taking this course.

\$125.00 ID \$150.00 OD / session

Activity: 206667

M - Th: 9:00 - 11:00 am

Session: 6/24 - 27

Application Design

Ages: 10 - 17

Summit High School

Gain a hands-on look at the world of application design and development in this interactive course. You'll design your own app which can be shared with friends and family with Apple or Android devices.

Students will design their own app, which can be shared with friends and family members with Apple or Android devices.

\$155.00 ID \$186.00 OD / session

Activity: 206665

M - Th: 11:30 am - 2:00 pm

Session: 7/8 - 11



The Gaming Academy

Ages: 10 - 17

Summit High School

The gaming academy is an all-day course for students who love games. During this course students will be 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. The course offers students a variety of hands on experience designing and building their very own games. Students are encouraged to bring a sack lunch.

\$300.00 ID \$360.00 OD / session

Activity: 206672

M - Th: 9:00 am - 2:00 pm

Session: 7/15 - 18

3D Game Design NEW

Ages: 10 - 17

Summit High School

This class offers and interactive look at the world of 3D Game Design. This awesome 3D video game design course offers the chance for students to create and immerse themselves in a 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.

\$150.00 ID \$180.00 OD / session

Activity: 206673

M - Th: 12:00 - 2:00 pm

Session: 7/15 - 18

Roblox Studio: Programming & Game Development NEW

Ages: 9 - 15

Summit High School

Calling all Roblox users! Join millions of gamers using Roblox Studio, a 3D-based program that uses physics, LUA programming, and individual creativity to build an avatar and immersive world. We'll guide you through game development as you build and publish your games to share with friends and family!

\$145.00 ID \$174.00 OD / session

Activity: 206670

M - Th: 9:00 - 11:00 am

Session: 7/22 - 25

Video Game Design

Ages: 10 - 17

Summit High School

Let's take a fun, interactive look at the world of video game design and development. Learn basics of video game design and produce several different interactive video games to share friends and family.

\$175.00 ID \$210.00 OD / session

Activity: 206663

M - Th: 11:30 am - 2:00 pm

Session: 7/29 - 8/1

M - Th: 9:30 - 11:30 am

Session: 7/15 - 18

Game Design with Scratch NEW

Ages: 8 - 11

OSU Cascades Campus

Learn programming and "coding" using the kid-friendly platform Scratch. Through storyboarding and creating our own video games, we'll learn the basics of computer science and problem solving. Beginner-Intermediate level class - featuring new curriculum.

\$275.00 ID \$330.00 OD / session

Activity: 206690

M - Th: 9:00 am - 3:00 pm

Session: 7/8 - 11

Minecraft Modding

Ages: 8 - 13

OSU Cascades Campus

Learn and practice programming by building mods in Mindcraft! Campers of all experience levels will code mods (modifications) for new environments, texture packs and more! Learn the basics of programming while customizing your favorite games! Bring your own iPad.

\$175.00 ID \$210.00 OD / session

Activity: 206695

Ages: 8 - 10

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

Session: 7/8 - 11

Ages: 10 - 13

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

Session: 7/8 - 11

Technology: Digital Animation & Film

Movie Makers NEW

Ages: 10 - 17

Summit High School

Make a movie - beginning to end! This hands-on, interactive course will introduce you to the world of digital video design and production, including green screen and special effects work. You will film, direct and edit your own digital video creation to share with friends and family.

\$145.00 ID \$174.00 OD / session

Activity: 206666

M - Th: 9:00 - 11:00 am

Session: 7/8 - 11

Animation NEW

Ages: 10 - 17

Summit High School

Learn the basics of animation and digital design. If you enjoy fun, interactive animations, you will love this course. Using award winning animation software, you will create fun, interactive animations that you can share.

\$160.00 ID \$192.00 OD / session

Activity: 206662

M - Th: 11:30 am - 2:00 pm

Session: 7/22 - 25

Volunteer with kids!

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





Brought to you by the BPRD “Science Rocks” Team of the Master & Dr. Nope.

Bring your sense of fun and adventure along with a water bottle, lunch and healthy snack. And get ready to get messy!



Mad Scientists: Masterminds!

Ages: 6 - 11

Hollinshead Barn

Expand your world domination skills with other “Mad Scientists.” The Master and Dr. Nope will supply the materials and the challenge; you bring your creativity and talent! Bring a 2-liter bottle and be prepared to get messy.

\$180.00 ID \$216.00 OD / session

Activity: 206607

M - Th: 9:00 am - 3:00 pm

Session: 8/26 - 29

Girls Only Science

Ages: 6 - 11

Pine Ridge Elementary

Meet other girls who like science! Join The Master and Dr. Nope for an exploration of chemistry, physics, paleontology and more! Prepare to have fun with just the girls!

\$120.00 ID \$144.00 OD / session

Activity: 206608

M - Th: 9:00 am - 1:00 pm

Session: 6/24 - 27

Dinosaur Adventures

Ages: 5 - 10

Pine Ridge Elementary

If you want to learn about paleontology, this camp is for you! The Master and Dr. Nope will take you back in time for some hands-on, pre-historic adventures. We'll examine fossils and learn how scientists find and determine what they came from. Be prepared to get messy.

\$120.00 ID \$144.00 OD / session

Activity: 206604

M - Th: 9:00 am - 1:00 pm

Session: 7/8 - 11

Space Explorers

Ages: 6 - 11

Pine Ridge Elementary

The Master and Dr. Nope will be your guides as we explore our solar system. We'll make rockets, a Mars probe and many other fun and challenging activities. Bring a 2-liter bottle, and be prepared to get messy!

\$120.00 ID \$144.00 OD / session

Activity: 206601

M - Th: 9:00 am - 1:00 pm

Session: 7/15 - 18

Detective Work Science

Ages: 7 - 11

Pine Ridge Elementary

Join The Master and Dr. Nope as we use forensic science to solve a crime. Learn about the science of fingerprints, trace evidence, chemistry and blood splatter analysis. Be prepared to get messy.

\$120.00 ID \$144.00 OD / session

Activity: 206603

M - Th: 9:00 am - 1:00 pm

Session: 7/22 - 25

The Science of Being a Secret Agent

Ages: 6 - 11

Pine Ridge Elementary

Come learn the science of stealth and disguise with The Master and Dr. Nope. Create a secret identity and make some cool spy gadgets. Be prepared to get messy.

\$120.00 ID \$144.00 OD / session

Activity: 206610

M - Th: 9:00 am - 1:00 pm

Session: 7/29 - 8/1

Mad Science: Minions!

Ages: 6 - 11

Hollinshead Barn

Dreaming of ruling the world but not sure where to begin? Join The Master and Dr. Nope for a crash course in the basics of biology and physics that you will need to make your plan. Bring a two-liter bottle.

\$180.00 ID \$216.00 OD / session

Activity: 206607

M - Th: 9:00 am - 3:00 pm

Session: 8/19 - 22



Technology: Engineering

Engineering 101

Ages: 6 - 9

Sylvan Learning Center

Plan, create and improve simple machines and bridge designs to expand your engineering brain. You'll learn fundamental engineering concepts like pulleys, levers, suspension, torque and more in this completely hands-on class!

\$199.00 ID \$238.80 OD / session

Activity: 206653

M - F: 1:00 - 3:00 pm

Sessions: 6/24 - 28 - Main Ctr.
8/19 - 23 - NWX

Engineering 201

Ages: 9 - 13

Sylvan Learning Center NWX

Plan, create and improve simple machines and bridge designs to expand your engineering brain. You'll learn fundamental engineering concepts like pulleys, levels, suspension, torque and more in this completely hands-on class!

\$199.00 ID \$238.80 OD / session

Activity: 206654

M - F: 1:00 - 3:00 pm

Session: 7/8 - 12

Engineering 101/201

Ages: 6 - 12

Sylvan Learning Center

Gears, pulleys, levers, load, torque and so much more! Students use essential math and physics concepts as they explore the world of Engineering in these hands-on and engaging courses!

\$199.00 ID \$238.80 OD / session

Activity: 206657

M - F: 1:00 - 3:00 pm

Sessions: 7/29 - 8/2 - NWX
8/5 - 9 - Main Ctr.

Engineering Lab

Ages: 6 - 13

Sylvan Learning Center

Learn fundamental engineering principles in a fun, interactive and creative way! Design, build and test various bridge and simple machine structures. Every class is a new creation packed with opportunities for problem-solving and creativity.

\$49.00 ID \$58.80 OD / session

Activity: 206658

M: 10:00 am - 12:00 pm

Session: 7/1 - NWX

Tu: 12:30 - 2:30 pm

Session: 7/2 - NWX

Fun Works: Intro to Engineering/STEM with LEGO® **NEW**

Ages: 5 - 7

Pine Ridge Elementary

Children are introduced to engineering concepts, building skills and techniques. Each project is modified and customized by students for maximum fun #1 for this age group. LEGO® motorized gear drive cars, airplanes and monorail are just a few of the amazing projects for campers.

\$120.00 ID \$144.00 OD / session

Activity: 206661

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

Sessions: 7/8 - 12 7/22 - 26

Fun Works **NEW** Engineering/STEM with LEGO®

Ages: 8 - 11

Pine Ridge Elementary

Children are introduced to engineering concepts and develop their understanding of cause and effect, trial and error, and problem solving. Students build 2 projects per day, modify the mechanics and have competitions. Most projects use motorized LEGO®. Final week ends with an epic monorail/battle track project.

\$120.00 ID \$144.00 OD / session

Activity: 206674

M - F: 1:00 - 4:00 pm

Sessions: 7/8 - 12 7/22 - 26

Intro to STEM with LEGO®

Ages: 5 - 7

Miller Elementary

Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as: trains, helicopters, treehouses, and beam bridges. Design and build as never before and explore your craziest ideas in a supportive environment. No experience needed.

\$130.00 ID \$156.00 OD / session

Activity: 206660

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

Session: 6/24 - 28

STEM FUNDamentals with LEGO® **NEW**

Ages: 8 - 11

Miller Elementary

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Gear Cars, Castles, Airplanes, and Scissor Lifts. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

\$130.00 ID \$156.00 OD / session

Activity: 206660

M - F: 1:00 - 4:00 pm

Session: 6/24 - 28



Wizarding ^{NEW} World of Magic and Engineering using LEGO®

Ages: 5 - 7

Pine Ridge Elementary

Explore the magic of Harry Potter using LEGO®! Find Platform 9 3/4, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts.

\$130.00 ID \$156.00 OD / session

Activity: 206668

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

Session: 8/12 - 16

Wizarding ^{NEW} World of Master Engineering using LEGO®

Ages: 8 - 11

Pine Ridge Elementary

Master the magic of Harry Potter using LEGO®! Build Diagon Alley in preparation for your trip to Hogwarts School of Witchcraft and Wizardry. Hop on your broomstick and play Quidditch, duel the evil Lord Voldemort, and hone your magical skills while learning about advanced Muggle (STEM) concepts.

\$130.00 ID \$156.00 OD / session

Activity: 206669

M - F: 1:00 - 4:00 pm

Session: 8/12 - 16



Technology: Robotics

Robotics 101/201

Ages: 5 - 13

Sylvan Learning Center

Create, animate and program complex LEGO® robots. Students use creativity and problem-solving skills while building awesome robots that come to life!

\$199.00 ID \$238.80 OD / session

Activity: 206652

M - F: 1:00 - 3:00 pm

Sessions: 6/17 - 21 - Main Ctr.

7/8 - 12 - Main / Age 5 - 8

7/15 - 19 - NWX

8/12 - 16 - NWX / Age 5 - 8

Robotics and Engineering Combo ^{NEW}

Ages: 6 - 13

Sylvan Learning Center

Create, animate and program complex LEGO® robots while exploring engineering concepts. Students use creativity and problem-solving skills while building awesome robots that come to life!

\$199.00 ID \$238.80 OD / session

Activity: 206655

M - F: 1:00 - 3:00 pm

Session: 7/22 - 26 - Main

Session: 8/26 - 30 - NWX

Bot Lab

Ages: 6 - 13

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: 206656

M: 12:30 - 2:30 pm

Session: 7/1 - NWX

Tu: 10:00 am - 12:00 pm

Session: 7/2 - NWX

F: 10:00 am - 12:00 pm

Session: 6/14 - Main Ctr.

