



FALL
REGISTRATION
BEGINS
AUGUST 12
@ 5:30 AM

your playbook

youth & adult
recreation registration
opens august 12

online
preview
edition

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

play for life

CONTACT US

phone: (541) 389-7275
email: info@bendparksandrec.org
website: bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

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

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

Administration will be closed: Sept. 2 - Labor Day,
Nov. 11 - Veterans Day, Nov. 28 - 29 - Thanksgiving,
Dec. 25 - Christmas Day, Jan. 1 - New Years Day

THE ART STATION

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

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

BEND SENIOR CENTER

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

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

Fridays 7:30 am - 4:00 pm

Saturdays 9:00 am - 3:00 pm

Holiday hours and special events: See page 33.

JUNIPER SWIM & FITNESS CENTER

800 NE 6th Street • p. (541) 389-7665

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

Saturdays 7:00 am - 6:00 pm

Sundays 9:00 am - 6:00 pm

Holiday hours and special events: See page 22.

THE PAVILION

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

Sept. - Oct. 20 Hours vary - check online.

Oct. 21 - April 8:30 am - 8:00 pm, daily
Hours subject to change.

Holiday hours and special events: See page 30.

PARK SERVICES

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

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

Administration will be closed: Sept. 2 - Labor Day,
Nov. 11 - Veterans Day, Nov. 28 - 29 - Thanksgiving,
Dec. 25 - Christmas Day, Jan. 1 - New Years Day



fall 2019 • online preview

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:

Ted Schoenborn, Chair • Nathan Hovekamp,
Vice-Chair • Jason Kropf • Ariel Méndez •
Lauren Sprang

BUDGET COMMITTEE:

Thomas Fisher • Larry Kimmel • Joanne
Mathews • Daryl Parrish • Debra Schoen

EXECUTIVE DIRECTOR:

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

ADMINISTRATIVE SERVICES DIRECTOR:

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

PLANNING & PARK SERVICES DIRECTOR:

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

RECREATION SERVICES DIRECTOR:

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

FOLLOW US:

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

Twitter - Bend Park & Rec (@bendparksandrec)

Instagram - bendparks (@bendparks)

INCLUSION: The Bend Park & Recreation District is committed to making all of our programs, facilities, services and activities accessible to everyone. If you feel that you or your child may require auxiliary aid or special accommodations to participate, let us know at the time of registration. We will work with you in order to make safe and respectful accommodations. For more information or an activity assessment, contact Therapeutic Recreation at (541) 706-6121.

SERVICIOS AL ALCANCE DE LA COMUNIDAD LATINA | LATINO

OUTREACH SERVICES: Comuníquese con Kathya al Tel. (541) 706-6190. Horario de Oficina: Juniper Swim & Fitness Center: Lunes y miércoles de 8:00 am a 5:00 pm, Martes de 12:00 a 7:00 pm, Jueves de 4:15 a 7:00 pm. Oficinas del Distrito (en Old Mill District): Jueves de 12:00 a 4:00 pm. | Contact: Kathya Avila p. (541) 706-6190. Office hours: Juniper Swim & Fitness Center: Monday & Wednesday: 8:00 am - 5:00 pm, Tuesday: 12:00 - 7:00 pm, Thursday, 4:00 - 7:00 pm. District Office: Thursday, 12:00 - 4:00 pm.



fall into play

ONLINE PREVIEW: WHAT'S INSIDE

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How to Register

REGISTER ONLINE:

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

Payment in full is required at the time of registration.

New Accounts

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

Online Registration Instructions

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

REGISTER

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



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

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

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

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

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



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



Out-of-District Fee Policy

Out-of-district residents do not pay property taxes that support the District and will be charged an additional 20% for most programs. If you need help determining if you live inside the District boundaries, call us at (541) 389-7275.

In-Person Registration

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

- **Juniper Swim & Fitness Center**
800 NE 6th Street
- **Bend Senior Center**
1600 SE Reed Market Road
(closed through Sept. 2)
- **The Pavilion**
1001 SW Bradbury Way

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,

Winter-Spring 2020 registration begins December 9, 2019.

Summer 2020 registration begins March 23, 2020.

Recreation Scholarships

We believe that everyone should have the opportunity to participate in recreation activities. Financial needs-based scholarship assistance is available to qualifying individuals for many recreation programs. The goal is to remove financial barriers for community members with limited financial resources. In the last year, approximately 700 individuals and families have participated in programs with support that provides safe, enriching activities and contribute to a physically active community.

ABOUT SCHOLARSHIPS:

- Visit www.bendparksandrec.org/scholarship to download application forms or pick up an application at the district office or recreation facilities.
- You may submit your application at any time; allow at least one week for processing prior to registering for an activity.
- Scholarships can be used by children, adults and families for most recreation programs and facility passes.
- Scholarship assistance ranges from 25-percent to 75-percent of the regular fee depending on the applicant's level of need and the specific registered program.
- Eligibility is based on household income and number of dependents living in the household, and aligns with the Federal Poverty Guidelines and other assistance programs. Generally, you may be eligible for scholarship assistance if your household qualifies for SNAP, TANF, Oregon Health Plan, or Free and Reduced School Lunch.
- Scholarships are valid for one year. You must reapply for renewal.
- More at www.bendparksandrec.org/scholarship

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





PLAY YOUR WAY

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

PASS SPECIALS & DISCOUNTS

SAVE
10%

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

SAVE
20%

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

SAVE
25%

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

SAVE
50%

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

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

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

splashtacular

Perfectly fit for you.

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

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



Fall 2019:
Sept. 3, 2019 - Jan. 5, 2020

Regular Hours:

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

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

Visit online at: juniperswimandfitness.com



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

Schedules & Information

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

Fees

Pass information on pages 20 - 21.

More Activities
at Juniper Swim & Fitness:
Adult swimming p. 25
Adult Fitness p. 55 - 63
Youth Fitness
& swimming p. 26 - 29

Holidays & Special Hours

9/2	Labor Day	Noon - 5:00 pm
9/9 - 13	Olympic Pool Cover Installation	
10/31	Halloween	Close at 6:00 pm
11/28	Thanksgiving	8:00 am - Noon
12/24	Christmas Eve	5:15 am - 1:00 pm
12/25	Christmas Day	Closed
1/1	New Year's Day	9:00 am - 1:00 pm

Swim Meets & Special Events

10/27	Intrasquad Meet
11/16	High Desert Classic
12/6 - 8	Bend Invite
12/14	COMA All-Around Meet
12/21	High School Invite

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



How to Get There



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

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

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

PUBLIC & ALTERNATIVE TRANSPORTATION:

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

Juniper Swim & Fitness Center Features

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

Online video tour available at bendparksandrec.org

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- to 12-foot water depth, 1-meter and 3-meter diving boards and rope swing.

Indoor Children's Pool

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

Outdoor Activity Pool

Open June to early September.

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

Hot Tub, Dry Sauna & Steam Room

These coed amenities are perfect for post-workout relaxation.

Ages: 16 & up

FITNESS CENTER & EQUIPMENT:

Fitness Center

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

Fit Studio

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

Indoor Cycling Studio

Ride away with state-of-the-art cycles, great sound system and big-screen TV.

Group Exercise Studio

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

Mind & Body Studios

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

OTHER FEATURES:

Multiple Locker Rooms

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

Wi-Fi & Lounge Areas

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



Kids' Corner Child Care

Ages: 6 weeks - 6 years

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

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

For reservations, speak with Kids' Corner staff or call (541) 706-6191.

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 - 11:00 am

Learn more at
juniperswimandfitness.com



Weekends ROCK! at Juniper

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

KIDS' NIGHT OUT 1st & 3rd Saturdays

Ages: 3 - 11

Dates: 10/5, 10/19, 11/2, 11/16, 12/7, 1/4, 1/18

Activity: 405599

Sa: 6:30 - 9:30 pm

Pre-register - \$11.00 ID \$13.00 OD

Day of registration - \$14.00 ID \$17.00 OD

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

FREE FAMILY NIGHT 2nd Saturdays

FREE

All Ages

Dates: 10/12, 11/9, 12/14, 1/11

FREE

Sa: 6:30 - 8:30 pm

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

See details:

bendparksandrec.org/weekendsrock

Drop-In Swim Sessions

Open Recreation Swim

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

Fee: Basic pass or drop-in fee

September 4 - January 5

M/W/Th/F: 7:30 - 9:00 pm

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

No-School Day Recreation Swim

**NO
SCHOOL**

When school's out, swimming is in!

Hours: 1:00 - 3:00 pm

Dates: 10/24 - 25, 11/11

Hours: 1:00 - 4:00 pm

7:30 - 9:00 pm

Dates: 11/25 - 27, 11/29, 12/23, 12/26 - 27,
12/30, 1/2 - 3

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

Family Swim

A perfect time for families to use the indoor pools for recreating and swimming. All children must be accompanied by parent or guardian.

Fee: Basic pass or drop-in fee

September 9 - January 5

Su: Noon - 1:00 pm

No School Day Family Swim

**NO
SCHOOL**

When school's out, come swim with the kiddos!

Hours: 4:00 - 5:30 pm

Dates: 11/25 - 27, 11/29, 12/23, 12/26 - 27,
12/30, 1/2 - 3



Parent-Child Swim

Ages: 6 & under with adult

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

Fee: Basic pass or drop-in fee

September 3 - December 20

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

M/T/Th: 10:45 am - 2:30 pm

W: 10:45 am - 1:00 pm

F: 7:00 am - 4:30 pm

Sa: 7:00 - 9:15 am

Su: 9:00 am - 12:00 pm

4:00 - 6:00 pm

Lap Swimming & Water Running

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

Fee: Basic pass or drop-in fee

September 4 - January 5

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

F: 5:15 am - 7:30 pm

Sa: 7:00 am - 6:00 pm

Su: 9:00 am - 6:00 pm

SWIM LESSONS

Adult Swimming on page 25

Youth Swimming on pages 26 - 29

dive into play

Fall Lap Swim Schedules

are available at
juniperswimandfitness.com.

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



Liquid benefits.

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

Adult Swimming

Level 1 Adult Swim Instruction

Ages: 16 & up

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

\$56.00 ID \$67.20 OD / session

Activity: 305554

Sa: 7:35 - 8:15 am

Sessions: 9/14 - 10/12 10/19 - 11/16

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.

\$56.00 ID \$67.20 OD / session

Activity: 305555

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

Sessions: 9/9 - 9/25 9/30 - 10/16
10/21 - 11/6 12/2 - 18

Level 3 Adult Swim Instruction

Ages: 16 & up

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

\$56.00 ID \$67.20 OD / session

Activity: 305556

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

Sessions: 9/10 - 26 10/1 - 17
10/22 - 11/7 12/3 - 12/19

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.

\$169.00 ID \$202.80 OD / session

Activity: 305557

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

Sessions: 9/10 - 10/10 10/15 - 11/14

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.

September 16 - January 5

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

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

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

M/W: 5:30 - 6:30 pm

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

Kayak Roll Session

All Ages

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

\$13.00 ID \$15.60 OD per session

Activity: 405100

September 8 - December 29

Su: 4:15 - 6:00 pm

Recreation Swim Schedules

available on page 24 and at juniperswimandfitness.com.

Find all the times you can come splash and play.

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

it's a water-full life

Dive into fitness and swimming.

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

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids:

Ages 4 to 11

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

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

Fit Kids Yoga & Creative Play

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

Schedule at:
juniperswimandfitness.com

Teen Fitness

Ages: 11 - 17

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

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

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



Weekends ROCK! at Juniper

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

- Kids' Night Out
1st & 3rd Saturdays
- FREE Family Night
2nd Saturdays

See page 24 for more details or go online: bendparksandrec.org/weekendsrock

Youth Swimming

at Juniper Swim & Fitness Center

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: 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.

Activity: 405601

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

- OR -

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

Dates: Sept. 9 - June 11



Novice Swim Team

Entering Grades: 1 - 5

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

\$153.00 ID \$183.60 OD / session

Activity: 305540

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

- OR -

Tu/Th/F: 3:10 - 4:05 pm

Session: 9/16 - 11/22

Middle School Novice Swim Team

Grades: 6 - 8

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

\$153.00 ID \$183.60 OD / session

Activity: 305541

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

NOTE: Participants choose three days per week to attend.