ENRICHMENT WEDNESDAYS

Plan for Fall: Afterschool Programs

Sign up for the new school year!

Grades: K - 5

\$70.00 ID \$84.00 OD / session

W: 1:00 - 2:30 pm

1st Session: 9/11 - 10/16

Each week, Bend La Pine Schools have school improvement Wednesdays where kids end their school day at 1:00 pm! What to do? Don't fret, Enrichment Wednesdays are here for you! We host five enrichment offerings each year and they are all located at your child's school - how convenient! Each offering rotates every six to eight weeks depending on the school calendar year. Offerings include movement classes like dance, games or martial arts and a variety art, science and foreign language options. Try something new or try them all!

BEAR CREEK

All Activities: 406601

Theatre with Miss Lovely

Sessions: 9/11 - 10/16

Nature Discovery

Session: 9/11 - 10/16

BUCKINGHAM

All Activities: 406602

Mixed Martial Arts

Session: 9/11 - 10/16

ELK MEADOW

All Activities: 406603

Intro to STEM with LEGOS

Session: 9/11 - 10/16

HIGH LAKES

All Activities: 406605

SPARK Your Inner Robot

Session: 9/11 - 10/16

HIGHLAND

All Activities: 406606

Spanish Immersion

Session: 9/11 - 10/16

JEWELL

All Activities: 406607

Experiment with Art

Session: 9/11 - 10/16

JUNIPER

All Activities: 406608

STEM Club

Session: 9/11 - 10/16

LAVA RIDGE

All Activities: 406609

Sportsters

Session: 9/11 - 10/16

MILLER

All Activities: 406610

Fun Science Projects

Session: 9/11 - 10/16

NORTHSTAR

All Activities: 406614

Sportsters

Session: 9/11 - 10/16

PINE RIDGE

All Activities: 406611

Fun, Funky, Fresh Dance

Session: 9/11 - 10/16

Plan for Fall: 2019-20 Afterschool Programs

KIDS INC

bend park & recreation district

Grades: K - 5

Located at your school!

For more information:
Call (541) 389-7275.

Why KIDS INC?

CONVENIENT: Great program for working parents to meet your family's child care needs.

NO TRANSPORTATION NEEDED: Co-located program at school demonstrates close partnership between school district and park district to help children thrive.

ACTIVE LIFESTYLE: Games and play promote movement and fitness.

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

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



NEW CHANGES TO SCHOOL DAY = NEW CHANGES TO KIDS INC!

School Locations:

BEAR CREEK
BUCKINGHAM
ELK MEADOW
ENSWORTH
HIGH LAKES
HIGHLAND
JEWELL
JUNIPER
LAVA RIDGE
MILLER
NORTH STAR
PINE RIDGE
PONDEROSA
SILVER RAIL

KIDS INC Hours:

NEW

Monday, Tuesday, Thursday & Friday
Afterschool: 2:30 - 6:00 pm
Early Release Wednesday:
1:00 - 6:00 pm

Additional Information:

Westside Schools: Care for Amity, Westside Village & Highland students register for Highland KIDS INC.

Rec Zone is no longer offered. Participants are encouraged to register for KIDS INC.

Before-school care is not planned. For before school, your child is allowed to be dropped off at school at 7:30 am. If you are interested in before-school care, email Danielle@bendparksandrec.org.



KIDS INC registration for 2019 - 20 school year opens Monday, May 20 at 5:30 am.

Reserve your child's spot this spring.

KIDS INC Fees:

Registration Fee: \$20 per child. Non-refundable.

Monthly Fee: \$165.00 / month

Fee is a single price regardless of number of days used.



2019-20



MAKE
MEMORIES
.....
**RIVER
ADVENTURES**
.....
PAGES 89 - 91

play outside

Fishing

Jason Freiboth Fish Clinic

Ages: 5 - 11 with adult
Shevlin Park Pond

This clinic includes instruction, equipment and fun! The pond will be stocked with trout and volunteers will be on hand with donated equipment to help kids and their families learn about fishing. A parent or other adult must attend and participate with the child.

\$5.00 ID \$6.00 OD / session

Activity: 203130

Tu: 6:15 - 8:00 pm

Session: 5/28



Youth Fly Fishing Camp

Ages: 10 - 14

Shevlin Park Pond

Kids, learn the fly fishing basics! The experts from the Central Oregon Fly Fishers Club will teach campers various fly casts, fishing techniques and strategies, fly tying, safe wading and even the basic bugs that fish like to eat. Bring your own equipment and lunch. Limited equipment available.

\$59.00 ID \$70.80 OD / session

Activity: 203135

M - W: 9:00 am - 12:30 pm

Session: 6/17 - 19

Youth Learn to Fish Event

Ages: 17 & under

Shevlin Park Pond

Join the Oregon Department of Fish and Wildlife for a free youth fishing event. ODFW staff and volunteers will be on hand to help young anglers learn how to fish. Loaner rods, reels and tackle will be available. The pond will be stocked with rainbow trout before the event. NOTE: A juvenile angling license is required for children ages 12 - 17. All state angling regulations apply.

FREE

Th: 9:00 am - 12:00 pm

Session: 6/20

Make
adventure
habit.

Follow a trail.
Go boating.
Camp under the
stars. Observe
animals in their
habitat. Catch
a fish. Play in a
park. Explore
Oregon's culture
and history. Make
this a summer
of discovery and
exploration.
Be greater
outdoors.

Outdoor Day Camps



Shevlin Park

Cougar Camp, located in beautiful Shevlin Park, is one of Bend's favorite summer camps! The unique camp setting, skits and games will keep your child in love with the great outdoors! Activities include: hiking, biking, swimming, games and nature exploration. The whole family shares a BBQ potluck and camp activities on Wednesday evening at 6:00 pm. The kids stay for an overnight in the tipis following the BBQ. Don't miss the fun!

\$199.00 ID \$238.80 OD / session

Camp Times:

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

W: 9:00 am - Th 12:00 pm (Overnight)

Cougar Camp 1

Entering Grades: 3 & 4

Activity: 207401

Sessions: 6/24 - 27 7/8 - 11
7/22 - 25 8/12 - 15

Cougar Camp 2

Entering Grades: 5 & 6

Activity: 207402

Sessions: 7/15 - 18 8/5 - 8

Cougar Camp 1 & 2

Entering Grades: 3 - 6

Activity: 207412

Sessions: 6/17 - 20 7/29 - 8/1
8/19 - 22



Survival Camps

Sawyer Park

INTRO SURVIVAL

An exciting adventure in wilderness survival for "younger explorers!" Learn shelter building, traps, cordage, navigation, tracking, fire-building concepts (no actual fires built) and more. Experienced survival and primitive skills instructors use games and scenarios ("what would you do if?") typically seen on popular TV shows to introduce campers to common but fun and challenging skills. Students work on developing focus, cooperation and listening skills.

Activity: 207511

Ages: 5 - 8

\$221.00 ID \$265.20 OD / session

M - F: 9:00 am - 1:00 pm

Session: 6/17 - 21

Ages: 6 - 9

\$307.00 ID \$368.40 OD / session

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

Session: 8/19 - 23, 8/26 - 30



INTERMEDIATE SURVIVAL

Ages: 8 - 10

Continue the journey with full days of building on survival skills and testing yourself against scenarios: shelters, fire building, wilderness medicine, teamwork, traps, orienteering, cordage, knots and primitive skills. We'll play survival-themed games and end the week with an exciting final scenario. Bring appropriate clothing, snacks and lunch.

\$307.00 ID \$368.40 OD / session

Activity: 207512

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

Session: 7/8 - 12

ADVANCED SURVIVAL

Ages: 10 - 14

This course for "older explorers" takes nature exploration to a whole new level. Campers use increasingly complicated team scenarios such as being lost, accidents in remote places, dealing with natural disasters to develop survival, disaster response and primitive skills. Learn about shelters, traps, orienteering, primitive skills, tracking and fire-building concepts. Leadership, communication and decision-making skills are built through the week.

\$307.00 ID \$368.40 OD / session

Activity: 207513

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

Session: 7/29 - 8/2

Adventure Camp

Ages: 11 - 14

Harmon Park

Let's go adventure! Whitewater raft on a river, rock climb at Smith Rock State Park, mountain bike to a lake, swim, play and more! Meet new friends and challenge yourself with a variety of fun outdoor activities that make Central Oregon a great place to live and play. Each day is a different, active adventure. No experience required; all transportation and equipment provided.

\$280.00 ID \$336.00 OD / session

Activity: 207500

M/Tu/W: 8:30 am - 4:30 pm

& Th: 8:00 am - 6:00 pm

Sessions: 6/24 - 27

7/8 - 11: Girls Adventure Camp

7/22 - 25 8/5 - 8

Girls Earth Skills Camp with Jessie Krebs

Ages: 9 - 14

Shevlin Park

Work in teams to build communication and leadership skills, and work independently to build focus, self-esteem and self-sufficiency by practicing an array of wilderness skills, such as shelter construction, fire building, and plant identification. Bring appropriate clothing, snacks and lunch.

\$307.00 ID \$368.40 OD / session

Activity: 207818

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

Session: 6/24 - 28

Paddlesports Adventure Camp

Ages: 8 - 15

Tumalo Creek Kayak & Canoe

For kids who want to try it all, Paddlesports Adventure week includes a day of standup paddleboarding, kayaking, rafting and learning to sail Hobie Adventure Island trimaran kayaks on Elk Lake. Your child will learn about cooperation and team building in an active and engaged environment, while gaining a greater appreciation for Central Oregon waterways.

\$395.00 ID \$474.00 OD / session

Activity: 207946

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

Sessions: 6/24 - 27 8/26 - 29



Whitewater Kayak Camp

Ages: 10 - 15

Tumalo Creek Kayak & Canoe

This all-levels camp is designed to introduce kids to the exciting world of whitewater kayaking! We'll emphasize both safety and fun as we gradually introduce campers to moving water. Paddlers will gain confidence and awareness as they get ready for a lifetime of paddling the rivers of the great Northwest. Note: Camper's skill level and comfort will be assessed on day one. Campers will be grouped based on this assessment to accommodate all skill levels. All gear and transportation provided.

\$395.00 ID \$474.00 OD / session

Activity: 207942

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

Session: 7/1 - 4

Paddlepalooza Watersports Camp

Ages: 11 - 14

Harmon Park

Spend summer days on the water! Run small rapids in tandem inflatable kayaks on the Deschutes River at Warm Springs. Explore the shoreline of a lake by paddleboard. Canoe on a quiet stretch of the Deschutes River and whitewater raft the McKenzie River. All gear and transportation provided. No previous experience required.

\$280.00 ID \$336.00 OD / session

Activity: 207900

M - W: 8:30 am - 4:30 pm

Th: 8:00 am - 6:00 pm

Sessions: 7/15 - 18 7/29 - 8/1 8/12 - 15



Art & Adventure Camps

Ages: 8 - 12

Art Station

Artwork inspired by the outdoors and then getting outdoors to be inspired, it's ReCreative! Spend the morning making art, eat lunch, and take off for a Central Oregon recreational adventure with our BPRD outdoor staff.

\$245.00 ID \$294.00 OD / session

Activity: 211205

Wild Bend NEW

Stop, look close and be present! Nature is all around us, hidden in plain sight throughout our great city of Bend! Immerse yourself in the practice of awareness and learn about the native plants and animals that live in our cityscape. Work with a variety of nature and art mediums to create art projects that showcase the birds, bees and wildflowers of Bend. Instructor Molly Alles

M - Th: 9:00 am - 5:00 pm

Session: 7/15 - 18

Salmon Story NEW

Take a journey along the salmon life cycle through different art mediums including watercolor, printmaking and found object sculpture. Each morning we will learn about the stages of the salmon life cycle including the anatomy, needs, threats and adaptations that each stage needs for survival. Connect it all with an inspired art project to take home. Through this process, we'll build appreciation and respect for this important mountain forest and river health indicator species. Instructor: Molly Alles

M - Th: 9:00 am - 5:00 pm

Session: 8/19 - 22

Little Ninja Warrior Camp **NEW**

Ages: 6 - 9

Pine Nursery Park

Intro Level - Totally cool! Ninja Warriors build strength, agility and confidence as you develop skills from Ninja Movement, weapons training (don't worry, we're playing with foam objects), obstacles and camouflage, as well as games and stealth movement. Through challenging games and obstacle courses you will have a blast transforming into Forest Ninjas. Taught by an award winning instructor who aspires to be a ninja himself.