Session: 9/16 - 11/22

Novice FREE Swim Program Assessment

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

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

Novice Swim Team Stroke Clinic

Grades: 1 - 8

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

\$48.00 ID \$57.60 OD / session

Activity: 305543

M/W/F: 3:30 - 4:25 pm
4:30 - 5:25 pm

Session: 12/2 - 20



Springboard Diving

Ages: 9 - 12

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

\$68.00 ID \$81.60 OD / session

Activity: 305570

M: 6:30 - 7:30 pm

Sessions: 9/9 - 10/7 (\$56.00 ID \$67.20 OD)
10/14 - 11/16



Advanced Springboard Diving

Ages: 9 - 14

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

\$68.00 ID \$81.60 OD / session

Activity: 305571

W: 6:30 - 7:30 pm

Sessions: 9/11 - 10/9 (\$56.00 ID \$67.20 OD)
10/16 - 11/18

Swim Squad

Ages: 14 & up

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

\$104.00 ID \$124.85 OD / session

Activity: 305542

T/Th/F: 6:15 - 7:30 pm

Session: 9/16 - 11/8



THREE SPORTS & THREE CHEERS!

Big thanks to all our JSFC Kids Triathlon sponsors and participants for another great event on August 25!

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



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!

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 or call (541) 389-7665.

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: 305012 (1-day)
305013 (2-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: 305042 (1-day)
305043 (2-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:
305111 (1-day)
305112 (2-days)

Journey 4 - 5 Activity:
305140 (1-day)
305141 (2-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 - 4 Activity:
305211 (1-day)
305212 (2-days)

Level 4 Activity:
305241 (1-day)
305242 (2-days)

Level 5 - 6 Activity: 305251 (1-day)

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:
305258 (1-day)

Swim Lesson Assessment

FREE

Unsure which class to register your child in? Come by the pool for a swim assessment to ensure your child is in the right class.

Sept. 9 - Dec. 20: Tuesday, 10:45 am; Thursday, 6:30 pm; Saturday, 12:30 pm
Or call Ann at (541) 706-6183 to arrange an appointment



ONE-DAY-A-WEEK SESSIONS

MONDAYS

\$42.00 ID \$50.40 OD	Sept. 9 - Oct. 7
\$51.00 ID \$61.20 OD	Oct. 14 - Nov. 18
Parent Tot 1, 2	9:10 am
Sea Stars	10:00 am
Journey 1, 2, 3	9:10, 10:00 am

TUESDAYS

\$42.00 ID \$50.40 OD	Sept. 10 - Oct. 8
\$51.00 ID \$61.20 OD	Oct. 15 - Nov. 19
Parent Tot 1, 2	10:00 am
Journey 1, 2, 3	9:10, 10:00 am
Journey 4, 5	10:00 am

WEDNESDAYS

\$42.00 ID \$50.40 OD	Sept. 11 - Oct. 9
\$51.00 ID \$61.20 OD	Oct. 16 - Nov. 20
Parent Tot 1, 2	9:10 am
Sea Stars	9:10 am
Journey 1, 2, 3	9:10, 10:00 am 1:55, 2:45 pm
Journey 4, 5	1:55 pm, 2:45 pm
Level 1, 2, 3, 4	1:55 pm, 2:45 pm

THURSDAYS

\$42.00 ID \$50.40 OD	Sept. 12 - Oct. 10
\$51.00 ID \$61.20 OD	Oct. 17 - Nov. 21
Parent Tot 1, 2	9:10, 10:00 am
Sea Stars	10:00 am
Journey 1, 2, 3	9:10, 10:00 am

Start times only listed. All classes 45-minutes.

ONE-DAY-A-WEEK SESSIONS

FRIDAYS

\$42.00 ID \$50.40 OD	Sept. 13 - Oct. 11
\$51.00 ID \$61.20 OD	Oct. 18 - Nov. 22
Parent Tot 1, 2	5:30 pm
Journey 1, 2, 3	4:30 pm
Level 1, 2, 3, 4	5:30 pm

SATURDAYS

\$42.00 ID \$50.40 OD	Sept. 14 - Oct. 12
\$42.00 ID \$50.40 OD	Oct. 19 - Nov. 16
Parent Tot 1,2	10:05, 11:45 am
Sea Stars	9:15, 10:55 am
Journey 1, 2, 3	9:15, 10:55, 11:45 am
Journey 4, 5	10:05 am
Level 1, 2, 3	9:15, 10:05 am, 10:55, 11:45 am
Teen Level 1, 2, 3, 4, 5, 6	10:55 am
Level 4	10:05, 11:45 am
Level 5, 6	10:55, 11:45 am

Start times only listed. All classes 45-minutes.

TWO-DAYS-A-WEEK SESSIONS

\$45.00 ID / \$54.00 OD	Sept. 9 - Sept. 26
\$60.00 ID / \$72.00 OD	Sept. 30 - Oct. 24
\$60.00 ID / \$72.00 OD	Oct. 28 - Nov. 20
\$45.00 ID / \$54.00 OD	Dec. 2 - 19

M/W EVENINGS

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

TU/TH EVENINGS

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

Start times only listed. All classes 40-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. (Private and semi-private lesson registration in-person only)

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

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



skate your way

Two kinds of play.

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

The Pavilion

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

Customer Service Office Hours: (subject to change)

Sept. 3 - Oct. 20: Hours vary - Check online
Oct. 21 - Early April: Daily: 8:30 am - 8:00 pm



Follow us on Facebook!

Look for The Pavilion in Bend!

How to Get There

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

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



Schedules

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

Roller Skating Season: Now - October 5

Ice Skating Season: October 21 - April

Holidays & Special Hours

9/2	Labor Day	Closed
11/28	Thanksgiving	10:00 am - 2:00 pm
12/24	Christmas Eve	12:00 - 4:00 pm
12/25	Christmas Day	2:00 - 6:00 pm
12/31	New Year's Eve	12:00 - 9:00 pm
1/1	New Year's Day	11:00 am - 7:00 pm

Fees

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

Roller Skating Fees: Fees are \$7/adult, \$6/student & senior, \$5/youth and under 3 are free.

ICE SEASON PASSES!

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



Ice Skating & Roller Skating Public Sessions

Roller Skating: May - Oct. 5

Ice Skating: Oct. 21 - Early April

Check daily schedules at
thepavilioninbend.com.

See pages 20 - 21 for regular fees.

Open Skate

Roller & Ice Skating

Recreational skating for all ages and abilities; however, children 6 years and under must be supervised by a responsible person 14 years or older.

- Hockey, speed skating and advanced figure skating not allowed.
- Groups of ten and more, call in advance for special pricing.
- During normally lower attendance times, activities may include basic skating and/or laps on the outside perimeter and basic figure skating/ice dancing/freestyle on the inside. These sessions may occasionally include large groups such as schools.
- Check online schedules prior to attendance so you know what to expect.
- Sorry, no sticks allowed.

Family Skate: Includes skates

Roller Skating: Only \$5

Ice Skating: Only \$6

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

SPECIAL: Skate rental included.

"Cheap Skates": Only \$6 with skates

Ice Skating Only

Special open skate sessions on Tuesday nights.

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

Parent-Tot Skate: Only \$6 with skates

Ice Skating Only

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

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

Skate Rental

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

Ice Skate Sharpening

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



The Pavilion Features

The Ice Sheet

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

Roller Sports Flooring

In June 2019, the Bend Bullets Roller Hockey club donated brand new roller sports surfacing for the Pavilion. Through their volunteer efforts, they provided a more skateable surface that is also multipurpose for our other activities.

Lobby & Concessions

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

Viewing/Warming Room

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

Changing Rooms & Lockers

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

Frequently Asked Questions

Q: Where do I find the schedule?

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

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

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

Q: How long is the ice season?

A: The ice season begins in late October and concludes in early April.

Q: How will weather conditions affect the ice?

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

Specialized Ice Sessions

Session Fees:

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

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get your fifth session for FREE!

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

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

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

Stick Time

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

Activity: 310402 - Adult
310401 - Youth

Pick-up Hockey

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

Activity: 310403 - Adult

Curling Time

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

Activity: 310332 - Adult

Freestyle

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

Activity: 310160 - Adult/Youth



Holiday & No-School Day Skate Sessions

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

Dates: 11/11, 11/25 - 29, 12/23 - 27,
12/30 - 1/3, 1/20, 2/17, 3/23 - 27

Check schedules at thepavilioninbend.com

Groups, Schools & Skate Parties

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

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

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

Call (541) 389- 7588 for reservations.

Come Watch: Ice Hockey & Curling Leagues

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

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

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

Schedules and standings online at thepavilioninbend.com



Pavilion Events

Bend Ice Hockey Gear Swap

Sunday, October 6
3:00 - 5:00 pm

Hosted by the Bend Rapids

Call (541) 241-8828 for more information.

Halloween Skate

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

Winter Solstice Celebration

Friday, December 20
5:30 - 8:30 pm

\$6 with canned food item donation

Fall Ice Sports & Skating Lessons

Hockey • Curling • Ice Skating

Adult - pages 64 - 66 • Youth - pages 88 - 98

Rent The Pavilion

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

- **Capacity:** 800+ people
- **Outdoors - Covered:** 20,000+ sq. ft.
- **Outdoors:** 4,500+ sq. ft.
- **Indoors:** 1,200+ sq. ft.
- **Event season:** May - September

Call (541) 389-7588 for more information.

WEEKLY
.....
**SOCIAL
ACTIVITIES**
.....
PAGE 36

gather for play

Bend Senior Center

Fall: September 3 - December 31

Regular Hours:

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

Located at Larkspur Park:
1600 SE Reed Market Road

p. (541) 388-1133

Schedules & Information

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

Fees

Pass information on pages 20 - 21.

Special Hours & Closures

Sept. 2	Labor Day - Closed
Nov. 28 - 29	Thanksgiving - Closed
Dec. 25	Christmas - Closed
Jan. 1	New Year's Day - Closed

How to Get There

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

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



Just for you.

Inspiring learning, health and wellness for active older adults. The Bend Senior Center is owned and operated by Bend Park & Recreation District.

Follow us
on Facebook.



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

Thank You

The Bend Senior Center's summer relocation was a success!

The Bend Senior Center temporarily closed due to construction from May 26 to Sept. 2. As you can imagine, moving all the activities, patrons and staff of the center was no easy feat, but we all did it together and with great success.

Special thanks to Bend-La Pine Schools for hosting us at Marshall High School. Converted to Camp Marshall, the school worked fabulously for fitness classes, social activities and even our first-ever Grand Camps.

We also appreciate the Souper Tuesday luncheon hosts - Whispering Winds and Mt. Bachelor Assisted Living & Memory Care - for stepping up and hosting free lunches each week. Wow!

Biggest thanks to you, our patrons. Your flexibility and enthusiasm during the summer was fabulous. It was great to see you participating at all the available facilities - Camp Marshall, The Pavilion, the district office and Juniper Swim & Fitness Center. You just kept moving all summer long!

We're excited to be back in the Bend Senior Center building and look forward to the opening of Larkspur Community Center in late summer 2020. You can learn more about the project on page 9.



Community Information & Support

AARP Safe Driver

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

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

The ABC & D's of Medicare

Sept. 5 & Oct. 3:
4:00 - 5:00 pm

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

Alzheimer's & Dementia Caregiver Support Group

FREE

3rd Thursday of the month:
5:00 - 6:30 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 (800) 272-3900 for more info.

Social Security Basics

FREE

Sept. 18, 4:30 - 5:30 pm

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

Medicare 101

FREE

Sept. 18, 5:30 - 6:30 pm

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



Health Clinics

Provided by local health practitioners for your convenience.

Foot Clinic

Every Wednesday:

(not held on fifth Wednesday)

9:00 am - 3:00 pm

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

Blood Pressure Clinic

FREE

1st & 3rd Wednesdays:

9:30 - 10:30 am • Drop-in

Ear/Hearing Care & Consultations

FREE

Provided by licensed audiologist

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



Fitness passes through health plans?

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

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

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

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

fit. flexible. for life.

Weekly Fitness Classes


September 3 - December 31 (no class 9/2, 11/16, 11/28, 11/29, 12/25, 1/1)

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

Many of the fitness classes offered at the Bend Senior Center are Fit For You! Specially designed for those wanting a low impact and light intensity workout as well as those ages 50+, these exercise classes offer something for every fitness level - from just starting out to a regular fitness enthusiast! Increase your mobility, strength, cardio endurance, flexibility and core stability.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	
	8:00 - 10:00 am Fitness Center Orientation	7:45 - 8:45 am Cardio Dance Fusion	8:15 - 9:15 am Indoor Cardio Walking	8:45 - 9:45 am Beginning Barre	7:45 - 8:45 am Pilates Foundation	
	8:45 - 9:45 am Cardio Dance Fusion	8:30 - 9:30 am Qigong (begins 10/22)	8:30 - 9:30 am Nia	9:00 - 10:00 am Strength & Condition	8:00 - 10:00 am Fitness Center Orientation	
	8:45 - 9:45 am Fitness Variety	8:45 - 9:45 am Cardio Ball	8:45 - 9:45 am Balance Essentials	9:00 - 10:00 am Zumba Gold	8:30 - 9:30 am Tai Chi 24 Movement	9:00 - 10:00 am Strength & Condition
	8:45 - 9:45 am Strength, Tone & Mightier Bone	9:00 - 10:00 am Strength & Condition	10:00 - 11:00 am Zumba Gold		8:45 - 9:45 am Fitness Variety	
	10:15 - 11:15 am Functional Fitness	9:35 - 10:35 am Tai Chi 24 Movement	10:00 - 11:00 am Beginning Line Dance	10:15 - 11:15 am Moving to Music Arthritis Program	9:00 - 10:00 am Restorative Flow Yoga	9:15 - 10:15 am Zumba Gold
	10:15 - 11:15 am Moving to Music Arthritis Program	10:15 am - 11:00 am Walk with Ease Seated Exercise		10:15 - 11:15 am Yoga Fundamentals	10:15 - 11:15 am Indoor Cardio Walking	10:30 - 11:30 am Yoga Pilates
	10:00 - 11:00 am Zumba Gold	10:15 - 11:15 am Yoga Fundamentals		10:15 - 11:15 am Functional Fitness	10:00 - 11:00 am Beginning Barre	
AFTERNOON	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Chair Yoga	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Chair Yoga	10:00 - 11:00 am Beginner Plus Line Dance	
	12:45 - 1:45 pm Group Fitness		12:45 - 1:45 pm Group Fitness		11:30 am - 12:30 pm Strength, Tone & Mightier Bone	
	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	12:45 - 1:45 pm Group Fitness	
EVENING	4:00 - 5:00 pm Dance Through the Decades	4:00 - 5:00 pm Strength Tone & Mightier Bone		4:00 - 5:00 pm Strength Tone & Mightier Bone		
	4:30 - 5:30 pm Yoga for Healthy Aging	4:30 - 5:30 pm Yoga for Healthy Aging	4:30 - 5:30 pm Zumba	4:30 - 5:30 pm Yoga for Healthy Aging		
	4:30 - 5:30 pm Pilates Mat		4:30 - 5:30 pm Pilates Mat			
	5:35 - 6:35 pm Barre Body	5:35 - 6:35 pm Cardio Dance Fusion	5:30 - 6:30 pm Yoga 101	5:35 - 6:35 pm Barre Body		

Class descriptions on
pages 55 - 63
in Adult Fitness.
Look for the  icon.

BSC Fitness Center

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


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

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

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

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

Personal Training

 **Purchase multiple sessions for savings!**

Individual Training Rates:

- Initial Consultation and Assessment: \$83.00
- 1 - 2 Sessions: \$66.00/ea.
- 3 - 5 Sessions: \$63.00/ea.
- 6 - 11 Sessions: \$60.00/ea.
- 12 + Sessions: \$57.00/ea.

Partner Training Rates: (per person):

- 1 - 2 Sessions: \$50.00/ea.
- 3 - 5 Sessions: \$48.00/ea.
- 6 - 11 Sessions: \$45.00/ea.
- 12 + Sessions: \$43.00/ea.

Rates effective September 15, 2019.

Personal Trainers

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

Visit bendseniorcenter.org for trainer bios.

Let's be social.

Join us for a great variety of social activities. Unless indicated with a fee, you can attend for a single visit fee or use your Bend Senior Center Full Access or Basic Pass. Pass information on pages 20 - 21.

SOCIAL ACTIVITY WEEKLY SCHEDULE

MONDAY: *(subject to change)*

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

TUESDAY:

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

WEDNESDAY:

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

THURSDAY:

- 12:00 - 4:00 pm Pool/Billiards
- 12:00 - 4:00 pm Mahjong
- 1:00 - 2:30 pm Afternoon Dance

FRIDAY:

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

SATURDAY:

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

SUNDAY:

- 2:00 - 4:00 pm Sunday Dance Hour (1st Sunday)
The Notables Swing Band
(Note: September dance is Sept. 8th)



It's all fun and games.

Tuesday Afternoon at the Movies **FREE**

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

Thursday **FREE** Afternoon Dance

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

Sunday Afternoon Dance

On the first Sunday of the month, dance to The Notables Swing Band, 2:00 - 4:00 pm for \$5 per person. (Note: September dance is Sept. 8th)



Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

Pool/Billiards

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

Cards & Games

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

Come have lunch with us.

Souper Tuesday Lunch

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





Events

Sunday Afternoon Dance

1st Sunday of the Month

2:00 - 4:00 pm • \$5 per person

Featuring the Notables Swing Band.

(Note: September dance is Sept. 8th)

Hot Dog! We're Home! Luncheon

FREE

Tuesday, September 10

12:00 - 1:00 pm

Join us for delicious barbeque hot dogs (both meat and veggie) and fixings to celebrate the return to the Bend Senior Center building after summer's construction and closure.

Senior Scams & Fraud

FREE

Wednesday, September 11

1:00 - 3:00 pm

Educational presentations and community resources to help protect you from being a victim of identity theft.

For the Health of It! Health & Wellness Fair

FREE

Tuesday, October 1

12:00 - 3:00 pm

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

Holiday Craft & Gift Bazaar

FREE

Saturday, November 16

9:00 am - 3:00 pm

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



Cascade Horizon Senior Band Annual Holiday Concert

FREE

December, to be announced

1:30 - 3:00 pm

Come and enjoy an afternoon of holiday music.

Central Oregon Community Orchestra Holiday Music

FREE

Sunday, December 15

2:00 - 3:30 pm

Join us for an afternoon of your favorite holiday music.

PREMIER WORLD DISCOVERY ARMCHAIR TRAVEL INFORMATIONAL MEETING

FREE

Mondays, Oct. 7 & Dec. 2, 11:30 am - 12:30 pm

Come learn about the great 2019-20 travel options. A representative will cover the program details and answer your questions.



Brown Bag Lunch & Learn Series

Wednesdays • 12:00 - 1:00 pm

Presented in partnership with PacificSource Medicare Health Plans

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

Bring your lunch; dessert and coffee are on us.

10/2 Wake Up Your Fairy Godmother Within

Jacqueline Thea, PhD & Author

10/9 Choosing the Right Fitness Program

Alli Jorgensen & Monica McClain-Smith, Bend Park & Recreation Fitness Staff

10/16 Bird Watching in Central Oregon

Kevin Smith, East Cascades Audubon Society

10/23 Newberry National Volcanic Monument

Karen Gentry, Education Programs Director, Discover Your Forest

10/30 Healthy Aging: Nutritional Strategies for Optimal Longevity

Desiree Oliveri-McElheny, RN, BSN

11/6 Connecting to Our Community Through Social Media

Colleen McNally & Bryan Longoria, Bend Park & Recreation Marketing

11/13 The Future of Water and Rivers in Central Oregon

Marisa Hossick, Deschutes River Conservancy

LET'S
GET ARTY!
.....
PAINTING
CLASSES
& MORE
.....
PAGES 42 - 43

we are all artists

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 38.

Bend Senior Center

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

Facility information on page 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 40 - 43.

YOUTH CLASSES
on pages 73 - 78.



Open Studio & Kiln Firing

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

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

Fee:	\$18.00 ID \$22.00 OD / visit (3 hours) \$162.00 ID \$192.00 OD for 10-visit pass - save 10%
Activity:	311197 - Single Visit 411195 - 10-visit Pass

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.



MICHAELE GREENE WORKSHOPS

Ages: 16 & up

Art Station

Introduction to Clay Sculpture

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

\$199.00 ID \$238.80 OD / session

Activity: 311104

M: 12:00 - 3:00 pm

Sessions: 9/23 - 10/14

Figurative Clay Sculpture NEW

Designed for those looking to continue clay sculpting or try something new. This six-week workshop focuses on hands-on instruction with an emphasis on figurative work. Learn and experiment with "cold finishing" techniques - washes, waxes, acrylic and sealing of your artwork. Tools and the first ten pounds of clay provided; additional clay available for purchase at the studio.

\$239.00 ID \$286.60 OD / session

Activity: 311104

Sa: 2:00 - 5:00 pm

Sessions: 10/19 - 11/23

ABOUT MICHAELE:

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

Clay

Day Clay

Ages: 16 & up

Art Station

This six-week class provides a supportive atmosphere for all experience levels to learn clay techniques. Practice hand-building, wheel throwing and design skills. Explore creative methods and find inspiration in this project-oriented class. Tools and 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: 311100

Th: 11:00 am - 2:00 pm

Sessions: 9/12 - 10/17
10/31 - 12/12 (no class 11/28)

F: 11:00 am - 2:00 pm

Sessions: 9/13 - 10/18
11/1 - 12/13 (no class 11/29)

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: 311102

W: 6:00 - 9:00 pm

Sessions: 9/25 - 10/30
11/6 - 12/18 (no class 11/27)

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 77 - 78.



Wheel Experience

Ages: 16 & up

Art Station

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

\$175.00 ID \$210.00 OD / session

Activity: 311103

Tu: 6:00 - 9:00 pm

Sessions: 10/22 - 11/12

Date Night NEW with Clay

All Adults

Art Station

Looking for a fun evening out? Come be creative with a partner, friend or even a date in the clay studio! Learn basic hand building as you create your own one-of-a-kind dish or try your hand at wheel throwing while learning the basics of centering, opening, pulling and shaping clay. Registration is for two people so have fun and try something new together! Instructor: Madeleine Meyer

\$85.00 ID \$102.00 OD / session

Activity: 311106

F: 5:45 - 8:45 pm

Sessions: 11/1 - Wheel Throwing
12/6 - Hand Building

Drawing & Ink

Drawing Deeper

Ages: 16 & up

Art Station

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

\$79.00 ID \$94.80 OD / session

Activity: 311110

M: 10:00 am - 1:00 pm

Session: 9/23 - 30

Sa: 9:00 am - 3:30 pm

Session: 10/12

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: 311112

M: 10:00 am - 12:00 pm

Session: 10/7 - 21

W: 6:00 - 8:00 pm

Session: 12/4 - 18

WORK FOR PLAY.