\$255.00 ID \$306.00 OD / session

Activity: 207817

M - F: 9:00 am - 2:00 pm

Session: 7/22 - 26

**Outdoor Overnight Camps****John Day Bones & Boats** **NEW**

Ages: 11 - 14

Harmon Park

The John Day is one-cool-corner of Oregon. We start at the Condon Paleontology Center: a world-class history museum that displays fossil specimens of three-toed horses, bear dogs and saber-toothed cats that once roamed ancient Oregon. We then camp riverside and practice our paddling near camp in the warm evening. On the second day we play in th Class I water (small rapids) of the John Day River in inflatable kayaks. Meals, inflatable kayak, tents and other group gear provided. No previous experience necessary.

\$180.00 ID \$216.00 OD / session

Activity: 207518

Th: 8:00 am - F 5:00 pm (Overnight)

Session: 6/20 - 21

Beginning Backpacking with Llamas **NEW**

Ages: 12 - 14

Harmon Park

Backpacking is more fun when shared with a furry friend. Learn the basics of backpacking and camping in the mountains without having to carry a heavy backpack. Spend the first day at the llama ranch learning to pack a llama saddle bag and care for your four-legged partner. The next two days will be easy hiking with your llama buddy carrying most of your gear and then an overnight camp. No previous experience required. Camping gear, llamas, food and transportation all included. This is a great introduction to the basics of backpacking.

\$210.00 ID \$252.00 OD / session

Activity: 207523

Tu: 8:30 am - 4:30 pm**W: 8:00 am - Th 5:00 pm** (Overnight)

Sessions: 7/9 - 11

Mazama Zipline **NEW**

Ages: 12 - 14

Harmon Park

Go on a fast-flying adventure though Crater Lake country. Spend a day visiting Crater Lake before dropping down into the Rogue River valley for a night of camping. Then, get ready for some heart-pounding fun as we take a 5-zipline tour across the hills. Zipline equipment, meals, tents and other group gear provided. No previous experience necessary. Participants must weigh between 65 - 275 lbs., be in good physical condition and able to follow directions unassisted: not an ADA compliant or accessible facility.

\$270.00 ID \$324.00 OD / session

Activity: 207521

M: 8:00 am - Tu 5:30 pm (Overnight)

Sessions: 7/22 - 23 8/19 - 20

**Beginning River Camper** **NEW**

Ages: 11 - 14

Harmon Park

Rivers, rafts, inflatable kayaks and camping. This introductory overnight trip on the Deschutes River lets you play in inflatable kayaks, learn basic camp skills by the river and camp under the stars. No previous river or camping experience necessary. Kayaks, dry bags, meals, tents, other group camping gear and transportation provided. A great introduction to basics of camping and river travel!

\$180.00 ID \$216.00 OD / session

Activity: 207526

W: 8:00 am - Th 5:00 pm (Overnight)

Sessions: 7/31 - 8/1: Warm Springs to Trout Creek (Class I rapids)
8/14 - 15: Buckhollow to Macks Canyon (Class III rapids)

Girls Rock & Roll Adventure

Ages: 11 - 14

Harmon Park

Girls, dive into the depth of summer! First day, rock climb at Smith Rock State Park. No previous climbing experience necessary. Next, roll down to the river for an overnight of rafting, swimming, laughing and camping on the Lower Deschutes River. Meals, tents and other group gear provided.

\$230.00 ID \$276.00 OD / session

Activity: 207501

Tu: 8:30 am - 4:30 pm**W: 8:00 am - Th 5:00 pm** (Overnight)

Session: 8/6 - 8



Outdoor Day Adventures

Archery

Ages: 11 - 14

Harmon Park

Learn the 10,000 year-old art of bows and arrows. A fun program that emphasizes safety and developing basic skills using recurve bows on our outdoor range outside of Tumalo. No experience necessary; all skill levels welcome. All archery equipment and transportation provided.

\$30.00 ID \$36.00 OD / session

Activity: 207710

M: 8:30 am - 12:30 pm

Sessions: 6/24 7/1
7/8 7/15
7/29 8/19

F: 8:30 am - 12:30 pm

Sessions: 6/28 7/5
7/12 7/26
8/2 8/9
8/16

Rock Climbing

Ages: 11 - 14

Harmon Park

Enjoy top-rope rock climbing at magnificent Smith Rock State Park. All skill levels welcome. Equipment and transportation provided.

\$60.00 ID \$72.00 OD / session

Activity: 207530

Tu: 7:30 am - 3:00 pm

Session: 7/2

M: 7:30 am - 3:00 pm

Session: 8/12

Whitewater Raft

Ages: 12 - 14

Harmon Park

What could be better during the heat of summer than spending a day running rapids (up to Class III) and swimming in a refreshingly cool river? All experience levels welcome. Make it your summer tradition.

\$80.00 ID \$96.00 OD / session

Activity: 207532

W: 8:00 am - 6:00 pm

Session: 7/3

Tu: 8:00 am - 6:00 pm

Session: 7/30

Ninja Warrior Parkour with Jereme Sanders

NEW

Ages: 9 - 14

Pine Nursery Park

Jump, vault, tumble and spin your way under, over and through obstacles. Build strength, timing and balance as instructors take you through a challenging and rewarding progression of exercises, obstacles, martial art forms and acrobatic movements to choreograph key parkour and free running movements. Learn from internationally-competitive instructor Jereme Sanders. Bring appropriate clothing, snacks and lunch.

\$365.00 ID \$438.00 OD / session

Activity: 207816

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

Session: 7/15 - 19

Cave Exploration

Ages: 11 - 14

Harmon Park

Head underground on a hot summer day to explore a local lava tube. Wear long pants, sturdy shoes and bring a light jacket to protect your arms. Helmets, gloves and flashlights provided.

\$30.00 ID \$36.00 OD / session

Activity: 207712

Tu: 8:30 am - 12:30 pm

Session: 8/20

Th: 8:30 am - 12:30 pm

Sessions: 7/18 8/22



Beginning Trail Biking

Ages: 11 - 14

Harmon Park

It's a rush! Pedal your way through forests and meadows while learning how to navigate around trees, through rock sections, over small obstacles, up/down hills and more. A morning of instruction and riding single- and double-track trails for those with little or no trail riding experience. Equipment provided or bring your own mountain bike.

\$30.00 ID \$36.00 OD / session

Activity: 207536

Tu: 8:30 am - 12:30 pm

Session: 7/16 8/13

W: 8:30 am - 12:30 pm

Session: 8/21

Need Help Selecting an Outdoor Program?

Our outdoor programs offer varying combinations of physical activity, challenge, engaging children with nature, time spent outdoors, environmental education and stewardship opportunities.

If you have questions about the best match for your child, please contact our Outdoor Program Coordinator (below) to discuss your child's interests, skill level and previous experience. We'll help you make the selection.

Eric Denzler
Outdoor Program Coordinator
(541) 706-6116
EricD@bendparksandrec.org

Outdoor Program Details

After you register your child, you can expect any important details on equipment needed, schedules and other information to be communicated to you directly via email. Ensure your account contact information is up-to-date so that you're in the loop.

Questions or concerns? Contact:

Eric Denzler
Outdoor Program Coordinator
(541) 706-6116
EricD@bendparksandrec.org



The Bend Park & Recreation District is an equal opportunity recreation provider under Special Use Permit with the Deschutes National Forest and the Prineville District of the BLM.



play the game

Everybody wins.

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

Multisport Camps

All Sport Camp

Ages: 7 - 11

Cascade Indoor Sports

Come alone or join your friends! We'll play your favorite games such as soccer, kickball, tag, ultimate Frisbee, flag football, dodgeball, capture the flag, floor hockey, volleyball, garbage ball, skating and more. It's fun above all else! Bring a water bottle and snack each day.

WEEKLY

\$140.00 ID \$168.00 OD / session

Activity: 203300

M - Th: 8:30 am - 12:30 pm

Sessions: 6/17 - 20

6/24 - 27 7/1 - 7/3 (Adj fee \$120.00 ID \$144.00 OD)

7/8 - 11 7/15 - 18

7/22 - 25 7/29 - 8/1

8/5 - 8 8/12 - 15

8/19 - 22 8/26 - 29

DAILY

\$40.00 ID \$48.00 OD / session

Program: 203301

Daily: 8:30 am - 12:30 pm

Sessions: 6/17 - 8/29 (No session 7/4)

Jordan Kent Skill Camps

Ages: 6 - 12

Run by Jordan Kent, University of Oregon Hall of Fame three-sport athlete, this multi-sport skills camp is a week-long day camp offering beginning and intermediate training for football, soccer and basketball. Your camper will participate in skill training, agility training, games and nutrition education - all while basking in an exciting and engaging camp atmosphere. All campers will receive a JKS camp t-shirt and post camp goodie. No lunches provided.

Activity: 203050

HALF DAY CAMP

\$149.00 ID \$178.80 OD / session

M - Th: 9:00 am - 1:00 pm

Sessions: 6/24 - 27 Sky View MS

7/15 - 18 Pacific Crest MS

8/12 - 15 Pacific Crest MS

FULL DAY CAMP

\$179.00 ID \$214.80 OD / session

M - Th: 9:00 am - 3:00 pm

Sessions: 6/24 - 27 Sky View MS

7/15 - 18 Pacific Crest MS

8/12 - 15 Pacific Crest MS

**Look for
Jordan Kent Baseball Camp on page 94
& Jordan Kent Football Camp on page 95.**

Skyhawks Sports Camps



4-Sport Sampler

Ages: 4 - 9
Skyline Sports Complex
 A great way to start your summer fun, this camp allows you to try a variety of sports and activities all in one Skyhawk camp setting!
 \$112.00 ID \$134.40 OD / session
 Activity: 203357
M - Th: 9:00 am - 12:00 pm
 Session: 6/17 - 20

Mighty Hawk Baseball

Ages: 5 - 8
Skyline Sports Complex
 Participants learn lifelong skills in a great environment while practicing throwing, catching, hitting, running and defense.
 \$132.00 ID \$158.40 OD / session
 Activity: 203354
M - F: 9:00 am - 12:00 pm
 Session: 6/24 - 28

Mighty Hawk Soccer

Ages: 5 - 9
 Not only do kids learn how to dribble, pass, shoot and head the ball, they also learn lifelong skills in a great environment. Includes camp t-shirt.
 \$132.00 ID \$158.40 OD / session
 Activity: 203351
M - F: 1:00 - 4:00 pm
 Session: 6/24 - 28 Skyline
M - Th: 9:00 am - 12:00 pm
 Sessions: 7/15 - 18 Silver Rail Elem
 8/19 - 22 Skyline
M - Th: 8:30 - 11:30 am
 Session: 8/26 - 29 Skyline

Mini-Hawk Multisport Camps

Ages: 6 - 12
 This camp is ideal for introducing athletics, allowing your child to sample up to three different sports - soccer, baseball and basketball. It's designed to expose children to different sports at a young age.
 \$132.00 ID \$158.40 OD / session
 Activity: 203358
M - F: 8:30 - 11:30 am
 Session: 7/8 - 12 Miller Elem
M - Th: 9:00 am - 12:00 pm
 Session: 7/22 - 2 Miller Elem
M - F: 9:00 am - 3:00 pm
 Session: 7/29 - 8/2 Skyline

Mighty Hawk Hoop

Ages: 5 - 9
 The focus of this camp is on ball handling, passing, shooting, defense and rebounding. Great for kids!
 \$112.00 ID \$134.40 OD / session
 Activity: 203353
M - Th: 1:00 - 4:00 pm
 Session: 7/15 - 18 Silver Rail Elem
M - Th: 12:30 - 3:30 pm
 Session: 8/5 - 8/8 Highland Elem

Mighty Hawk Football

Ages: 5 - 9
Highland Elementary
 Kids learn lifelong skills in a great environment, like how to pass, catch and run routes. Includes t-shirt.
 \$112.00 ID \$134.40 OD / session
 Activity: 203352
M - Th: 8:30 - 11:30 am
 Session: 8/5 - 8