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



Pastel Chalk Abstracts

NEW

Ages: 16 & up

Art Station

An amazing quality of pastel chalk is that it retains intensity once put on paper. Explore how to use color to render images seen and imagined in colors not usually associated with them. Move a picture into the realm of abstraction as well as providing an understanding of the nature of color. This is a great class for beginners and more experienced artists who want to expand their familiarity with pastel chalk. Instructor: Deena Newman

\$89.00 ID \$106.80 OD / session

Activity: 311113

W: 6:00 - 8:00 pm

Session: 10/30 - 11/20

Intro to Calligraphy: Holiday Edition

Ages: 14 & up

Art Station

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

\$89.00 ID \$106.80 OD / session

Activity: 311142

Th: 5:45 - 8:15 pm

Session: 11/7 - 21

Fused Glass

The Opaline Effect in Fused Glass

NEW

Ages: 14 & up

Art Station

Beautiful and exciting results await you! Opaline glass, when fired, informs the color upon which it is layered in sometimes very surprising ways. Beginning with an 8x8" blank glass "canvas" to create square "stacks," a variety of opaque glass materials in a several colors will be available along with a generous amount of Opaline squares. After firing, these pieces have beautiful shifts in color that appear! Additional \$50.00 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 311160

Tu: 5:30 - 8:30 pm

Session: 9/17

Dia De Los Muertos Designs in Fused Glass

NEW

Ages: 14 & up

Art Station

Working with color, texture and detail will be the focus as we create Dia De Los Muertos / Day of the Dead designs in glass. Your finished 4x10" piece is designed to be hung on a wall. Additional \$30.00 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 311162

Tu: 5:30 - 8:30 pm

Session: 10/22



Reactive Color Potentials in Fused Glass

NEW

Ages: 14 & up

Art Station

Chemistry in art! Beginning with an 8x8" glass blank "canvas," a variety of glass materials in a plenitude of colors and textures will be applied to create your unique art. Reactive potentials are emphasized as we incorporate sulfur and copper-based glass colors, and the use of specially-produced "reactive glasses." The reactions happen upon firing, so be prepared to be surprised in lovely ways with your finished piece. Additional \$50.00 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$38.00 ID \$45.60 OD / session

Activity: 311161

Tu: 5:30 - 8:30 pm

Session: 10/8



Painting

Fun With Acrylics

All Adults

Bend Senior Center

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

\$15.00 ID \$18.00 OD / session

Activity: 302409

Th: 1:00 - 3:30 pm

Sessions: 9/12	Poppy Glory
10/3	Sea Foam
11/7	Candle Glow
12/5	Poinsettia

Ease into Watercolor Painting

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: 311123

Th: 6:00 - 8:00 pm

Session: 9/26 - 10/17

Tu: 12:30 - 2:30 pm

Session: 11/19 - 12/17 (no class 11/26)



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

\$179.00 ID \$214.80 OD / session

Activity: 311122

W: 6:00 - 9:00 pm

Session: 10/2 - 23



Intro to Chinese Brush Painting

All Adults

Bend Senior Center

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: 302406

Th: 1:00 - 3:30 pm

Session: 10/10

Paint Night NEW For Two

All Adults

Bend Senior Center

Bring a friend, spouse, partner or even a date and try your hand at creating your own masterpiece with acrylic paints. If you have never painted before this class is for you. The instructor will guide you through the process. All supplies included. Snacks and lots of laughs provided. Instructor: Diane Burns

\$59.00 ID \$70.80 OD / session

Activity: 302414

Th: 5:30 - 7:30 pm

Session: 10/10 - Scarecrow Welcome
12/5 - Believe



Beginning Watercolor

All Adults

Bend Senior Center

No art experience necessary, just a willingness 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: 302400

Th: 1:00 - 3:30 pm

Session: 10/17



Print Making

Printed Gifts NEW

Ages: 13 & up

Art Station

Make one-of-a-kind hand-printed gifts! Learn how to create a block or gelli print that can be framed or can go on a textile of your choice. Printing can be done on an apron, tea towel, pillow case, greeting cards, wrapping paper and more. We'll provide the paper and you bring your own textile to print on. Instructor: Madeleine Meyers

\$49.00 ID \$58.80 OD / session

Activity: 311133

Sa: 1:30 - 4:30 pm

Session: 11/9

Tu: 5:30 - 8:30 pm

Session: 12/3

Gyotaku Fish Prints

Ages: 14 & up

Art Station

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

\$49.00 ID \$58.80 OD / session

Activity: 311132

Tu: 5:30 - 9:00 pm

Session: 11/19

Textiles

Basic Batik

Ages: 16 & up

Art Station

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

\$129.00 ID \$154.80 OD / session

Activity: 311180

M: 5:45 - 7:45 pm

Session: 10/7 - 11/4



The Art of Felting

Ages: 16 & up

Art Station

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

\$129.00 ID \$154.80 OD / session

Activity: 311181

M: 6:30 - 8:30 pm

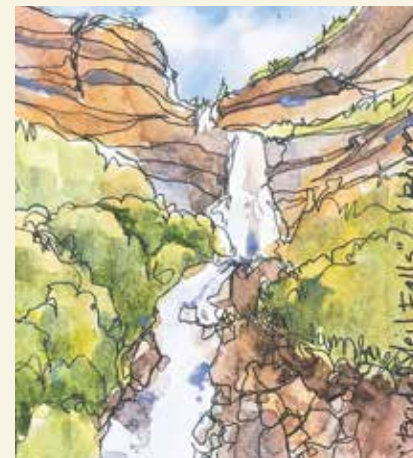
Session: 11/18 - 12/16 (no class 11/25)

CINDY BRIGGS WORLD RENOWNED PLEIN AIR ARTIST

WATERCOLOR WORKSHOPS

Ages: 16 & up

Art Station



Creative Watercolor Postcards NEW

Create colorful mini-masterpieces in watercolors as you discover how to simplify shapes, draw with flowing lines and paint with flowing colors. Cindy demonstrates how to loosen up, enjoy the process and paint your journeys in captivating colors. Great for all levels - create multiple paintings and freely work at your own speed with guidance. Bring your own images selection or use Cindy's. Supply list to be provided.

\$175.00 ID \$210.00 OD / session

Activity: 311126

Tu/W: 9:30 am - 3:30 pm (hour lunch)

Session: 11/12 - 13

How Atmosphere & Light Effect Color NEW

Explore the effects of atmosphere, light and harmonious colors, and how to create the illusion of form and depth in your watercolor paintings. Discover how to visualize then design your painting with colors, hard and soft edges and interconnecting shapes. Just back from Tuscany and Portugal, Cindy will have new images to paint from or bring your own selection. Supply list to be provided.

\$175.00 ID \$210.00 OD / session

Activity: 311126

Th/F: 9:30 am - 3:30 pm (hour lunch)

Session: 11/14 - 15



ABOUT CINDY: A master of translucent watercolors, Cindy Briggs is known for her sun-drenched cityscapes, luminous passageways and portraits with personality. She also teaches and demonstrates by invitation at regional art centers, associations and stores. Students appreciate her personalized attention, encouragement to expand their individual style and her positive teaching

approach. Cindy Briggs earned a Bachelor of Arts from Brigham Young University and worked for over fifteen years as an art director for nationally recognized advertising agencies in San Francisco, Seattle and Los Angeles.

MAKE MUSIC!
.....
**GUITAR &
UKULELE
LESSONS!**
.....
PAGE 49

learn to play

Learn + play.

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

Cooking & Baking

Get Creative with the Spiralizer

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 302235

Tu: 5:00 - 7:30 pm

Session: 9/17

Preserves & Jam

NEW

All Adults

Bend Senior Center

Learn to turn the sweet, tasty fall harvest into delectable eats year round! Learn what constitutes a jam and how it differs from a preserve or jelly. We'll cover the basics and a simple recipe for homemade jam. All materials provided and participants take home 3 six-ounce jars of finished jam, which make perfect gifts. Instructor: Marsha Palmer

\$49.00 ID \$58.80 OD / session

Activity: 302233

W: 4:00 - 7:00 pm

Session: 9/25

Keto vs. Paleo

NEW

All Adults

Bend Senior Center

What is the difference between Paleo and Keto diets? How do you determine which diet is best for you? You will learn the differences, the benefits and the downsides of each of these trendy dietary approaches. We will make dishes from both disciplines to taste. Handouts and recipes included. Instructor: Suzanne Landry

\$49.00 ID \$58.80 OD / session

Activity: 302230

Th: 5:00 - 7:30 pm

Session: 9/26

WHAT ABOUT TEENS?

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

For teens 13 to 15 years old, please call (541) 706-6232

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



Farm to Table Feasts

NEW

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 302216

Sa: 10:30 am - 1:30 pm

Session: 10/5

Northern African Flavors for Two

NEW

All Adults

Bend Senior Center

Moroccan cuisine is a reflection of the diverse cultures that come together in this Northern African country. Bold spices, olives and fruits combined together build wonderful flavor combinations. In this class you and your companion will work in pairs learning about the culture and cuisine of Northern Africa. We will learn how to use a traditional tagine to cook a meal that the class will eat together. If you have your own tagine bring it to class. Instructor: Shannon Hodgen

\$99.00 ID \$118.80 OD / session

Activity: 302215

F: 5:00 - 8:00 pm

Session: 10/11

Learn to Love Ferments

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 302286

M: 5:30 - 7:30 pm

Session: 10/14

Delicious Paleo Desserts

NEW

All Adults

Bend Senior Center

Using Paleo dietary guidelines, we will learn how to make luscious desserts. These desserts are made from natural sweeteners and do not include grain flour or dairy products. You won't believe your taste buds. Handouts, recipes and, of course, delicious desserts included. Instructor: Suzanne Landry

\$49.00 ID \$58.80 OD / session

Activity: 302231

Th: 5:00 - 7:30 pm

Session: 10/17

With Your Child: Baking

Learn Bake Eat NEW

Ages: 8 & up with adult

Bend Senior Center

Join us in this adult/child class as we learn the basics of bread baking. Together we will learn how to make a beautiful braided bread loaf, scrumptious cinnamon rolls and a perfect pizza which we will eat for our lunch. Class is priced per adult and child team; only the adult registers. Instructor: Brenda Chilcott

\$59.00 ID \$70.80 OD / session

Activity: 302250

Sa: 10:30 am - 1:30 pm

Session: 9/21



Danish Aebleskivers

Ages: 6 & up with adult

Bend Senior Center

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

\$59.00 ID \$70.80 OD / session

Activity: 302243

Th: 5:00 - 7:00 pm

Session: 11/7

Handmade Pretzels

Ages: 6 & up with adult

Bend Senior Center

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

\$59.00 ID \$70.80 OD / session

Activity: 302244

Th: 5:00 - 7:00 pm

Session: 10/10



Taste of Japan

All Adults

Bend Senior Center

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

Taste of Japan: Miso Soup

All Adults

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

\$49.00 ID \$58.80 OD / session

Activity: 302267

Tu: 5:30 - 7:30 pm

Session: 11/5

Taste of Japan: Let's Roll Sushi

All Adults

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

\$59.00 ID \$70.80 OD / session

Activity: 302266

Sa: 1:00 - 4:00 pm

Session: 11/9

Taste of Japan: Bento Box

NEW

All Adults

Bento Boxes are fun and simple to make. You will be the envy of the lunchroom with this healthy and colorful packed lunch box. We will learn how to make decorated food, like octopus sausage, bunny apple and more. Please bring your favorite Bento box or just bring a food container. Main menu will be Japanese style fried chicken.

\$59.00 ID \$70.80 OD / session

Activity: 302263

Tu: 5:30 - 7:30 pm

Session: 11/12



Italian Cheeses Made at Home

NEW

All Adults

Bend Senior Center

Take a cheese making adventure and discover how to make several kinds of Italian cheeses. In this hands-on cheese making class you will have an opportunity to see how mozzarella and mascarpone are made and then turn up the heat to make your very own ricotta with a few basic ingredients. We will be sampling cheeses and taking home our cheese making products. Instructor: Elizabeth Guerin

\$59.00 ID \$70.80 OD / session

Activity: 302220

Sa: 11:00 am - 2:00 pm

Session: 10/19

Taco Tuesday

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 302269

Tu: 5:30 - 7:30 pm

Session: 10/22

Italian Dinner Night for Two

All Adults

Bend Senior Center

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

\$89.00 ID \$106.80 OD / session

Activity: 302257

F: 5:00 - 8:00 pm

Session: 10/25

Parisian Bistro Dinner Night for Two

NEW

All Adults

Bend Senior Center

French flavors are complex, but the techniques don't have to be. Bring a companion and together we will prepare and enjoy butternut squash with leek and sage pie, poulet la moutarde, salade verte and lemon lavender shortbread cookies. Instructor: Suzanne Landry

\$89.00 ID \$106.80 OD / session

Activity: 302226

F: 5:00 - 8:00 pm

Session: 11/1





Pasta, Gnocchi & Special Sauce

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 302217

Sa: 10:30 am - 1:30 pm

Session: 11/2

Healthy Holiday Chocolates & Sweets to Wow!

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 302242

M: 5:30 - 7:30 pm

Session: 11/4

Traditional New Mexico Flavors

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 302268

W: 5:00 - 7:30 pm

Session: 11/6

Dance

Country Western Line Dancing

All Adults

Bend Senior Center

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

\$59.00 ID \$70.80 OD / session

Activity: 302133

M: 6:10 - 7:10 pm

Sessions: 9/9 - 10/14 10/21 - 11/25



Social & Club Dancing

All Adults

Bend Senior Center

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

\$59.00 ID \$70.80 OD / session

Activity: 302140

M: 7:15 - 8:15 pm

Sessions:

9/9 - 10/14 Foxtrot

10/21 - 11/25 West Coast Swing



Beginning Square Dance

NEW

Ages: 12 & up

Pine Forest Grange

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

\$25.00 ID \$30.00 OD / session

Activity: 302150

M/Th: 6:00 - 8:00 pm

Session: 9/12 - 19



DIY

Primitive Folk Art Decor

NEW

All Adults

Bend Senior Center

Primitive American folk art is a favorite among those who love traditional country-style from arts and crafts. In these DIY classes you will learn the basics of prepping your painting surface, how to select and use stencils, transferring techniques and finishing touches to make your project a one of kind masterpiece. No experience necessary. Supplies included. Instructor: Diane Burns

\$49.00 ID \$58.80 OD / session

Activity: 302422

Th: 5:30 - 7:30 pm

Session: 10/17 Give Thanks

Tu: 5:30 - 7:30 pm

Session: 12/10 Snowman

**Looking for
art classes?
Check out
Adult Art and
Youth Art sections.**

**See pages 38 - 43
and 73 - 78.**



Mosaic Luminaries NEW

All Adults

Bend Senior Center

Learn the basics of mosaic art, while making a one-of-a-kind luminary (or night light) using a glass block and stained glass pieces. We will create your design, as well as apply the materials and grout. All materials, aprons, gloves and safety glasses provided, including a 4' light string to put inside once completed. Instructor: Jessica Carleton

\$59.00 ID \$70.80 OD / session

Activity: 302418

Th: 1:00 - 4:00 pm

Session: 10/24

DIY: Holiday Fused Glass Cards NEW

All Adults

Bend Senior Center

Join us in this DIY class to create one-of-a-kind holiday cards. Use your skills in card making and lettering and then apply the fun of glass fusing to create a special framed keepsake. All materials provided. Instructor: Diane Burns

\$49.00 ID \$58.80 OD / session

Activity: 302413

M: 5:00 - 7:00 pm

Session: 11/19

Winter Glow Spa Creations NEW

All Adults

Bend Senior Center

Come and discover how you can create a spa experience at home. You will discover healthy home-made skin care solutions to nourish and energize your skin helping support a beautiful glow. Attendees will make their own personal spa set on site and take home a recipe collection that includes moisturizers, lip balms, scrubs and soothing muscle rub. Instructor Layla McGlone

\$49.00 ID \$58.80 OD / session

Activity: 302465

M: 5:30 - 7:30 pm

Session: 11/11

With Your Child: Gingerbread House Holiday Workshop NEW

Ages: 4 - 7 with adult

Bend Senior Center

Get a kick-start to holiday fun! Our Gingerbread House Holiday Workshop allows adult/child pairs to work together to create a holiday tradition. Each team will make, design and decorate a Gingerbread House and make a holiday ornament. Skip the prep and mess at home, and enjoy spending time with your child creating holiday memories. Instructor: Diane Burns.

\$49.00 OD \$56.80 OD / session

Activity: 302253

Sa: 10:30 am - 12:00 pm

Session: 12/7

Fiber Arts

Crochet: Beginning Anigurumi Toys NEW

All Adults

Bend Senior Center

Some of the cutest little crocheted characters you'll ever see - it's Ani-gurumi! These easy-to-work unicorn toys use simple crochet stitches, easy to increase and decrease stitches and beginning yarn toy construction. In this hands-on, instructor-guided class, we will learn to crochet using sweet, soft colors, but it could also be made as a scary Halloween beast. Instructor: Kristina Romer

\$49.00 ID \$58.80 OD / session

Activity: 302476

W: 9:30 - 11:30 am

Session: 9/11 - 25



Crochet: Cuddly Bear or Zombie NEW

All Adults

Bend Senior Center

Stretch your crocheting skills and get a start on the gift-giving season! You must have some experience with the basic stitches (chain, slip, single crochet). You will learn the double and half-double stitches, increasing and decreasing, as well as how to tie-together the components and fill with fiber. This is a fun project: will your bear be adorable or grumpy-scary? Learn ways to add those defining expressions! Instructor: Kristina Romer

\$59.00 ID \$70.80 OD / session

Activity: 302477

W: 9:30 - 11:30 am

Session: 10/2 - 23

Knitted Grocery Tote NEW

All Adults

Bend Senior Center

This knitted bag is a useful gift. The mesh-stitch body means it will knit up quickly. Made of cotton, it is serviceable and can be tossed in the washer. The style is not so ordinary, the shoulder strap has a little more width and shaping; the base is not only pretty but sturdy for any heavier items you want to carry. Instructor: Kristina Romer

\$49.00 ID \$58.80 OD / session

Activity: 302478

W: 9:30 - 11:30 am

Session: 11/13 - 27

Games

Beginning/Refresher Bridge

All Adults

Bend Senior Center

Learn to play bridge or improve your skills in this fun, relaxed class. Instructor: Judy Davidson

\$59.00 ID \$70.80 OD / session

Activity: 302600

Th: 6:00 - 8:00 pm

Session: 10/3 - 11/14 (no class 10/31)

Beginning Mah Jongg NEW

All Adults

Bend Senior Center

Mah Jongg has become one of the most popular games in the world. It began in China as a table top game and is usually played by four players with rectangular tiles. The object of Mah Jongg is to collect winning sets of these tiles. After each lesson participants are encouraged to stay and play Mahjong with other players. This is a beginner's class. Instructor: Toni Berube

\$54.00 ID \$64.80 OD / session

Activity: 3026003

Th: 10:00 am - 12:00 pm

Session: 10/3 - 24



Music & Voice

Beginning Ukulele I

All Adults

Bend Senior Center

Learn to play 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: 302100

W: 5:00 - 6:00 pm

Sessions: 9/11 - 10/2 10/9 - 30
11/6 - 12/4 (no class 11/27)

Beginning Ukulele II

All Adults

Bend Senior Center

Now you are ready to learn more about your amazing ukulele! We will take you beyond beginning ukulele and emphasize new strumming and picking techniques while learning to play more advanced chords.

\$39.00 ID \$46.80 OD / session

Activity: 302103

W: 6:15 - 7:15 pm

Sessions: 10/9 - 30
11/6 - 12/4 (no class 11/27)

Beginning Guitar I

All Adults

Bend Senior Center

Learn the basics of acoustic guitar. Topics include rhythm technique, chords, playing with others and music theory. We will ensure individual attention, a fun learning environment and opportunity to address questions. Guitars not provided.

\$39.00 ID \$46.80 OD / session

Activity: 302106

M: 5:00 - 6:00 pm

Sessions: 9/9 - 30 10/7 - 28
11/4 - 25



Beginning Guitar II

All Adults

Bend Senior Center

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

\$39.00 ID \$46.80 OD / session

Activity: 302107

M: 6:00 - 7:00 pm

Sessions: 10/7 - 28 11/4 - 25

Voiceovers: NEW Now is Your Time!

All Adults

Bend Senior Center

Learn how to use your speaking voice for commercials, films, videos and more. In this introductory class, you will learn about this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time and with minimal overhead. Instructor: Lisa Foster

\$49.00 ID \$58.80 OD / session

Activity: 302161

Sa: 10:00 am - 12:00 pm

Session: 11/23

DONATE TO RECREATION SCHOLARSHIPS

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

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

Bend Park & Recreation
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION

Get to Know Your iPhone Series

TAUGHT BY AN
APPLE CERTIFIED SUPPORT
PROFESSIONAL



All Adults

Bend Senior Center

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

Fee: \$19.00 ID 22.80 OD / session

IPHONE: SETUP & CUSTOMIZATION

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

Activity: 302551

Th: 1:00 - 2:30 pm

Session: 10/3

IPHONE: APP STORE & ITUNES

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

Activity: 302552

Th: 1:00 - 2:30 pm

Session: 10/10

IPHONE: INTERNET & MAIL

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

Activity: 302553

Th: 1:00 - 2:30 pm

Session: 10/17

IPHONE: CONTACTS & CALENDAR

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

Activity: 302554

Th: 1:00 - 2:30 pm

Session: 10/24

IPHONE: MAPS, MESSENGER & SIRI

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

Activity: 302556

Th: 1:00 - 2:30 pm

Session: 11/17

IPHONE: CAMERA & PHOTOS

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

Activity: 302555

Th: 1:00 - 2:30 pm

Session: 10/31



Specialized Fitness

Stand Tall-Don't Fall

Ages: 50 & up

Bend Senior Center

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

\$40.00 ID \$48.00 OD / session

Activity: 302777

W: 10:00 - 11:00 am

Session: 9/11 - 11/13

Wellness Through Movement

NEW

All Adults

Bend Senior Center

Learn simple functional strength exercises that will help to loosen your hip muscles, helping you increase strength and energy while improving flexibility. Students must be able to get down and up off the floor. Instructor: Dave Zimmerman, Certified Personal Trainer

\$49.00 ID \$58.80 OD / session

Activity: 302779

Tu: 1:15 - 2:45 pm

Session: 10/15 - 11/5

Technology

iPad Essentials

All Adults

Bend Senior Center

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

\$49.00 ID \$58.80 OD / session

Activity: 302560

M: 6:00 - 8:00 pm

Session: 9/16 - 9/30

iCloud Essentials

All Adults

Bend Senior Center

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

\$19.00 ID \$22.80 OD / session

Activity: 302576

Th: 10:00 - 11:30 am

Session: 11/14

Internet Security Essentials

NEW

All Adults

Bend Senior Center

Like all powerful tools, internet technologies comes with risks. Learn to manage the risk with basic rules as we will cover the many ways to watch out for scams and ways to stay safe.

\$19.00 ID \$22.80 OD /session

Activity: 302577

Th: 1:00 - 2:30 pm

Session: 11/21

More fitness classes in Adult Fitness

See pages 55 - 63.



Tours

Western Antique Aeroplane & Automobile Museum

All Adults

Bend Senior Center

Step back in time at the Western Antique Aeroplane & Automobile Museum in Hood River. Explore over 3.5 indoor acres antique collection of cars, planes, motorcycles and military vehicles - with more airplanes than the Smithsonian. Listen to the stories, talk to a docent and recount your own memories. Transportation, admission and lunch included.

\$99.00 ID \$118.80 OD / session

Activity: 302306

F: 8:30 am - 7:30 pm

Session: 9/6

The Out to Lunch Bunch: Food Cart Edition

NEW

All Adults

Bend Senior Center

C'mon! Let's visit the food trucks and carts in Bend. Enjoy various cuisines, from ethnic and exotic to down-home cooking, all in one food lot location. We will visit a new lot each month; sign up for one outing, or all three. Transportation provided; lunch is paid on your own. Space is limited. Don't miss out on food and fun!

\$6.00 ID \$7.20 OD / session

Activity: 302531

Th: 11:30 am - 1:30 pm

Sessions: 9/12 10/10
11/14

Progressive Lunch & Senior Facility Tour

FREE NEW

All Adults

Bend Senior Center

Have you ever wanted to get a peek inside Bend's senior living facilities without having to sign up for the individualized tours? Join us for a fun-filled day group touring three senior living facilities as we enjoy a delicious, progressive meal at each location. We'll have appetizers, an entree and even dessert. Transportation provided. Space is limited.

Activity: 302532

Th: 11:00 am - 2:00 pm

Session: 10/24

Travel

Music Cities Christmas

All Adults

Experience '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. Tour will fly from Portland/Redmond into St. Louis and returning home from Nashville. Call for an information packet at (541) 388-1133.

\$2,495.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 12/6 - 11, 2019

Rome & the Country Roads of Tuscany

NEW

All Adults

Explore the beautiful Tuscan towns of Florence, Pisa, Siena and more. Visit the beautiful hillside town of Assisi to learn about the life of St. Francis. Continue to Rome to see the sights and learn about the 2000-plus year-old history of the Romans. Call for an information packet at (541) 388-1133.

\$3795.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 3/24 - 4/1, 2020

New York City & Hudson River Valley

NEW

All Adults

Enjoy three nights in the heart of Manhattan! Take in Rockefeller Plaza and Times Square, visit Ellis and Liberty Islands and much more. Enjoy dinner and a Broadway show before you head upstate to the beautiful Hudson River Valley. Call for an information packet at (541) 388-1133.

\$3325.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 6/5 - 11, 2020

Great Canadian Cities

NEW

All Adults

Visit beautiful Quebec and Montreal! Visit the capital of Canada, Ottawa and Toronto. Spend two nights in Niagara Falls in a hotel nestled right at the falls' edge. Call for an information packet at (541) 388-1133.

\$3545.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 9/16 - 24, 2020

More adventures
in Adult Outdoors.