Two-Camp Specials

Ages: 5 - 9
 Attend both camps during the week for one low price! Each week consists of a different combination of sports. Bring a lunch and snacks each day.
 Activity: 203359
SOCCER & BASEBALL
 \$192.00 ID \$230.40 OD / session
M - F: 9:00 am - 4:00 pm
 Session: 6/24 - 28 Skyline
SOCCER & BASKETBALL
 \$182.00 ID \$218.40 OD / session
M - Th: 9:00 am - 4:00 pm
 Session: 7/15 - 18 Silver Rail Elem
BASKETBALL & FLAG FOOTBALL
 \$182.00 ID \$218.40 OD / session
M - Th: 8:30 am - 3:30 pm
 Session: 8/5 - 8 Highland Elem

Baseball Camp

Ages: 6 - 12
Harmon Park
 Sure to deliver classic baseball action, this camp offers a fun, invigorating training environment and features the core skills of throwing, catching, hitting and defensive skills.
 \$112.00 ID \$134.40 OD / session
 Activity: 203355
M - Th: 9:00 am - 12:00 pm
 Session: 8/12 - 15

Soccer Camp

Ages: 7 - 12
Skyline Sports Complex
 Not only do kids learn how to dribble, pass, shoot and head the ball, they also learn lifelong skills in a great environment. Includes camp t-shirt.
 \$142.00 ID \$170.00 OD / session
 Activity: 203350
M - Th: 9:00 am - 3:00 pm
 Session: 8/19 - 22



Skyhawks Camp Schedule

- WEEK 1: 6/17 - 20**
4-Sport Sampler
- WEEK 2: 6/24 - 28**
Mighty Hawk Baseball
Mighty Hawk Soccer
Two-Camp Special:
Soccer & Baseball
- WEEK 3: 7/8 - 12**
Mighty Hawk Soccer
Mini-Hawk Multi Sport
- WEEK 4: 7/15 - 18**
Mighty Hawk Soccer
Mighty Hawk Hoop
Two-Camp Special:
Soccer & Basketball
- WEEK 5: 7/22 - 25**
Mini-Hawk Multi Sport
- WEEK 6: 7/29 - 8/2**
Mini-Hawk Multi Sport
- WEEK 7: 8/5 - 8**
Mighty Hawk Hoop
Mighty Hawk Football
Two-Camp Special:
Basketball & Flag Football
- WEEK 8: 8/12 - 15**
Baseball Camp
- WEEK 9: 8/19 - 22**
Mighty Hawk Soccer
Soccer Camp
- WEEK 10: 8/26 - 29**
Mighty Hawk Soccer

Baseball & Softball

Elks Baseball Camp

Ages: 7 - 14

Vince Genna Stadium

A great chance to improve your game with the Elks coaching staff and players, this camp is held at Genna Stadium, home of the Elks! Bring your baseball glove, water and a snack each day.

\$72.00 ID \$86.40 OD / session

Activity: 203090

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

Sessions: 6/24 - 26 7/1 - 3
8/5 - 7

Jordan Kent Baseball Camp

Grades: 6 - 12

Pacific Crest Middle School

The perfect start for your developing slugger! Created by Jordan Kent, University of Oregon Hall of Fame three-sport athlete, this is a baseball specific camp where campers will build fundamental skills while participating in games, contests and nutrition education in a positive atmosphere. All campers receive a camp t-shirt and post camp goody.

Activity: 203050

\$129.00 ID \$154.80 OD / session

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

Session: 8/5 - 8

**Look for
Jordan Kent Skills Camp
on page 92 & Jordan Kent
Football Camp on page 95.**

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

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



Girls Softball Camp

Ages: 7 - 14

Summit High School

Slide into summer with this awesome camp for girls! The camp stresses softball fundamentals in a fun and active atmosphere. Athletes will participate in a variety of fun and safe activities designed to build their skills in all areas of softball. This camp is geared towards athletes of all ability levels. Please bring a glove, cleats or good running shoes, weather appropriate clothing and water bottle each day.

\$89.00 ID \$106.80 OD / session

Activity: 203250

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

Session: 6/17 - 20

Girls Softball Training

Ages: 10 - 14

Summit High School

Our advanced players' training is designed for players wanting to take their game to the next level! Join local high school coaches each evening as we expose players to advanced training techniques in a fun atmosphere; the finer points of pitching will be covered as well. Bring your glove each day.

\$49.00 ID \$58.80 OD / session

Activity: 203251

M/W: 5:30 - 7:00 pm

Session: 6/19 - 7/15 (No class 7/3)

Basketball

Bend High Girls Basketball Camp

Grades: 3 - 9

Bend High School

Presented by Bend High School coaching staff and players, this girls-only basketball camp covers the fundamentals of shooting, passing, dribbling, rebounding and man-to-man defense. Includes camp t-shirt.

\$65.00 ID \$78.00 OD / session

Activity: 203062

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

Session: 6/17 - 20



COBO Basketball Camps

Start your off-season right with skill work under the direction of 10-time IMC Championship coach Craig Reid and his staff. Gain basketball knowledge and experience, develop individual skills and learn team concepts in a friendly environment.

LITTLE DRIBBLERS CAMP

Grades: 2 - 5

\$85.00 ID \$102.00 OD / session

Activity: 203070

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

Sessions: 6/24 - 27 Mtn. View HS
7/22 - 25 Cascade MS
8/5 - 8 Pacific Crest MS

MIDDLE SCHOOL BASKETBALL CAMP

Grades: 5 - 9

\$85.00 ID \$102.00 OD / session

Activity: 203074

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

Sessions: 6/24 - 27 Mtn. View HS
8/5 - 8 Pacific Crest MS

M - Th: 10:00 am - 1:00 pm

Session: 7/22 - 25 Cascade MS

ADVANCED BASKETBALL CAMP

\$105.00 ID \$126.00 OD / session

Activity: 203073

Grades: 3 - 6

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

Grades: 7 - 9

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

Session: 7/15 - 18 Mtn. View HS

Football

Jordan Kent Next Level Football Camp

Grades: 6 - 8

Sky View Middle School

Created by Jordan Kent, University of Oregon Hall of Fame three-sport athlete and former Seattle Seahawks wide receiver, this non-contact football camp is designed to develop young athletes to the next level. Campers will be extensively trained and coached in a variety of positions and skills, including position-specific agility training and testing to improve athletic ability. All campers will receive a performance t-shirt, a pair of socks and results from a football combine training.

\$139.00 ID \$166.80 OD / session

Activity: 203050

M - Th: 9:00 am - 1:00 pm

Sessions: 6/24 - 27

7-v-7 Football Skills Training

Grades: 6 - 8

Join local middle school coaches for skills, drills and 7-v-7 games! These training sessions are a great opportunity for players to advance their skills and prepare for their upcoming football season. This program will be comprised of skill development, instruction and game play. Includes a football t-shirt.

\$48.00 ID \$57.60 OD / session

Activity: 203150

W/Su: 6:00 - 7:30 pm

Session: 7/7 - 24 Sky View MS

Tu/Th/Su: 6:00 - 7:30 pm

Session: 8/11 - 22 Pacific Crest MS

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs



Storm Football Clinics

NEW

Grades: 2 - 5

Summit High School

Join Summit High School coach Corbin Hyatt and his staff to start your season right! Skills include passing, running, catching, agility drills and game concepts. Includes camp t-shirt. Wear t-shirt, shorts and tennis shoes each day. No helmets or pads will be used during this camp.

\$36.00 ID \$43.20 OD / session

Activity: 203161

Tu/W: 10:00 am - 12:00 pm

Session: 8/6 - 7

Youth Tackle Football Camp

Grades: 5 - 6

Mountain View High School

Get ready for the coming football season! The Mtn. View High School football staff and players lead this camp, stressing fundamentals in a fun atmosphere. Equipment for camp will be issued 8/5 - see details online. Participants must be registered for the BPRD Tackle Football League.

\$43.00 ID \$51.60 OD / session

Activity: 203154

Registration deadline: 8/3

or until full

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

Session: 8/6 - 8



REGISTER NOW FOR FALL!

Fall Football Leagues

Youth Tackle Football

EARLY REG.

Boys & Girls, Grades 5 - 6 (2019-20 school year)

This 8-man rookie program serves as a bridge between flag football and traditional 11-man football played in grades 7 - 12. This league emphasizes skill development, participation, teamwork, sportsmanship and fun. School-based teams practice twice a week and play games on Sundays. All protective gear and jersey provided. This program is dependent on volunteer coaches. Anyone interested in coaching, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Register by 6/16, fee is \$129.00 ID \$154.50 OD / season

Register after 6/16, fee is \$149.00 ID \$178.80 OD / season

Registration deadline: 7/7

Season: 8/12 - 10/20

Activity: 203460 Grades: 5 & 6

Youth Flag Football

Boys & Girls, Grades 1 - 8 (2019-20 school year)

Flag football promotes physical fitness and teaches youngsters valuable life skills including teamwork, good work ethic and sportsmanship. Kids will learn basic football fundamentals, game play and, most importantly, have tons of fun. Teams practice twice a week and games are played on Sundays. This program is dependent on volunteer coaches. Anyone interested in coaching a team, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

\$65.00 ID \$78.00 OD / season

Registration deadline: 7/29

Season: 9/3 - 11/3

Activity: 203451 Grades: 1 & 2

203453 Grades: 3 & 4

203455 Grades: 5 & 6

203457 Grades: 7 & 8



7th & 8th Grade Full Contact Football Camp

Grades: 7 - 8

Mountain View High School

Come join us for a fast-paced, full-contact pre-season camp and get ready for the coming football season. Equipment for camp will be issued by your middle school coaches on 8/5 ONLY at the school you attend.

\$50.00 ID \$60.00 OD / session

Activity: 203156

Registration deadline: 8/4

Tu - Th: 5:30 - 7:30 pm

Session: 8/6 - 8

Air Bear Football Camp

Grades: 4 - 8

Bend High School

This camp is a great way to start your season! Campers will receive quality instruction in the fundamentals of the game of football. Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used during this camp.

\$54.00 ID \$64.80 OD / session

Activity: 203158

M - Th: 9:00 - 11:00 am

Session: 8/12 - 15

Storm Football Camp NEW

Grades: 6 - 8

Summit High School

Join new Summit High School coach Corbin Hyatt and his outstanding staff for this fast-paced camp as a great way to start your season! Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used during this camp.

\$50.00 ID \$60.00 OD / session

Activity: 203159

M - Th: 9:00 - 11:00 am

Session: 8/12 - 15



7th & 8th Grade Pre-Season Football Camps

Grades: 7 - 8

Middle school football coaches will help you get a jump on the season and improve your game. Coaching emphasizes individual and team skills for both offense and defense with conditioning through scrimmage and game situations. Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used. Register based on middle school attendance area.

Activity: 203162

THREE RIVERS

\$35.00 ID \$42.00 OD / session

M - Th: 4:00 - 5:45 pm

Session: 8/19 - 22 Three Rivers MS

CASCADE

\$35.00 ID \$42.00 OD / session

M - Th: 3:30 - 5:30 pm

Session: 8/26 - 28 Cascade MS

PACIFIC CREST

\$46.00 ID \$55.20 OD / session

M - W: 3:30 - 5:30 pm

Session: 8/26 - 29 Pacific Crest MS

PILOT BUTTE & SKY VIEW

\$46.00 ID \$55.20 OD / session

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

Session: 8/26 - 29 Sky View MS

Start Smart Football

Ages: 5 - 7 with adult

Big Sky Sports Complex

Get involved with your child while introducing them to the sport of football! We use soft equipment, teaching the basics of kicking, passing and catching. Equipment is provided for players to keep. Adult must attend and participate with their child.

\$49.00 ID \$58.80 OD / session

Activity: 203023

Su: 9:00 - 9:50 am

Session: 9/8 - 10/6

Golf

Local Junior Golf League NEW

Ages: 6 - 14

Rivers Edge Golf Club

This local youth golf league provides a structured environment for kids of all skill levels. Compete and have fun while playing golf with your friends and classmates! Includes team jersey. Practices occur on Wednesday afternoons; league play on weekends. All practices and league play occur at River's Edge. Participants must provide their own clubs.

\$145.00 ID \$174.00 OD / session

Activity: 203606

W/Sa/Su: 2:00 - 3:00 pm

- OR -

W/Sa/Su: 3:15 - 4:15 pm

Session: 5/1 - 6/23

Youth Golf Lessons

Ages: 9 - 12

Awbrey Glen Golf Club

For those who have never played or are new to golf, join LPGA Head Golf Pro Freddie Swing to learn the game of golf in a small group setting. Join us and get your golf game off to a great start this summer! Please bring your own clubs if you have them. Clubs provided if needed; must be arranged prior to the first session. Dress code applicable.

\$82.00 ID \$98.40 OD / session

Activity: 103085

F: 4:15 - 5:15 pm

Session: 6/7 - 21

Volunteer with youth sports and adaptive programs.

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

Junior Golf Lessons

Ages: 6 - 15

River's Edge Golf Club

Introduce your child to a great lifelong sport! Taught by director of instruction Stuart Allison, these small-group lessons focus on the fundamentals and etiquette. Sessions will build knowledge and technique through experience. Clubs provided or bring your own. Choose multiple sessions throughout the summer!

\$119.00 ID \$142.80 OD / session

Activity: 203170

M - W: 10:00 am - 12:00 pm

Sessions: 6/17 - 19 6/24 - 26
7/1 - 3 7/15 - 17
8/5 - 7

M - W: 1:00 - 3:00 pm

Sessions: 6/17 - 19 7/22 - 24
8/12 - 14

W: 3:30 - 5:00 pm

Session: 9/11 - 25

Junior Golf Club NEW

Tetherow Golf Club

Our mission is to provide youth with a fun, healthy opportunity to develop fundamental life skills and core values through activities associated with the great game of golf. All abilities welcome!

\$119.00 ID \$142.80 OD / session

Ages: 7 - 9

Activity: 203602

W: 3:00 - 4:30 pm

Session: 7/10 - 31

Ages: 10 - 12

Activity: 203601

Tu: 3:00 - 4:30 pm

Session: 7/9 - 30

Ages: 13 - 15

Activity: 203600

Tu: 1:00 - 2:30 pm

Session: 7/9 - 30

**Work for play
at BPRD.**

Learn more at
bendparksandrec.org/jobs



Lacrosse

Bend High Lacrosse Camps

Boys & Girls, Grades: 3 - 8

Big Sky Sports Complex

Led by Bend High School coaches and players, this camp teaches individual and position-specific skills. Each session will build on the previous, culminating the basics of team offense and defense. Players will participate in small-sided games to work on team concepts and get a high number of reps. Bring a water bottle and light snack each day. If needed, helmet, gloves and stick will be issued 30 minutes prior to first day of camp. Players must provide their own shoulder and arm pads.

\$82.00 ID \$98.40 OD / session

Activity: 203195

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

Session: 6/24 - 27

Storm Boys Lacrosse Camp

Grades: 2 - 8

Big Sky Sports Complex

Summit High School lacrosse coach Jeff Melville and players lead this energetic and positive novice camp, introducing game fundamentals. Bring a water bottle and snack each day. If needed, helmet, gloves and stick issued 30 min. prior to first day. Players bring own shoulder and arm pads.

\$84.00 ID \$100.80 OD / session

Activity: 203192

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

Session: 7/8 - 11

Storm Girls Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex

Led by Summit High School girls lacrosse players and staff, this camp is geared toward players of any ability - from beginners to seasoned players. This camp is a great tune-up for the skills and techniques required to enjoy and learn lacrosse. Bring appropriate clothing, water bottle and snack each day. If needed, goggles and stick will be issued 30 minutes prior to first day of camp.

\$60.00 ID \$72.00 OD / session

Activity: 203194

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

Session: 7/8 - 11

Mountain View NEW Boys Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex

Led by Mountain View Lacrosse Club coaches, this camp will teach fundamental lacrosse skills, such as cradling, passing, shooting and defensive drills. Come see why this is Bend's best camp value! Campers must provide own equipment. Loaner helmets and sticks are available.

\$65.00 ID \$78.00 OD / session

Activity: 203190

M - F: 8:30 - 10:30 am

Session: 7/22 - 26



Martial Arts

Lil'est Dragons

Ages: 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: 206752

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

Sessions: 6/4 - 27 7/9 - 8/1
8/6 - 29 9/10 - 10/3

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: 206750

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

Sessions: 6/3 - 26 7/8 - 31
8/5 - 28 9/9 - 10/2

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

Sessions: 6/4 - 27 7/9 - 8/1
8/6 - 29 9/10 - 10/3

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: 206751

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

Sessions: 6/3 - 26 7/8 - 31
8/5 - 28 9/9 - 10/2

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

Sessions: 6/4 - 27 7/9 - 8/1
8/6 - 29 9/10 - 10/3

Kids MMA

Ages: 8 - 12

Smith Martial Arts

Learn MMA techniques including boxing, kickboxing, takedowns, grappling and submissions. With safety and fitness emphasized, this program is for beginners and kids with prior training. Includes boxing gloves and t-shirt.

\$219.00 ID \$262.80 OD / session

Activity: 206755

Tu/Th: 4:30 - 5:15 pm

Sessions: 6/4 - 7/18 7/23 - 9/5

Kickboxing

Ages: 12 & Up

Smith Martial Arts

Kick and punch your way into tip top shape with this fun, energetic class. Features bag drills, bodyweight exercises, resistance training, kickboxing technique and self-defense. Includes boxing gloves and t-shirt.

\$229.00 ID \$274.80 OD / session

Activity: 206757

Tu/Th: 5:30 - 6:20 pm

Sessions: 6/4 - 7/18 7/23 - 9/3

MMA

Ages: 13 & Up

Smith Martial Arts

Learn MMA techniques, 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.

\$219.00 ID \$262.80 OD / session

Activity: 206758

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

Sessions: 6/4 - 7/18 7/23 - 9/5

Smith Fit Conditioning NEW

Ages: 9 - 18

Smith Martial Arts

With a unique focus on constantly varied body weight exercises including flexibility work, cardio training, isometrics, calisthenics, plyometric and endurance workouts, We will get your heart pumping and your body working! You can expect weight loss and increased muscle tone, balance, core stability and flexibility. People of all fitness levels welcome!

\$186.00 ID \$223.20 OD / session

Activity: 206759

Tu/Th: 12:00 - 12:30 pm

Sessions: 6/4 - 7/18 7/23 - 9/5



Children's Ki Aikido NEW

Ages: 5 - 13

Oregon Ki Society

By cultivating good habits at an early age, Ki-Aikido gives children a solid foundation for a lifetime of growth. While children's bodies are growing, so are their minds; develop them together in a physically active and cooperative learning environment. They'll learn to apply these lessons to all activities: school, play and sports.

\$94.00 ID \$112.80 OD / session

Activity: 206756

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

Sessions: 6/4 - 27 7/2 - 30
8/6 - 29 9/3 - 26

Smith Ninja Warrior Training

Ages: 7 - 12

Smith Martial Arts

This obstacle course incorporates speed, superhuman agility, balance, skill and strategy, tumbling for a fun fitness challenge that will work your whole body. Includes t-shirt.

\$59.00 ID \$70.80 OD / session

Activity: 206753

M/W/F: 12:00 - 1:30 pm

Sessions: 6/10 - 14 7/15 - 19
8/26 - 30

Smith Ninja Warrior

Ages: 7 - 12

Smith Martial Arts

This obstacle course incorporates speed, superhuman agility, balance strategy and tumbling for a fitness challenge that will work your whole body. Fee includes a pizza dinner.

\$39.00 ID \$46.80 OD / session

Activity: 206754

F: 5:30 - 9:00 pm

Sessions: 6/14 7/19
8/30

Circus Ninja Camp

Ages: 5 - 12

Tula Movement Arts

Move like a circus 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 on Friday to show off performers new Circus Ninja skills. All full week ninjas receive a Circus Ninja certificate upon completion.

\$140.00 ID \$168.00 OD / session

Daily: \$35.00 ID \$42.00 OD

Activity: 206765

M - F: 1:30 - 4:00 pm

Ages: 5 - 8

Sessions: 7/15 - 19 7/29 - 8/2
8/12 - 16

Ages: 9 - 12

Sessions: 7/8 - 12 7/22 - 26
8/5 - 9

Aerial Cirque Dance Camp

Ages: 9 - 17

Tula Movement Arts

This camp is a combination aerial yoga cirque technique and aerial hammock choreography. Share what you learned at the end of the week with a performance!

Session: \$120.00 ID \$144.00 OD

Daily: \$35.00 ID \$42.00 OD

Activity: 206768

M - F: 4:30 - 5:45 pm

Sessions: 7/8 - 12 8/12 - 16

Scootering & Skateboarding

Skateboarding Skills Camps

Ages: 6 - 12

Bearings Skateboard

Learn the fundamentals of skateboarding, make new friends and have fun with BSA's coaches in our controlled indoor skate facility. We will focus on proper skateboard setup, pushing technique, turning and a few tricks. Skateboard, helmet, pads and sack lunch required.

\$205.00 ID \$246.00 OD / session

Activity: 206770

M - Th: 9:00 am - 1:00 pm

Sessions: 6/17 - 20 7/8 - 11
7/15 - 18 8/5 - 8
8/12 - 15

Scootering Camp

Ages: 6 - 17

Ponderosa Skate Park

Learn new skills and tricks with pro scooter instructors Jake Clark and Matt Edleston - and pro rider guest appearances! Riders will be divided into groups based on age and skill set for games and activities. On the last day, we will show off our skills in a mini competition with prizes. Scooter, helmet, pads and lunch required.

\$215.00 ID \$258.00 OD / session

Activity: 206778

M - Th: 9:00 am - 1:00 pm

Sessions: 6/17 - 20 7/15 - 18
8/19 - 22

Little Miss Ladies Skate

NEW

Ages: 6 - 12

Bearings Skateboard

Girls Rule! Join us for a girls only skate camp at Bearings private skatepark with our staff of professional skateboard coaches. Make new friends and learn new skills of stance, pushing, turning, and cool tricks in a positive environment. Skateboard, helmet, pads and sack lunch required.

\$205.00 ID \$246.00 OD / session

Activity: 206772

M - Th: 9:00 am - 1:00 pm

Sessions: 6/24 - 27 7/22 - 25
8/19 - 22

Skate & Swim

NEW

Ages: 6 - 12

Ponderosa Skate Park

Calling all beginner skateboarders -- this camp is for you! Come improve your skills on the skateboard, get comfortable skating in the park, and skate to the swimming pool at the end of each day to cool off! Skateboard, helmet and backpack required. Bring sack lunch and swimming suit each day.

\$205.00 ID \$246.00 OD / session

Activity: 206711

Ages: 6 - 8

M - F: 10:00 am - 3:30 pm

Sessions: 7/8 - 12 7/22 - 26
8/5 - 9

Ages: 9 - 12

M - F: 10:00 am - 3:30 pm

Sessions: 7/15 - 19 7/29 - 8/2
8/12 - 16



SoccerJrs

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

SOCCERJRS - TEDDIES

Ages: 18 Months - 3 Years

Parents participate with their child as they learn soccer basics and fun activities.

\$95.00 ID \$114.00 OD / session

FOUR WEEKS: HARMON PARK

Activity: 203320

M/W: 9:00 - 9:55 am

Sessions: 6/17 - 7/17 (No session 7/1 or 7/3)
7/22 - 8/14

EIGHT WEEKS: HARMON PARK

Activity: 203320

Th: 10:00 - 10:55 am

- OR -

Th: 5:00 - 5:55 pm

Session: 6/20 - 8/15 (No session 7/4)

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203321

Tu: 5:00 - 5:55 pm

Session: 6/18 - 8/13 (No session 7/2)

SOCCERJRS - CUBS

Ages: 3 - 4

This introductory class teaches the basics to kicking, dribbling, foot-eye coordination, and balance, as well as listening and following directions.

\$95.00 ID \$114.00 OD / session

FOUR WEEKS: HARMON PARK

Activity: 203322

M/W: 10:00 - 10:55 am

Sessions: 6/17 - 7/17 (No session 7/1 or 7/3)
7/22 - 8/14

EIGHT WEEKS: HARMON PARK

Activity: 203322

M: 5:00 - 5:55 pm

Session: 6/17 - 8/12 (No session 7/1)

Tu: 10:00 - 10:55 am

- OR -

Tu: 5:00 - 5:55 pm

Session: 6/18 - 8/13 (No session 7/2)

W: 5:00 - 5:55 pm

Session: 6/19 - 8/14 (No session 7/3)

Th: 11:00 - 11:55 am

- OR -

Th: 4:00 - 4:55 pm

Session: 6/20 - 8/15 (No session 7/4)

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203323

M: 4:00 - 4:55 pm

Session: 6/17 - 8/12 (No session 7/1)

Tu: 6:00 - 6:55 pm

Session: 6/18 - 8/13 (No session 7/2)

W: 4:00 - 4:55 pm

Session: 6/19 - 8/14 (No session 7/3)

Th: 5:00 - 5:55 pm

Session: 6/20 - 8/15 (No session 7/4)

Volunteer with youth sports and adaptive programs.