See pages 52 - 54.



Normandy, Paris & the Seine River Cruise

NEW

All Adults

Enjoy a seven-day river cruise on the legendary Seine River, visiting charming French towns and villages daily. Tour includes a visit to Normandy and World War II landing beaches. Finish with a visit to Paris - a great way to end your trip!

\$4895.00 each - Category D

(dbl. occupancy, land/air/ tax from Portland)

Dates: 10/20 - 28, 2020

Rose Parade New Year

NEW

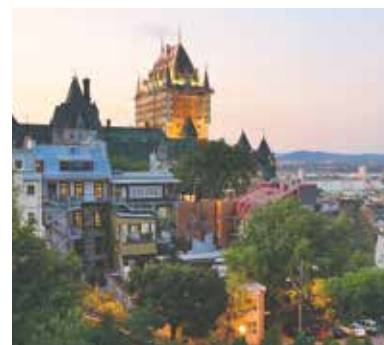
All Adults

Enjoy five nights in sunny Southern California with a live music New Year's Eve party and then the splendor of the Tournament of Roses Parade from your grandstand seats.

\$2545.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 12/30, 2020 - 1/4, 2021



FALL'S BEST
OUTSIDE
.....
**HIKING
& WALKING**
.....
PAGE 52

time out

You're greater outdoors.

Whether you're a bona fide nature buff or just want to step outside from time to time, a little adventure (or two) offers the exercise you're wanting while refreshing the mind. In her own grand and beautiful style, Mother Nature always has a way of making us better, both inside and out.

Hiking & Walking

Falls Colors

All Adults

BPRD District Office

Level 2 - There is a quiet beauty to waterfalls in the autumn. We'll visit a different waterfall each week while watching for gorgeous fall colors. Hikes to falls average 2 to 3 miles with some stairs. Leader: Walter Major

\$30.00 ID \$36.00 OD / session

Activity: 308723

Th: 8:00 am - 1:30 pm

Sessions: 9/19: Paulina Falls
9/26: Tumalo Falls
10/3: Sahalie/
Koosah Falls

**Volunteer coaches
needed for
youth sports.**

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



Hike With A Naturalist NEW

All Adults

BPRD District Office

Level 2 - Discover Newberry Volcano and learn about how it shaped Central Oregon and what potential dangers it holds for our future. We will explore the caldera and touch on topics of geological features, history of Newberry and potential threats. Leader: Trevor Christianson

\$39.00 ID \$46.80 OD / session

Activity: 308766

Tu: 8:00 am - 1:30 pm

Sessions: 9/24 10/1

Trailpacers Hikes

All Adults

BPRD District Office

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

\$85.00 ID \$102.00 OD / session

Activity: 308715

Th: 8:30 am - 4:00 pm

Sessions: 10/3 - 17 10/24 - 11/7

Daytrippers:

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

See page 51.

Ski & Snowshoe

Get Started Snowshoeing

All Adults

The Pavilion

Level 2 - If you have little or no snowshoe experience and are looking for a great introduction to this sport, we'll take you through the basics of outdoor play and get you started on the snow. The first meeting day is indoors and provides helpful information regarding equipment, clothing, winter safety, and equipment rental. One on-snow session includes technique instruction, practice, and an outing in the mountains. Equipment not included. Leader: Leslie Olson

\$72.00 ID \$86.40 OD / session

Activity: 308402

Tu: 9:00 am - 1:00 pm

Sessions: 12/3 - 10 1/7 - 14

Snowshoe With A Naturalist

NEW

All Adults

The Pavilion

Level 2 - Join us for a mile hike at Mt. Bachelor and discover what it means to survive in a winter environment. We will touch on topics of snow ecology, trees, volcanoes, geology, watershed and survival. Equipment not provided. Leader: Trevor Christianson

\$31.00 ID \$37.20 OD / session

Activity: 308415

Tu: 9:00 am - 1:00 pm

Sessions: 12/10, 12/17, 1/7

Be ready to go in the snow.

XC skiing and snowshoeing are aerobic activities, so it's important you come with some basic strength and physical conditioning.



Thursday Yetis Snowshoe

All Adults

The Pavilion

Level 3 - For those comfortable on snowshoes, these outings are filled with fresh air, snow and perspective. You'll make friends, feel fit and have fun. Distance ranges from 4 - 6 miles. Equipment not included. Leader: Leslie Olson

\$81.00 ID \$97.20 OD / session

Activity: 308424

Th: 9:00 am - 3:30 pm

Sessions: 12/5 - 19 1/2 - 16

Get Started Ski Touring

All Adults

The Pavilion

Level 2 - If you have little or no cross-country (XC) ski experience and are looking for a great introduction to this sport, we'll take you through the basics of outdoor play and get you started on the snow. The first meeting day is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. Two on-snow sessions include technique instruction, practice and Sno-park outings. Equipment not included. Leader: Eric Denzler

\$120.00 ID \$144.00 OD / session

Activity: 308403

Th: 9:00 am - 1:00 pm

Sessions: 12/5 - 19 1/16 - 30

Hike, Walk & Snowshoe Ratings

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

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

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

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



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

Important Outdoor Program Information

Registration: Be sure to match your experience and ability level to the course description rating level before signing up for a program. **Please do not wait until the last minute to register as activities may be full or cancelled if minimum enrollment has not been met.**

Drop-ins: Drop-ins are accepted when space is available on many outdoor programs. Drop-in fees vary by program.

Program Info & Destinations: Clothing and equipment recommendations, destination calendars and other information are available on the website or by contacting the Outdoor Programs Coordinator (see below). Proposed destinations may change due to weather or other circumstances. Arrive at least ten minutes before the start time. Programs typically conclude before the scheduled ending time. However, occasionally we arrive back later than planned.

Food & Water: Participants are responsible for bringing and carrying their own food and water for outings unless otherwise indicated.

Message Phone: In the event of inclement weather, call 541-389-7275 after 8:00 am (M-F) on the morning of your program to find out if your program has been cancelled. You may also leave a message for your trip leader on the morning of your program.

Leadership: BPRD outdoor leaders are trained in Wilderness First Aid and CPR skills and have gone through BPRD van driver training. Trip leaders carry a first aid kit and cell phone.

Transportation: Round-trip transportation is provided to and from the day's destination in the District's 15-passenger vans.

Questions? Concerns?: Contact the Outdoor Program Coordinator at EricD@bendparksandrec.org or 541-706-6116.

The Children's Forest
of Central Oregon presents



September 21

Riverbend Park
11am-3pm
Free!

**OVER 30 OUTDOOR ACTIVITIES
FOR THE WHOLE FAMILY**

Outdoor recreation, nature education,
and health and wellness

childrensforestco.org

Thank you to our Partners and Sponsors!



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.

\$250.00 / session

Activity: 408360

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

Session: 11/2 - 3

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This NOLS training is specifically designed to recertify the Wilderness First Responder certification. For WFR's, you must possess a valid WFR certification of at least 72 hours in order to recertify through this course. Includes CPR.

\$355.00 / session

Activity: 408362

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

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

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. Adult/child CPR certification is included. Presented by NOLS Wilderness Medicine. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel.

\$800.00 / session

\$400 deposit required at registration with balance due 30 days prior to start of training.

Activity: 408364

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

Session: 10/8 - 17

Wilderness Upgrade for Medical Professionals NEW

Ages: 18 & up

Hollinshead Barn

This is a five-day (48-hour) module for medical practitioners that builds on a background in urban emergency care. 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 / session

Activity: 408366

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

Session: 11/4 - 8



You're Invited: Free Classes & Clinics **FREE**
Fall into Fitness: October 6 - 12 **JSFC** **BSC**

Get connected, stay engaged and be inspired! Join our fitness experts for free classes and workshops. Look for more details at bendparksandrec.org/events.

- **ASK A PT**
- **FITNESS 101 CLASSES**
- **GET SWIMMING WITH MASTERS**
- **IMPROVE YOUR FUNCTIONAL FITNESS**
- **GET STARTED MINI CONSULTATIONS**
- **FINDING RELIEF OF JOINT & BACK PAIN**
- **PRENATAL/BABY & ME FITNESS CLASSES**
- **FREE FAMILY NIGHT**

About Fitness Classes at BPRD

DROP-IN CLASSES & SCHEDULES: All ages and fitness levels are welcome and you can start at any time. Classes are offered on a first-come, first-served basis. All classes are held on a weekly basis. Check schedules online at bendparksandrec.org. You can even download to your own mobile device calendar.

DROP-IN PASSES / FEES: There are numerous pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 20 - 21.

REGISTRATION CLASSES, PERSONAL TRAINING & PRIVATE INSTRUCTION: Some fitness goals need specific instruction and curriculum with registration programs and/or personal training. These activities require advanced registration and separate fees.

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

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

Two great fitness facilities!

Juniper Swim & Fitness Center **JSFC**
 800 NE 6th St.
 p. (541) 389-P00L (7665)

Facility information on pages 22 - 24.

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

Facility information on pages 33 - 37.

- Look for the JSFC and BSC icons with class descriptions.
- A variety of passes are available for both locations. Pass information on pages 20 - 21.
- **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.

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.

MOVE FOR HEALTH!

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: \$83.00
Personalized Session: \$66.00

Next Step JSFC BSC Therapeutic Training

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 BSC

A lively, fun chair exercise class with upbeat, varied music to help you move more freely and without pain. Program designed by the Arthritis Foundation.

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 58.

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 BSC

Ages: 50 & up

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

\$40.00 ID \$48.00 OD / session

Activity: 302777

W: 10:00 - 11:00 am

Session: 9/11 - 11/13

Wellness Through Movement BSC NEW

All Adults

Learn simple functional strength exercises that will help to loosen your hip muscles, helping you increase strength and energy while improving flexibility. Students must be able to get down and up off the floor. Instructor: Dave Zimmerman, Certified Personal Trainer

\$49.00 ID \$56.80 OD / session

Activity: 302779

Tu: 1:15 - 2:45 pm

Session: 10/15 - 11/5



Fitness Workshops

Winter Sports Conditioning JSFC

Ages: 16 & up

Stay strong this upcoming snow season with this dynamic, playful and concise class, which includes ample amounts of muscle strengthening, core, balance and power. Using the ViPR, TRX suspension system, BOSU balls and agility ladders, you can expect to take your skiing, ice sports, even snowshoeing to the next level.

\$101.00 ID \$121.20 OD / session

Activity: 305330

Tu/Th: 12:00 - 12:50 pm

Session: 10/31 - 11/26

Yoga Workshops JSFC

All Adults

Treat yourself to an evening of relaxation as you decompress from all the hustle and bustle of the season. These yoga workshops feature individualized instruction that you can re-create for a home practice. Use of props, including bolsters, blankets and blocks to guide you in personal practice. Leave feeling renewed and ready to receive all the joy of holiday season.

\$15.00 ID \$18.00 OD / session

Activity: 305539

F: 5:30 - 6:45 pm

Sessions:

11/22 Restorative Yoga

12/13 Yin Yoga

Yoga for Healthy Bodies JSFC NEW

All Adults

Maintaining your physical and mental health encourages a lifetime of healthy living. This workshop-style series focuses on preventative strategies for healthy joints, improved flexibility, agility, stress management and cultivating equanimity.

\$63.00 ID \$75.60 OD / session

Activity: 305613

W: 4:15 - 5:25 pm

Sessions:

9/18 - 10/9 Neck, Shoulders, Wrists

10/23 - 11/13 Healthy Back

12/4 - 11 Healthy Nervous System



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. Registration required.

Therapeutic Yoga: A Cancer Survivor's Gentle Yoga Class JSFC 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: 305630

Th: 6:45 - 8:00 pm

Sessions: 9/26 - 10/31
11/7 - 12/19

Therapeutic Water Exercise: A Cancer Survivor's No- to Low-Impact Class JSFC 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: 305631

M: 2:00 - 3:00 pm

Session: 9/30 - 11/4

Personal Training: Individual & Group BSC JSFC

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.

Purchase multiple sessions and save!

Individual Training Session Rates:

Initial Consultation and Assessment:	\$83.00
1 - 2 Sessions:	\$66.00/ea.
3 - 5 Sessions:	\$63.00/ea.
6 - 11 Sessions:	\$60.00/ea.
12 + Sessions:	\$57.00/ea.