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

REGISTER
NOW
FOR FALL!



Kindergarten Soccer League

Boys & Girls, Kindergarten
(2019 - 20 school year)

Skyline Sports Complex

Designed for the player too young to participate in our Youth Fall Soccer program, this league highlights soccer skill development, learning teamwork and sportsmanship, being active and having fun! Teams meet on Saturdays for 50 minutes, this includes practices and scrimmages. Teams play 3-v-3 on a short field without a goalie. Includes team t-shirt. This program is dependent on volunteer coaches. If you are interested in coaching this season, please go to our website to complete a Volunteer Application.

\$49.00 ID \$58.80 OD / season

Activity: 203400

Registration deadline: 7/28
or until full

Sa: Times to be
announced

Season: 9/14 - 10/19



SOCCERJRS - BEARS

Ages: 5 - 6

This class is designed for kids with little or no soccer experience.

\$95.00 ID \$114.00 OD / session

FOUR WEEKS: HARMON PARK

Activity: 203324

M/W: 11:00 - 11:55 am

Sessions: 6/17 - 7/17 (No session 7/1 or 7/3)
7/22 - 8/14

EIGHT WEEKS: HARMON PARK

M: 6:00 - 6:55 pm

Session: 6/17 - 8/12 (No session 7/1)

Tu: 11:00 - 11:55 am

- OR -

Tu: 4:00 - 4:55 pm

Session: 6/18 - 8/13 (No session 7/2)

W: 4:00 - 4:55 pm

Session: 6/19 - 8/14 (No session 7/3)

Th: 6:00 - 6:55 pm

Session: 6/20 - 8/15 (No session 7/4)

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203325

M: 5:00 - 5:55 pm

Session: 6/17 - 8/12 (No session 7/1)

W: 5:00 - 5:55 pm

Session: 6/19 - 8/14 (No session 7/3)

Th: 6:00 - 6:55 pm

Session: 6/20 - 8/15 (No session 7/4)

**Work for play
at BPRD.**
Learn more at
bendparksandrec.org/jobs

Soccer

Challenger Sports Soccer Camp

The largest soccer camp provider in the U.S. and Canada! Focused on learning and encouraging players to improve with maximum participation, maximum touches on the ball and maximum fun. No line drills or long speeches!

TINY TYKES CAMP

Ages: 3 - 5

Specifically designed for the youngest players.

\$120.00 ID \$144.00 OD / session

Activity: 203210

M - F: 8:00 - 9:00 am

Sessions: 6/17 - 21 Big Sky
7/8 - 12 Skyline
7/29 - 8/2 Big Sky

HALF DAY CAMP

Ages: 6 - 14

\$180.00 ID \$216.00 OD / session

Activity: 203211

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

Sessions: 6/17 - 21 Big Sky
7/8 - 12 Skyline
7/29 - 8/2 Big Sky

M - F: 1:00 - 4:00 pm

Sessions: 6/17 - 21 Big Sky
7/8 - 12 Skyline
7/29 - 8/2 Big Sky

FULL DAY CAMP

Ages: 8 - 14

Provides advanced training with game-related techniques, tactical development and match play.

\$249.00 ID \$299.00 OD / session

Activity: 203212

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

Session: 6/17 - 21 Big Sky
7/8 - 12 Skyline
7/29 - 8/2 Big Sky



Storm Girls Soccer Camp

Grades: 3 - 8

Summit High School

Summit High School soccer coach Jamie Brock and her staff lead this camp for girls of all ability levels, teaching the skills and techniques required in programs of all levels. Bring soccer ball, appropriate clothing, and water bottle and snack each day.

\$95.00 ID \$114.00 OD / session

Activity: 203225

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

Session: 8/5 - 8

Bend High Girls Soccer Camp

Grades: 3 - 8

Hal Puddy Field

The Bend High Women's Soccer team and its coaches will be hosting this girls only soccer camp. The camp will support the development of fundamental soccer skills associated with field awareness and ball control. As a coaching staff, it is our goal to encourage and mentor your student to know the importance of teamwork, self-discipline and leadership through the challenges that they will face on the field as well as in life. Bring appropriate clothing, water bottle and snack each day.

\$75.00 ID \$90.00 OD / session

Activity: 203226

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

Session: 8/5 - 8

Bend High Soccer Camp

Grades: 2 - 8

Hal Puddy Field

Bend High Soccer coach Nils Eriksson and his players lead this camp that is committed to teaching the skills and techniques required to participate in soccer programs of all levels. Coach Eriksson is considered one of the best youth soccer coach in the state, so come join him for a fantastic camp! Bring a soccer ball, water bottle and snack each day. Camp will be split into two groups based on age: grades 1 - 5 and grades 6 - 8.

\$82.00 ID \$98.40 OD / session

Activity: 203230

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

Session: 8/12 - 15

Mountain View High's 'Get Ready For Fall' Soccer Camp

Grades: 4 - 8

Mountain View High School

The boys and girls soccer coaches at Mountain View High School will be offering three days of soccer skills and conditioning for players looking to improve their game and get ready for the fall season. Campers will work with coaches and players to refine their passing, dribbling, shooting and defense skills, while getting physically fit for the upcoming season. Bring a soccer ball, appropriate clothing, and water bottle and snack each day.

\$49.00 ID \$58.80 OD / session

Activity: 203235

Tu - Th: 6:00 - 7:30 pm

Session: 8/20 - 22



REGISTER
NOW
FOR FALL!



Youth Fall Soccer League

Boys & Girls, Grades 1 - 8 (2019 - 20 school year)

BPRD and Bend FC Timbers collaborate to offer this unified community-wide program. Both new and returning players are welcome in this developmental league. School-based and divided by grade, teams practice twice a week and play games on Saturdays. Instruction, number of players on teams and game field sizes are age-appropriate and grow incrementally. Each child receives their own jersey, shorts and socks.

Grades 1 & 2 Division: Fun in nature, this division emphasizes development of basic ball-handling and passing skills and understanding of the game.

\$65.00 ID \$78.00 OD / season

Grades 3 - 5 Division: With a focus on ball handling and passing skills, this refereed division establishes understanding of the game, strategy, sportsmanship, teamwork and individual player roles.

\$70.00 ID \$84.00 OD / season

Grades 6 - 8 Division: With games on the big fields, this refereed division emphasizes conditioning, advanced development of ball handling and passing skills, the importance of teamwork and game strategy.

\$75.00 ID \$90.00 OD / season

This program is dependent on volunteer coaches. If you are interested in coaching, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Season: 8/19 - 10/26

Registration Deadline: 6/10

COED		BOYS		GIRLS	
Activity:	Grade:	Activity	Grade:	Activity:	Grade:
203401	Grade 1	203403	Grade 2	203404	Grade 2
		203405	Grade 3	203406	Grade 3
		203407	Grade 4	203408	Grade 4
		203409	Grade 5	203410	Grade 5
		203411	Grade 6	203412	Grade 6
		203413	Grade 7	203414	Grade 7
		203415	Grade 8	203416	Grade 8



Bend FC Timbers

Soccer Summer Camp

Ages: 5 - 12

Season: July - August

A fun and interactive curriculum brought to you by our professional coaches. Each camp ensures players receive a multitude of touches on the ball in a fun environment. Camps focus on technical skills and small-sided games.

Junior Academy

Ages: 8 - 10

Year-round with breaks

For players looking for a more competitive environment, this program features teams that will train under the guidance of Bend FC Timbers professional coaching staff. Teams will train twice a week, play small-sided games, compete in the Mid-Valley League against statewide clubs and attend at least one tournament.

Academy Teams

Ages: 11 - 18

Year-round with open enrollment

For highly committed players looking to train and play year-round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts in May.

For more information on Bend FC Timbers Academy programs, visit BendFCTimbers.com.

Tennis

QuickStart Tennis

Juniper Park

This exciting format is designed to bring kids into the game by utilizing shorter court dimensions, specialized equipment and modified scoring. Tailored to age to age and size.

\$40.00 ID \$48.00 OD / session

Ages: 4 - 5

Activity: 203500

M - Th: 8:30 - 9:30 am

Sessions: 6/17 - 27 7/8 - 18
7/22 - 8/1 8/5 - 15

Ages: 6 - 7

Activity: 203501

M - Th: 8:30 - 9:30 am

Sessions: 6/17 - 27 7/8 - 18
7/22 - 8/1 8/5 - 15

Ages: 8 - 11

Activity: 203502

M - Th: 9:30 - 10:30 am

Sessions: 6/17 - 27 7/8 - 18
7/22 - 8/1 8/5 - 15

QuickStart Tennis II

Ages: 8 - 11

Juniper Park

Same great principles as QuickStart Tennis I, this class is designed for the child who has lessons experience.

\$40.00 ID \$48.00 OD / session

Activity: 203503

M - Th: 10:30 - 11:30 am

Sessions: 6/17 - 27 7/8 - 18
7/22 - 8/1 8/5 - 15

Tennis I

Ages: 12 - 14

Juniper Park

Instruction is based on the players' desire to learn the rules, basic playing skills and court positioning as fast as possible and to see steady progress in their play. The sessions are action-oriented and lots of fun.

\$40.00 ID \$48.00 OD / session

Activity: 203504

M - Th: 11:30 am - 12:30 pm

Sessions: 6/17 - 27 7/8 - 18
7/22 - 8/1 8/5 - 15

Tennis II

Ages: 12 - 14

Juniper Park

Sessions focus on continued skill development coupled with actual match experiences. Players review basic shot making techniques, undertake advanced drills, learn and practice doubles, and play matches.

\$40.00 ID \$48.00 OD / session

Activity: 203505

M - Th: 11:30 am - 12:30 pm

Sessions: 6/17 - 27 7/8 - 18
7/22 - 8/1 8/5 - 15

Tennis Tournament Training

Ages: 10 - 17

Juniper Park

Get tournament tough! Improve your game through match play, advanced drills, strategies and conditioning! These sessions are a must whether you have years of tournament experience or just getting started.

\$70.00 ID \$84.00 OD / session

Activity: 203510

M/W: 2:00 - 4:00 pm

Session: 6/17 - 7/17 7/22 - 8/14

Middle School Tennis League

Ages: 11 - 14

This program emphasizes skill development, maximum participation, good sportsmanship and fun. This program is dependent on volunteer coaches. Anyone interested in coaching, please go to our website to complete a Volunteer Application.

\$50 ID \$60 OD / season

Activity: 203800

Registration deadline: 8/31
or until full

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

Season: 9/10 - 10/17

Activity:	School:
203800-1	Cascade MS
203800-2	High Desert MS
203800-3	Pacific Crest MS
203800-4	Pilot Butte MS
203800-5	Sky View MS



Track & Field

Storm Track Camp

Grades: 3 - 8

Summit High School

Summit High School track coach Dave Turnbull, his staff and athletes lead this camp for all ability levels. Our coaches aim to teach the best techniques and improve your skills. Bring running shoes, appropriate clothing, and water bottle and snack each day.

\$72.00 ID \$86.40 OD / session

Activity: 203260

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

Session: 6/17 - 20

XC Running Camp

Grades: 5 - 8

Pilot Butte Middle School

Open to runners from all middle schools, this camp will be a pre-season base and injury prevention program to help runners become better, faster and smarter athletes. It's an educational and inspirational experience for all ages and abilities and a great way to prep for the upcoming cross country season. Includes camp t-shirt. Bring running shoes, appropriate clothing and water bottle each day.

\$40.00 ID \$48.00 OD / session

Activity: 203261

M - Th: 3:00 - 4:30 pm

Session: 8/26 - 29

Volleyball

NPJ Summer Volleyball Training

Ages: 10 - 14

Sky View Middle School

Take your skill and game to the next level with advanced player training sessions! Join local NPJ club coaches each evening as we expose players to advanced techniques and drills and build foundation for future skill development and help the athlete prepare for the coming season. Bring your knee pads each day.

\$69.00 ID \$82.80 OD / session

Activity: 203276

W: 6:30 - 8:00 pm

Session: 6/19 - 7/24

Junior Lava Bear Volleyball Camp

Bend High School

Bend High volleyball coach Kristin Cooper, her staff and players lead this camp for athletes of all ability levels. Learn passing, setting, hitting, digging and serving from a positive and enthusiastic staff. Includes camp t-shirt. Bring your knee pads and water bottle each day.

Activity: 203270

Grades: 2 - 6

\$48.00 ID \$57.60 OD / session

M - W: 8:00 - 10:00 am

Session: 6/24 - 26

Grades: 7 - 9

\$75.00 ID \$90.00 OD / session

M - Th: 11:00 am - 1:30 pm

Session: 6/24 - 27

Trinity Volleyball Camp

Trinity Lutheran

Join Trinity High School volleyball coach Greg Clift and his staff as they teach game fundamentals through a system of demonstrations, guidance, repetition and correction in a fun atmosphere. Leave with a better understanding of the game, improved skills and the ability to take your game to a higher level. Bring your knee pads and water bottle each day.

\$69.00 ID \$82.80 OD / session

Activity: 203280

Grades: 3 - 5

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

Grades: 6 - 8

M - Th: 12:30 - 3:30 pm

Session: 7/15 - 18

NPJ Sand Volleyball Camp

Grades: 5 - 8

Old Mill Sand Volleyball Courts

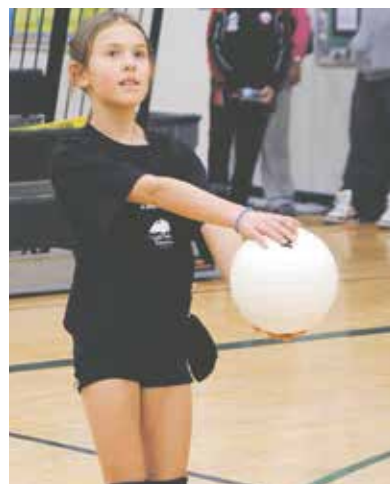
Take your game outdoors! Join the NPJ coaching staff for a camp that includes passing, serving, setting, hitting and agility drills. Please bring a water bottle each day. No incoming 9th graders.

\$65.00 ID \$78.00 OD / session

Activity: 203277

M - Th: 8:45 - 10:45 am

Session: 7/29 - 8/1



Cougar Volleyball Camp

Mountain View High School

Directed by Mountain View volleyball coach Kate McBrien, her staff and players, these camps cover all the skills required to take your volleyball game to the next level -- passing, setting, hitting, digging and serving. Bring your knee pads and water bottle. Please register by Friday, 7/12 to receive a camp t-shirt.

Activity: 203272

Registration deadline: 8/9

Grades: 3 - 8

\$75.00 ID \$90.00 OD / session

M - Th: 9:00 - 11:00 am

Grades: 9 - 12

\$50.00 ID \$60.00 OD / session

M - Th: 12:00 - 2:00 pm

Session: 8/12 - 15

Pre-Season Volleyball Clinics

Grades: 6 - 8

Pilot Butte Middle School

Get your game on! Join your local middle school coaches as we prepare for the coming season. Bring your knee pads each day.

\$40.00 ID \$48.00 OD / session

Activity: 203278

M - W: 10:00 am - 12:00 pm

- OR -

M - W: 1:00 - 3:00 pm

Session: 8/26 - 28

Bitty Ball Volleyball League

Boys & Girls, Grades 1 - 2

(2019-20 school year)

Pilot Butte Middle School

This league is perfect for the new volleyball player who is too young to participate in our Youth Volleyball League. Players will focus on learning beginning concepts of volleyball, court awareness, movement, teamwork and having fun! Teams meet once a week on Sundays for one hour; this includes practices and scrimmages. Teams will play 4-v-4 on a small-sided volleyball court. Team t-shirt included. Anyone interested in coaching, please go to our website to complete a Volunteer Application.

\$55.00 ID \$66.00 OD / season

Registration deadline: 8/11
or until full

Su: 3:00 - 5:00 pm

Season: 9/15 - 10/20

Activity: 203541 Grade 1
203542 Grade 2

Volunteer with youth sports and adaptive programs.

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



6th Grade Volleyball League

Boys & Girls, Grade: 6

(2019-20 school year)

This league emphasizes building volleyball skills, maximum playing time, developing teamwork, sportsmanship and leadership, and having fun! Teams are school-based (players must register for the school they attend) and practices are held at your school. All practices and games occur during the week. Uniform tops provided for players to keep. Anyone interested in coaching, please go to our website to complete a Volunteer Application.

\$62.00 ID \$74.40 OD / season

Activity: 203550

Registration deadline: 8/11

Season: 9/10 - 10/24





Yo! Sports Fans! Plan Ahead!

2019 - 20 Youth League Registration Deadlines:

SUMMER 2019 REGISTRATION: Opens March 18

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	June 10
Youth Tackle Football League	August - October	July 7
Youth Flag Football League	September - November	July 29
Kindergarten Soccer League	September - October	July 28
6th Grade Volleyball League	September - October	Aug. 11
Middle School Tennis League	September - October	Aug. 31

FALL 2019 REGISTRATION: Opens August 12

Program/League	Season	Registration Deadline
Youth Volleyball League	October - December	Sept., TBD
Bitty Basketball	November - December	Oct., TBD
Youth Hockey League	November - February	Oct., TBD
Middle School Basketball - Boys	November - December	Oct., TBD
High School Basketball League	December - March	Nov., TBD
Youth Basketball League	January - March	Nov., TBD
Middle School Basketball - Girls	January - March	Dec., TBD

WINTER-SPRING 2020 REGISTRATION: Opens Dec. 9

Program/League	Season	Registration Deadline
Youth Lacrosse League	March - June	March
Girls Softball League	March - June	March
Bitty Baseball	April - May	March
Middle School Flag Rugby League	April - May	March



Weight Training & Wrestling

Weight Training & Strength Camp

Grades: 6 - 9

Mountain View High School
Weight Room

Learn safe, effective weight and strength training techniques to increase your strength, stamina, speed and agility. Use the Mtn. View High School weight room free of charge under the direct supervision of our high school coaches July and August.

\$39.00 ID \$46.80 OD / session

Activity: 203290

M - Th: 9:00 - 11:00 am

Session: 6/24 - 27

Wrestlenastics

Grades: K - 4

Bend High School
Wrestling Room

Get your child active this summer! Introduce them to wrestling activities in a fun, safe atmosphere. Includes games and activities to enhance balance, coordination, strength and confidence. Led by high school coaches and athletes.

\$60.00 ID \$72.00 OD / session

Activity: 203295

M - Th: 8:30 - 10:30 am

Session: 7/8 - 11

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

The Pavilion

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 & Th: 6:30 - 8:30 pm

Session: 6/17 - 9/12

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

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.



Many thanks to every volunteer who generously contributed time as a coach for youth winter and spring sports programs. These people shared their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

Kinder, 1st & 2nd Grade Bitty Basketball

Murat Alper	Jim Chroninger	Nathan Doudney	Stacey Hall	Tammy Hite	Michelle Meneni	Cody Serbus
Ethan Barrons	John Courtney	Ryan Eckman	Justin Hansen	Dave Hood	Rick Mottern	Shaleana Stout
John Blaser	Stacy Cox	Joanna Edwards	Keisha Harris	Travis Hume	Ned Myers	Jim Thurston
James Borges	Russell Crawler	Kyle Fetzter	Kevin Harris	Grant Ludwick	Matt Nelson	Juli Thurston
Ryan Boyle	Ryan Cruz	Trevor Flaherty	Alan Harrison	Fred Mannila	Kyle Porteus	Allen Tucker
Corey Bruhn	Nicole Dale	Brian George	Richard Hawkins	Lisa Manresa	Blake Quigley	Whitney Kiirk
Brett Caldwell	Chad Davis	Gabrial Goodman	Andre Hicks	Patrick McBrien	Kevin Riley	Andrew Williams
Stacy Caldwell	Greg Dawson	Tony Gunsul	Phil Hill	Dave McKae	Jenna Schnepf	Nate Wilson

3rd - 5th Grade Youth Basketball

Jared Abell	Jake Chandler	Tyler Godfrey	Debora Kerr	Lareasa Mettler	Andrea Rosenzweig	Charissa Toney
Dustin Allen	Keith Clayton	Chris Goffrier	Jonathan Klos	Benjamin Moore	Brian Rosenzweig	Forest Towne
Kelly Andrews	Stacy Cox	Brian Griffin	Brian Korfhage	Mark Morical	Pete Sandgren	Silas Towne
Andy Emerson	Russell Crawler	Mike Hawbecker	Ross Kranz	Nathan Moses	Nick Schaan	Allen Tucker
Birgitta Bella	David Crump	Richard Hawkins	Dan Kriz	Rick Mottern	Maria Schwab	Michael Unruh
Dave Beltramini	Chad Davis	Tyler Hayes	Ryan Lamb	Kelly Moyes	Adam Sears	Brian Vernon
Courtney Bledsoe	Ryan Douglass	Matt Heggem	Rico Lazzereschi	Joe Nichols	Cody Serbus	Jason Webster
Brandon Blumberg	Ryan Eckman	Tim Hellman	Shane LeFeber	Lauren O'Connell	Jane Shein	Nathan Wilcox
James Borges	Bill Eddie	Jamie Hemstead	Hannah Lippke	Christie Otley	Anne Slaughter	Bryan Wilson
Pam Bradbury	Andy Ellis	Phil Hill	Travis Lowe	Rosalynn Penfold	Scott Stallard	Eddy Young
Brent Bradley	Trevor Flaherty	Mark Howell	Lindy Maniscalco	Bill Pfeifer	Jason Stinnett	Chad Zirkle
Darren Bradow	Luke French	Jacob Ivie	Zach Martin	Sam Rafail	Chris Stone	
Cory Bruhn	Garrett Garcia	Trevor Janeck	Kristen Martin	Joe Riedl	Kevin Switzer	
Shara Carnahan	Brian George	Phil Jonsrud	Steve McCorkle	Amanda Ring	Shane Therrian	
Milly Carroll	Skyler Gilbride	Mike Kane	Derk McCulley	Blake Rosen	Rachel Tibbot	

Youth Hockey

Aaron Kitchell	Brian Hickey	Chris Fasan	David Nader	James Lamberto	John Komar	Mark Pelletier
Aaron Tarnow	Brian Liebman	Chris Mott	David Town	Jay Etnier	Jon Vlasak	Matt Gyling
Alan Bell	Brown Cannon	Chris Trahey	Eric Anderson	Jeff Olsen	Keith Bell	Michel Waller
Andrew Baca	Bruce Reed	Christy Dimmig	Eric Flowers	Jeff Wilson	Kelly Strycharz	Michelle Hart
Andrew Greenwalt	Cameron White	Dale Pilon	Garrett Stom	jeremy Jensen	Kevin Detweiler	Miek Steder
Beth Brinston	Casey Kirkland	Dan Fishkin	Honza Vbrata	Jim Boss	Lance Hayes	Mike Ahlman
Bill Janulewicz	Chet Liew	David Bermudes	Jacob Gray	John Anderson	Mark Hinkle	Mike Mills-Price

Be a coach!

Youth sports programs rely on adult volunteers to coach the teams of kids who want to play. We organize the teams and provide the equipment, training and on-going support to help make it a successful season for everyone. Coaches get to select practice times and location and receive a lot of appreciation from staff, players and families!

Volunteers needed to coach:

Kindergarten Soccer

Youth Fall Soccer

Youth Flag Football

Youth Tackle Football

Middle School Tennis

Bitty Ball Volleyball

6th Grade Volleyball

Sport experience is preferred. Volunteer application is required, a background check is processed and all coaches do concussion awareness training.

For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.



TO WINTER AND SPRING SPORTS SPONSORS.

These local businesses and individuals share their resources to help make healthy and enriching recreation opportunities available for children and families in our community. Your support makes a difference!