Partner Training Rates: (per person):

1 - 2 Sessions:	\$50.00/ea.
3 - 5 Sessions:	\$48.00/ea.
6 - 11 Sessions:	\$45.00/ea.
12 + Sessions:	\$43.00/ea.

Rates effective September 15, 2019.

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!

Next Step Therapeutic 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 56 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 JSFC BSC

Looking for personalized instruction? Want to hone in on an advanced movement or a specific fitness area? Private and semi-private instruction is available for all listed drop-in fitness classes.

30-minute session:	\$28.00
60-minute session:	\$55.00

Session can be shared with a partner of like abilities and goals. Contact our Fitness Team at (541) 706-6188 to schedule your class.



Get Started with Fitness 101

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

WEEKLY FITNESS CLASSES

on pages 59 - 63.

THERAPEUTIC FITNESS

on pages 56 - 57.



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 59 - 63. Visit our website at bendparksandrec.org/fit4u for the Fit4U class schedule.



Fitness Centers

FITNESS CENTER ORIENTATION JSFC BSC

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. Orientations are strongly recommended prior to using the fitness center, and in some cases, it may be required. Fitness center orientations are offered weekly and are free.

FITNESS CENTER & UNDER 18 USE JSFC

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.



275+ Drop-in Weekly Fitness Classes

September 2 - January 3

Group classes are ongoing and you can start anytime. Our expansive schedule offers something for everyone! New to a class format, try a 101 or a Fit4U class to get started and learn modifications. Want to increase your fitness and be challenged? Many classes include High Intensity Interval options.

WEEKLY SCHEDULES: All classes are held on a weekly basis and offered on a first-come, first-served basis. Check schedules online at bendparksandrec.org. You can even download to your own mobile device calendar.

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

PASSES / FEES: There are numerous pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 20 - 21.

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



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.



EXTENDED CYCLE JSFC

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

WORLD BEAT CYCLE JSFC

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

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 BSC

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

CORE/STRENGTH/ CARDIO CHALLENGE JSFC

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

F.I.T. JSFC

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

Fit 4U INDOOR CARDIO WALKING BSC

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

P90X® LIVE! JSFC

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

P90X®/PIYO® LIVE! 30/30 CHALLENGE JSFC

Thirty minutes of P90x - a total body workout that uses body weight and minimal equipment and includes cardio, lower body and upper body work, followed by thirty minutes of PiYo for the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

Pre- and Postnatal Fitness

Prenatal Drop-In Fitness JSFC

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 62)

Deep Water Workout & Prenatal (page 63)

Ages: 6 weeks to crawling

Online schedules at bendparksandrec.org

Baby & Me Drop-In Fitness JSFC

Ages: 6 weeks to walking

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 59)

Baby & Me Yoga (page 62)

Online schedules at bendparksandrec.org



Baby & Me Postnatal Fitness Workshop JSFC

Ages: 6 weeks to crawling

Little bundles of joy, babies take body strength-lifting, carrying and more! This class will focus on strategic engagements, proper alignment and purposeful movements in order to support your body as you grow into newfound strength. The session will begin with individual evaluations, assisting in creating your healthy fitness path. Class will focus on core rehab as you connect with your body and your baby. Come with a well-fitting baby carrier.

\$50.00 ID \$60.00 OD / session

Activity: 305308

W: 10:30 - 11:45 am

Session: 10/16 - 11/13

Need child care while you work out?

With Kids' Corner, we've got you covered.
Learn more on page 23.



TURBO KICK LIVE!® JSFC

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

Fit 4U BALLET SKILLS 101 JSFC

Instructor will introduce you to basic Ballet steps.

BALLET DANCE WORKOUT JSFC

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

Fit 4U BEGINNING LINE DANCE BSC

Designed for those that want to learn the basics, as well as progress further. Wide variety of music.

Fit 4U BEGINNER PLUS LINE DANCE BSC

For those that know the basics and want more of a challenge to fun music and steps.

Fit 4U CARDIO DANCE 101 JSFC

Let's get you dancing and your heart pumping! Instructor will take you through basic practice steps of the various cardio dance formats that we currently offer.

CARDIO DANCE JSFC BSC

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

BLISS DANCE WORKOUT JSFC

Phenomenal fun, serious sweat! A dance workout that fuses all dance genres in one class! Groove to hip hop, jazz, Latin, modern, lyrical, Middle Eastern and more.

BLISS HIP HOP JSFC

Another great Bliss workout! High energy and music-fueled, this class delivers a fierce cardio-blast while dancing to the best hip hop, funk and club beats.

BLISS/ZUMBA® JSFC

Get your cardio dance on in this great combo class.

Fit 4U NIA® BSC

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life, body and mind.

Fit 4U DANCE THROUGH DECADES BSC

Learn the basics of cardio dance, 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 or cardio dance class as you build your skill set.

Fit 4U ZUMBA GOLD® BSC

Come ready to sweat and leave feeling empowered and strong! Featuring easy-to-follow choreography focused on balance, range of motion and coordination, Zumba Gold® is the perfect match for both beginners and active older adults who are looking for lower intensity modifications of the original Zumba® moves you love.

ZUMBA® JSFC BSC

Zumba® takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise.



Strength & Conditioning:

Benefits: Make every day better by improving your day-to-day function with strength and conditioning! Use a variety of equipment to increase your muscle strength and endurance, bone density and balance.

Fit 4U BEGINNING BARRE BSC

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

BARRE BODY JSFC BSC

Conditioning class utilizing small, precisely controlled body movements to challenge, tone and define muscles. Core strength and balance improve as the exercises constantly reinforce proper body alignment and posture.

Fit 4U FITNESS CENTER ORIENTATION JSFC BSC

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively, orientations are strongly recommended prior to using the fitness center, and in some cases, it may be required. Fitness center trainings are free and offered weekly.

Work for play.

BPRD is hiring. Learn more at bendparksandrec.org.

Fit 4U FITNESS CENTER CIRCUIT JSFC

Coached workout with a series of stations to get your whole body fit. Held in the fitness center, these classes offer something for everyone.

Fit 4U FUNCTIONAL FITNESS JSFC BSC

Improve your daily function through a series of exercise routines emphasizing flexibility, balance and strength. Class focus is on muscle mechanics, core work and body awareness.

TOTAL BODY STRENGTH & CORE JSFC

A total body strength workout using a variety of equipment.

TOTAL BODY BOOT CAMP CONDITIONING JSFC

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

TOTAL BODY WINTER CONDITIONING JSFC

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

TRX CIRCUIT JSFC

Get a full-body workout utilizing TRX straps, weights, Bosu® balance trainers and stability balls in this circuit-style workout.

Fit 4U STRENGTH, TONE & MIGHTIER BONE BSC

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

Fit 4U FITNESS VARIETY BSC

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

Fit 4U STRETCH & STRENGTH BSC

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

Fit 4U GROUP FITNESS BSC

Conducted in a group setting. Includes warm up, exercises for strength, flexibility, balance and cool down.

Fit 4U STRENGTH & CONDITIONING BSC

Improve your strength, range of motion, flexibility, balance and hand-eye coordination. Weights are used from both sitting and standing positions with modifications recommended as needed. To add conditioning, rest periods are shortened.

Fit 4U BALANCE ESSENTIALS BSC

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

Mind & Body:

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

All Levels

Fit 4U YOGA 101 JSFC BSC

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

Fit 4U 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.

Fit 4U QIGONG BSC

A holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health and well-being.



Fit 4U CHAIR YOGA **BSC**

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

Fit 4U GUIDED MEDITATION **JSFC**

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

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

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

Fit 4U YOGA FOR HEALTHY AGING **BSC**

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

Fit 4U YOGA FUNDAMENTALS **BSC**

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

Private & Semi-Private Yoga & Pilates Sessions

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

30-minute session: \$28.00

60-minute session: \$55.00

Session can be shared with one partner of like abilities and goals. See page 58 for more.



Fit 4U RESTORATIVE YOGA **JSFC**

Restorative yoga poses prioritize stillness. This passive practice is done lying and seated, allowing time to go deep into stretches and lengthen tight muscles. Quiet your mind as well as your body.

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

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

Fit 4U RESTORATIVE YOGA FOR ATHLETES **JSFC**

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

Fit 4U YIN YOGA **JSFC**

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

Fit 4U PRENATAL YOGA **JSFC**

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

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

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

Fit 4U TAI CHI 8 MOVEMENT **BSC**

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

Fit 4U TAI CHI 8/24 MOVEMENT **BSC**

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

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

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

Intermediate Levels

FLEXIBLE STRENGTH THROUGH YOGA **JSFC**

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

KUNDALINI YOGA & MEDITATION **JSFC**

Known as the yoga of awareness, the yoga of consciousness. In Kundalini, practitioners use asanas (physical postures), pranayama (breath), chanting and meditation to transform and deepen our personal practice.

YOGA FLOW **JSFC** **BSC**

An introduction to Vinyasa Yoga, moving with the breath, this alignment-focused class features a flowing sequence of meditation, breath and traditional Hatha Yoga asanas and aims to increase energy, flexibility and strength.

VINYASA YOGA **JSFC** **BSC**

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



YOGA FOR ATHLETES JSFC

Yoga for athletes reaches the athlete in all of us by improving balance, flexibility and mental focus. Yoga poses and breath work can help improve performance, sleep, injury reduction and recovery.

YOGA & PILATES JSFC BSC

Learn to move your body from your core, your powerhouse with techniques and benefits of both disciplines. Yoga increases flexibility and balance; Pilates increases core strength and lengthens the muscles.

PILATES BARRE JSFC

Class flows through a series of Pilates and Barre-inspired exercises to develop deep pelvic floor and posture stabilizing muscles. Done primarily standing.

PILATES MAT JSFC BSC

Using the fundamentals of Pilates, flow through a contemporary series of Pilates and Pilates-inspired mat exercises to develop deep pelvic floor and posture-stabilizing muscles.

Advanced Levels

PIYO LIVE!® JSFC

PiYo Live! combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This combo mixed with speed delivers a fat-burning, low-impact workout that aims to have your muscles long, lean and defined.

SCULPT FUSION YOGA JSFC

This challenging, athletic workout features yoga-inspired exercises combined with balance and flexibility training. Incorporates free weights and is set to current upbeat music.



Water Fitness:

Benefits: Cross train with the three dimensions and characteristics of water - buoyancy, support and resistance! With little to no impact on your joints, water exercise improves your cardio fitness while strengthening and toning muscles, using the water's resistance. No swimming skills are needed and classes held in the deep water use flotation 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

Total body workout emphasizing cardio, with the benefit of core strengthening, muscle toning and stretching. Maintain or improve your fitness level without jarring your joints. Classes held in the deep water use flotation devices.

DEEP WATER WORKOUT JSFC

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

DEEP WATER WORKOUT & PRENATAL JSFC

Total body workout offering cardio, core strengthening, muscle toning and stretching. Classes held in the deep water use flotation devices. Prenatal welcome. Water provides the freedom of movement and support to help make exercising safer and more effective during pregnancy. 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.

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!

Fit 4U 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 flotation 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.

WATER YOGA & PILATES JSFC

The energy, flow and buoyancy of the water provides a perfect environment to release and rejuvenate. Begin your practice with breath work as you hang and decompress in the deep water. Move to the shallow water for balancing, core and traditional yoga and Pilates exercises.

Need child care while you work out?

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

Learn more on page 23.

ADAPTED
SPORTS
.....
**ADULT
WHEELCHAIR
SPORTS**
.....
SEE PAGE 66

on the ball

Game time.

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

Basketball

Adult Basketball Leagues

All Adults

Pacific Crest Middle School

Grab your friends and form a team of five or more players and sign up. This is a team sign-up league. Teams will play 12 regular season games and will be seeded into a single elimination tournament at the end of the year. Games played on Sundays.

\$695.00 / team

Registration deadline: 10/21

Season: 11/3 - 3/15

Activity: 303900 - Women's League
303901 - Men's League

Be a coach!
Volunteer coaches
needed for youth
sports.

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

Curling

Adult Curling League

All Adults

The Pavilion

Open to all experience (or inexperience) curling levels, this league gives curlers and those new to curling the chance to play. We supply stones, brooms and equipment. Space is limited, so register early. Games are played once a week on Sunday evenings. Space is limited in this popular league, so register early! Register your team of four today.