YOUTH VOLLEYBALL PROGRAM SPONSOR:

BIGFOOT BEVERAGES

BITTY BALL BASKETBALL PROGRAM SPONSOR:

**KRUEGER & LENOX ORAL
& MAXILLOFACIAL SURGERY**

YOUTH BASKETBALL PROGRAM SPONSOR:

**THE CENTER ORTHOPEDIC
& NEUROSURGICAL CARE & RESEARCH**

YOUTH BASKETBALL TEAM SPONSOR:

TIMM FAMILY DENTISTRY

OREGON HEALTH INSURANCE MARKETPLACE

MIDDLE SCHOOL BASKETBALL PROGRAM SPONSOR:

BIGFOOT BEVERAGES

YOUTH HOCKEY PROGRAM SPONSOR:

**KRUEGER & LENOX ORAL
& MAXILLOFACIAL SURGERY**

ADULT HOCKEY PROGRAM SPONSOR:

BALDY'S BBQ

ADULT CURLING PROGRAM SPONSOR:

MILLER LUMBER

Youth Hockey, continued

Mikey Vargas
Nick Allen
Nick Brown
Nick Harper
Nicole Scott

Paul Israel
Peter Bertero
Randall Knight
Rick Morton
Rob Brown

Ross Kranz
Ryan Trout
Scott Mellinger
Seth Taylor
Taj Smith

Tim Jarvis
Tim Monaco
Todd Lintner
Travis White

3rd - 5th Grade Youth Volleyball

Charlene Bayes
Juana Beede
Courtney Bledsoe
Todd Blischke
Breah Bollom
Kristen Bowles
Tonya Burkett
Brent Cheldelin
Vanessa Cobarrubia
Mindi Correa
Becky Crawford
Staci DeMarco
Amy Dimmitt
Karen Doorn

Mikal Dulio
Krista Eastes
Melissa Eckman
Jerry Everist
Nathan Fiedler
Candice Forsell
Colleen Funderburg
Mindy Godell
Adiranne Goodrich
Bobby Grover
Trisha Grover
Amelia Haug
Erin Hoar
Beth Houser

Aaron Johnson
Devon Johnson
Nathan Juarez
Christina Kennedy
Andrew Ketsdever
Hannah Lippke
Jenny Lynch
Jessica Malinowski
Mary Manfredi
Ron McCracken
Emily McMahon
Brenda Miller
Brenda Mingus
Susan Neal

Jeff Neal
Kevin Nelson
Stephanie Parel
Megan Perry
Angel Quinn
Thomas Quinn
Tiffany Schreiber
Sean Stafford
Chelsea Stallard
Jeremy Storton
Molly Taroli
Jon Vollers
Brooke Walton
Meagan Waltosz

Boys Middle School Basketball

Jeff Anderson
Rolf Armstrong
Troy Bailey
Andy Balyeat
John Bandon
Johanna Bents
Alexis Bonilla
Chad Brewer
Corey Bruhn
Carly Carmichael
Chris Conway
Jason Cox
John Craft
Troy Cross
Robert Dennis
Alicia Diaz
Matt Dodson
Ron Doke

Daniel Domes
Rob Duvalle
Nick Francher
Maz Faulhaber
Devon Gaines
Jeff Gatuschi
Harvey Gonzales
Brett Gorbett
Jeff Gregg
Zeb Griffin
Kelly Hardgrave
Kevin Harris
Keith Harris
Bill Higgins
Andy High
Phil Hill
Ron Huffman
Noah Hutchason

Ken Isola
Byron Jenson
Steve Jones
Kris Karpstein
David Keefer
Kyle Kendall
Debora Kerr
Wes Knapp
Alex Macias
Adam Malinowski
Scott McIntyre
Bridgit Montgomery
Ben Moore
Justin Moore
Travis Moore
Larry Nelson
Greg Nores
Alex Ormiston

Will Pelayo
Matthew Peterson
Michelle Prien
Joe Riedl
Chris Roman
Stephen Sehgal
Beverly Shipman
Craig Simpson
Davis Smith
Eric Tabert
Mark Tumilson
Michael Unruh
David Vodak
Mike Walker
Garrick Wells
Michelle White

Girls Middle School Basketball

Sue Arnold
Liz Billings
Kurt Bomke
Josh Bressman
Josh Button
Christie Cox
Chris Cox
Colleen Cunningham
Craig Gerlach
Jennifer Gerlach
Chris Goffrier
Frank Groundwater
Ashley Grubb
Matt Haney
Marni Hanna

Joe Hanna
Erin Haynes
Chris Hendry
LuAnn Hendry
Eden Hirshon-Stahl
Audrey Holmes
Ben Hough
John Howes
Tori Howes
Kris Karpstein
Tim Kerns
Heather Knox
Brittany Lawber
Noah Lemas
Jeremie Lucas

Gavin MacFarland
Anna Martin
Molly McInelly
Kelly McKinney
Rick Melner
Katie Merickel
Bryce Mitchell
Jennifer Nance
Alex Ormiston
Tyler Pendergast
Jordyn Plemons
Rachel Preston
Nicole Ruiz
Stephanie Russell
Heidi Sausser

Nick Schaan
Beverly Shipman
Taron Spaulding
Shane Steffen
Michael Walker
Rebecca Warner
Greg Welch
Garrick Wells
Charlene Wells
Robin Wetherbee
Troy Wilson
Nancy Wirth
Tammy Wisco

Program Locations

Locations of all summer BPRD programs are in alphabetical order below.

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

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

Al Moody Park
2225 NE Daggett Ln, Bend, OR 97701

Art Station
313 SW Shevlin Hixon Dr, Bend, OR 97702

Aspen Hall
18920 NW Shevlin Park Rd,
Bend, OR 97701

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

BEAT Studio
1080 SE 9th St, Ste 120, Bend 97701

Bend Art Center
550 SW Industrial Way #180,
Bend, OR 97702

Bend High School
230 NE 6th St, Bend, OR 97701

Bend Masonic Hall/Lodge
1036 NE 8th St, Bend, OR 97701

Bend Senior Center
1600 SE Reed Market Rd, Bend, OR 97702

Big Sky Sports Complex
21690 NE Neff Rd, Bend, OR 97701

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

Buckingham Elementary
62560 Hamby Rd, Bend, OR 97701

Camp Marshall
1291 NE 5th St, 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
510 NE 3rd St, Bend, OR 97701

CTC Rehearsal Venue
148 NW Greenwood Ave, Bend, OR 97701

Drake Park
777 NW Riverside Blvd, Bend OR 97701

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

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

Ensworth Elementary School
2150 NE Daggett Ln, Bend, OR 97701

Hal Puddy Field at Ponderosa Park
225 SE 15th St, Bend, OR 97702

Harmon Park, Hobby Hut & Outdoor Center
1100 NW Harmon Blvd, Bend, OR 97701

High Desert Middle School
61111 SE 27th St, Bend, OR 97702

High Lakes Elementary School
2500 NW High Lakes Lp, Bend, OR 97701

Highland Elementary School at Kenwood
701 NW Newport Ave, Bend, OR 97701

Hollinshead Park & Barn
1235 NE Jones Rd, Bend, OR 97701

Hollygrape Park
19489 Hollygrape St, Bend, OR 97702

Jewell Elementary School
20550 Murphy Rd, Bend, OR 97702

Juniper Elementary School
1300 NE Norton, Bend, OR 97701

Juniper Park
800 NE 6th St, Bend, OR 97701

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

Kiwanis Park
800 SE Centennial St, Bend, OR 97702

KPOV – High Desert Community Radio
501 NW Bond St, Bend, OR 97701

La Pine State Park
15800 State Recreation Rd,
La Pine, OR 97739

Larkspur Park
1700 SE Reed Market Rd, Bend, OR 97702

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 97701

Marshall High School
1291 NE 5th St, Bend, OR 97701

Miller Elementary School
300 NW Crosby Dr, Bend, OR 97701

Mountain View High School
2755 NE 27th St, Bend, OR 97701

Norton Ave. Apartments
415 NE Norton Ave, Bend, OR 97701

North Star Elementary
63567 Brownrigg Ln, Bend, OR 97703

Odyssey Martial Arts
924 B SE Wilson Ave, Bend, OR 97702

Old Mill Sand Volleyball Courts
450 SW Powerhouse Dr #422,
Bend, OR 97702

Oregon Ki Society
61170 SE 27th St, Bend, OR 97702

OSU Cascades Campus
1500 SW Chandler Ave, Bend, OR 97702

Pacific Crest Middle School
3030 NW Elwood Ln, Bend, OR 97701

The Pavilion
1001 SW Bradbury Way, Bend, OR 97702

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

Pilot Butte Neighborhood Park
1310 US-20, Bend, OR 97701

Pine Nursery Park
3750 NE Purcell Blvd, Bend, OR 97701

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

Pioneer Park
1525 NW Wall St, Bend, OR 97701

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

Ponderosa Park & Skatepark
225 SE 15th St, Bend, OR 97702
and
1411 SE Wilson Ave, Bend OR 97702

Riley Ranch Nature Reserve
19975 Glen Vista Rd, Bend, OR 97701

Riverbend Park
799 SW Columbia St, Bend, OR 97702

River's Edge Golf Course
400 NW Pro Shop Drive, Bend, OR 97701

Seven Peaks School
19660 Mountaineer Way, Bend, OR 97702

Shevlin Park
18920 NW Shevlin Park Rd,
Bend, OR 97701

Sawyer Park
62999 O.B. Riley Rd, Bend, OR 97701

Silver Rail Elementary School
61530 SE Stone Creek St, Bend, OR 97702

Sky View Middle School
63555 NE 18th St, Bend, OR 97701

Skyline Sports Complex
19617 Mountaineer Way, Bend, OR 97702

Smith Martial Arts
100 SE Bridgeford Blvd, Suite A
Bend, OR 97702

Stone Creek Park
61531 SE Stone Creek Ln, Bend, OR 97702

Summit High School
2855 NW Clearwater Dr, Bend, OR 97703

Sun Meadow Park
61150 Dayspring Dr, Bend, OR 97702

Sylvan Learning Center - Main
2150 NE Studio Rd, Bend, OR 97701

Sylvan Learning Center - Northwest Crossing
2863 NW Crossing Dr, Bend, OR 97701

Tetherow Golf Course
61240 Skyline Ranch Rd, Bend, OR 97702

The Pavilion
1001 SW Bradbury Way, Bend, OR 97702

Trinity Lutheran School
2550 NE Butler Market Rd,
Bend, OR 97701

Tula Movement Arts
2797 NW Clearwater Dr, Suite 100
Bend, OR 97703

Tumalo Creek Kayak & Canoe
805 SW Industrial Way, Ste 6,
Bend, OR 97702

Twin Knolls Transition Co-op
2500 NE Twin Knolls Dr, Bend, OR 97702

Vince Genna Stadium
401 SE Roosevelt Ave, Bend, OR 97702

Westside Village Magnet School
1101 NW 12th 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 (closed May 26 - Sept. 2) See page 28.						•			•				•				
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 (parking closed)	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		•									•		•			



Hollinshead Park



Orchard Park



Wildflower Park

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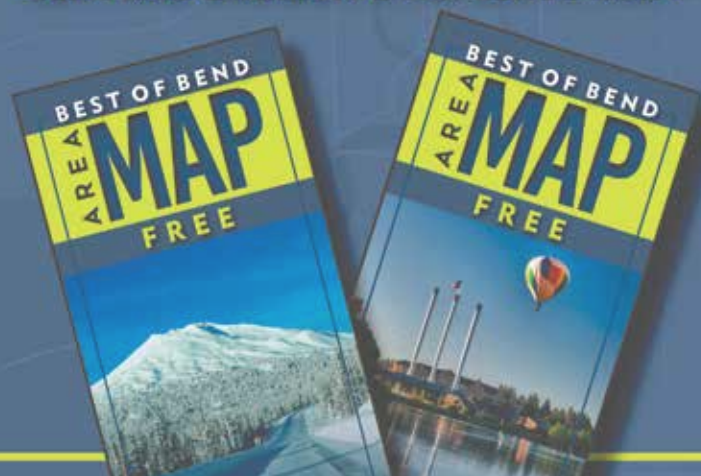
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Please join Bluefish in welcoming a new member to our team, pediatric dentist Sheala Lansden. Dedicated, friendly and compassionate, Dr. Sheala loves making a positive, healthy difference for children and their families. We are so excited to welcome Dr. Sheala to our community!

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1



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2



Gear up.

3



Go float.

4



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Biking	Tennis

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Afternoon at the Movies	

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play for life