\$400.00 ID / team

Activity: 310331

Su: 3:45 - 10:30 pm

Season: 10/27 - 12/15 (no games 11/10)
1/5 - 3/1



Curling Lunch League

NEW

All Adults

The Pavilion

Join us for our first lunchtime Curling League. League will play in a seven-week round robin season, perfect for those who can not play in the Sunday Curling League.

\$400.00 ID / team

Registration deadline: 10/2

Activity: 310333

W: 11:30 am - 1:00 pm

Season: 10/30 - 12/18 (no games 11/27)

Learn to Curl

All Adults

The Pavilion

Want to improve your curling skills? Join us Fridays for Learn to Curl as experienced instructors help you hone in your skills. Registration is required.

\$30.00 ID \$36.00 OD / session

Activity: 310334

F: 8:30 - 10:30 am

Sessions:	10/25	11/1
	11/8	11/15
	11/22	11/29
	12/6	12/13
	12/20	12/27

Fencing

Beginning Epee Fencing

All Adults

High Desert Fencing

Join us to learn Olympic style epee fencing. Challenge your body and mind in this fun and exciting game of physical chess. We will cover footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership and waiver (\$10 additional) required at first class. Instructor: Jeff Ellington

\$96.00 ID \$115.20 OD / session

Activity: 302722

W: 5:30 - 7:00 pm

Session: 10/2 - 11/20

Golf

Adult Golf Lessons NEW

All Adults

Awbrey Glen Golf Club

Taught by world renowned PGA teaching pro Tim Fraley, this new group lesson series is designed for the beginner or anyone interested in improving their game. Instruction will focus on full swing, stance, grip, putting, club selection and golf etiquette. Final session will include actual on-course instruction and play. Clubs provided or bring your own.

\$199.00 ID \$238.00 OD / session

Activity: 303096

Tu/Th: 3:00 - 4:15 pm

Coed: 9/3 - 17 10/8 - 17

Women: 9/19 - 10/1



Hockey

Adult Hockey League

All Adults

The Pavilion

Join BPRD's Adult Hockey League! Individuals who register will be drafted onto teams. Teams will enjoy our ice rink while playing twelve regular season games with game nights varying throughout the season. Teams will be seeded for the playoffs. Players must provide their own gear. For more information, call Kevin at (541) 389-7588.

\$270.00 ID \$324.00 OD / session

Registration deadline: 11/4

Activity: 310320

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

Sessions: 11/18 - 3/19
(no games 12/23 - 1/2)

Required Hockey Gear

PLAYERS: Helmets (17 & under require a face mask), shin pads, hockey/street hockey gloves, cup or athletic supporter and hockey stick. **GOALIES:** Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove, goalie stick, and cup or athletic supporter.

Adult Skills & Drills

All Adults

The Pavilion

Beginners to intermediate players welcome. Let's get together, learn something new and play hockey! Designed to develop the fundamentals of the game, hone in a particular skill, promote physical fitness and above all else have fun.

\$84.00 ID \$100.80 OD / session

Activity: 310321

F: 8:15 - 9:30 pm

- OR -

F: 9:45 - 11:00 pm

Session: 10/25 - 12/20 (no class 11/10)

Coached Adult Stick & Puck

All Adults

The Pavilion

The same unstructured hockey practice you love, but with coaching available if you choose. Get specialized tips and tricks from our coaching staff to help your skill development. Bring your sticks, skates and gear and work on your skating, stickhandling and shooting in these no pressure, hockey-only sessions.

\$15.00 ID \$18.00 OD / session

Activity: 310411

Tu: 11:45 am - 1:00 pm

Sessions: 11/5 11/19
12/3 12/17

Specialized Ice Sessions

Adult: \$12.00 / session

Youth: \$10.00 / session

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get the fifth session for FREE!

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

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

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

Stick Time

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

Activity: 310402 - Adult
310401 - Youth

Pick-up Hockey

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

Activity: 310403 - Adult

Curling Time

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

Activity: 310332 - Adult

Freestyle

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

Activity: 310160 - Adult/Youth



Ice Skating

Ice Dance Technique

Ages: 16 & up

The Pavilion

Explore basic techniques used in the sport of Ice Dance! We will focus on improving edgework and introducing dance patterns, skated with music. Prerequisite: skaters must be able to do forward crossovers.

\$72.00 ID \$86.40 OD / session

Activity: 310162

Tu: 5:45 - 6:15 pm

Session: 11/5 - 12/17



Power Skating NEW

Ages: 16 & up

The Pavilion

Join us for this intense fitness-style skating session for both figure and hockey skaters. Improve your endurance and add power to your stride. Pair this class with a session of stick and puck for a full hockey workout. Separate registration required. Prerequisite: skaters must be able to do forward crossovers.

\$12.00 ID \$14.40 OD / session

Activity: 310165

Tu: 11:00 - 11:30 am

Sessions: 11/5 11/12
11/19 12/3
12/10 12/17

Learn to Skate: Adult Levels 1-3

Ages: 16 & up

The Pavilion

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

\$72.00 ID \$86.40 OD / session

Activity: 310141

Th: 5:45 - 6:15 pm

Session: 11/7 - 12/19 (no class 11/28)

Learn to Skate: Adult Levels 4-6

Ages: 16 & up

The Pavilion

For intermediate level skaters. Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique and focus on edges and crossovers. Figure or hockey skates okay.

\$72.00 ID \$86.40 OD / session

Activity: 310143

Th: 5:45 - 6:15 pm

Session: 11/7 - 12/19 (no class 11/28)

Sharpen Your Skating Skills

Ages: 11 & up

The Pavilion

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

\$12.00 ID \$15.00 OD / session

Activity: 310161

Sa: 9:40 - 10:25 am

Sessions: 11/9 11/16
11/23 12/7
12/14 12/21

Adult Skating Skills Workshop NEW

Ages: 16 & up

The Pavilion

In this intimate workshop for adults, small five-skater teams will receive individual instructor feedback and tips to help you reach your skating goals. Each week, we'll focus on a specific skill involving edge work, crossovers, and balance. Prerequisite: skaters must be able to do forward crossovers.

\$12.00 ID \$14.40 OD / session

Activity: 310164

Tu: 9:15 - 9:45 am

- OR -

Tu: 10:25 - 10:55 am

Sessions: 11/5 11/19
11/12 12/3
12/10 12/17

Adapted Sports

Wheelchair Sports

Ages: 14 & up

Ensworth Elementary

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball and other sports.

\$3.00 / session

Activity: 304500

M: 6:00 - 8:00 pm

Session: 9/16 - 12/16

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.

WINTER-SPRING 2020 ICE SPORTS

**Registration Opens
December 9.**

**Make plans for the
second ice season of:**

**ADULT HOCKEY
SKILLS & DRILLS
CURLING LEAGUE
ADULT LEARN TO SKATE**

**YOUTH
THERAPEUTIC
RECREATION**
.....
PAGES 67 - 68

play together

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!

**Therapeutic
Recreation Rocks!**

Be sure to read the feature on TR participant Victoria on page 7.

Youth & Teen Therapeutic Recreation

Stepping Stones Preschool

NEW

Ages: 3 - 5

Harmon Park

Join us for a new inclusive pre-school program. We will put your child's talents and creativity to use through games, learning activities, art projects and local field trips.

\$175.00 ID \$210.00 OD / session

Activity: 304850

M/W: 9:30 am - 12:00 pm

Sessions: 9/9 - 30 10/2 - 30
11/4 - 20 12/2 - 18

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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

Teens Thriving Together

Grades: 6 - 11

Cascade Middle School

Kids, save the cartoons for later! Come join us for exciting activities in and around Bend. Activities may include sledding, skating, adapted biking, bowling, arts and crafts, and games. This program is available to kids with disabilities and their siblings/friends.

\$250.00 ID \$300.00 OD / session

Activity: 404001

M/Tu/Th/F: 3:30 - 6:00 pm

- AND -

W: 2:00 - 6:00 pm

Sessions: 9/2 - 30 10/1 - 31
11/1 - 29 12/2 - 20

Kids' Trampoline Night

Ages: 6 - 12

Norton Avenue Apartments

Join us at the trampoline park for a night of jumping and bouncing.

\$15.00 ID \$18.00 OD / session

Activity: 304803

F: 6:30 - 8:30 pm

Session: 10/18

Kids' Adventure Days

Ages: 6 - 12

Harmon Park

Summer might be over, but the adventures are not! Join us for a morning full of exploring all that Central Oregon has to offer.

\$35.00 ID \$42.00 OD / session

Activity: 304810

Sa: 9:30 am - 1:00 pm

Sessions: 10/26 11/2
12/21

Kids' Swimming Night

Ages: 6 - 12

Juniper Swim & Fitness Center

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

\$12.00 ID \$14.40 OD / session

Activity: 304801

F: 6:30 - 8:30 pm

Session: 12/6

Adult Therapeutic Recreation Fall Registration By Survey - Opens August 12

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 open August 12 - September 3. You will be notified by September 5 of your classes and arrangements for payment must be received by September 10 or your spot will be forfeited. After September 10, any unfilled classes will be open for anyone to register. If at any time you have questions, please contact Cheryl Kelley at 541-706-6121 or cheryl@bendparksandrec.org.

Adult Therapeutic Recreation

Fall Hike & Photo Class NEW

All Adults

Norton Avenue Apartments

Let's go hiking in beautiful Central Oregon while taking pictures of our adventures with our phones and/or cameras. Our first two classes will be spent exploring and our last class will be spent creating a photo book using Shutterfly software. Participants must have very basic computer skills and be able to follow directions.

\$125.00 ID \$150.00 OD / session

Activity: 304513

Sa: 9:00 am - 4:00 pm

Session: 9/28 - 10/12

Arts & Crafts

Oregon Art Projects NEW

All Adults

Twin Knolls Transition Co-Op

Create Oregon inspired art that focuses on our surroundings.

\$75.00 ID \$90.00 OD / session

Activity: 304420

W: 6:30 - 8:00 pm

Session: 9/18 - 10/9

Art Expressions

Ages: 14 & up

Twin Knolls Transition Co-Op

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

\$75.00 ID \$90.00 OD / session

Activity: 304400

F: 4:30 - 6:00 pm

Session: 9/27 - 12/13



Kitchen Crafts NEW

All Adults

Twin Knolls Transition Co-Op

Need a kitchen makeover? Join us to liven up your kitchen with decorated items and everyday useful tools.

\$75.00 ID \$90.00 OD / session

Activity: 304421

W: 6:30 - 8:00 pm

Session: 10/16 - 11/13

Make & Play Games NEW

All Adults

Twin Knolls Transition Co-Op

Are you a "gamer"? Come make some fun games and then use them in a friendly competition with your friends.

\$60.00 ID \$72.00 OD / session

Activity: 304422

W: 6:30 - 8:00 pm

Session: 11/20 - 12/11

Gifts from the Heart

All Adults

Norton Avenue Apartments

Create one-of-a-kind gifts for friends and family. Design gifts using wood, ceramics and/or other art mediums.

\$75.00 ID \$90.00 OD / session

Activity: 304423

W: 4:30 - 8:00 pm

Session: 12/18

Cooking & Baking

Island Cooking NEW

All Adults

Norton Avenue Apartments

Aloha! Create an island dinner that will transport you to the beaches of Hawaii!

\$80.00 ID \$96.00 OD / session

Activity: 304314

W: 4:30 - 6:30 pm

Session: 9/18 - 10/9

Taco Night NEW

All Adults

Norton Avenue Apartments

Like tacos? This will be a great way to explore different ingredients to prepare some of the best tacos you have eaten. Different recipe for each week!

\$80.00 ID \$96.00 OD / session

Activity: 304315

W: 4:30 - 6:30 pm

Session: 10/16 - 11/13

Stir-Fry Meals NEW

All Adults

Norton Avenue Apartments

Stir-fry meals are healthy, fun and easy to fix. Learn which ingredients blend well for that yummy meal.

\$60.00 ID \$72.00 OD / session

Activity: 304316

W: 4:30 - 6:30 pm

Session: 11/20 - 12/11



Holiday Baking

All Adults

Twin Knolls Transition Co-Op

Join us as we prepare holiday treats that you can share with your family.

\$75.00 ID \$90.00 OD / session

Activity: 304301

Sa: 9:00 am - 1:00 pm

Session: 12/14

Social Programs

Game Nights

All Adults

Norton Avenue Apartments

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

\$60.00 ID \$72.00 OD / session

Activity: 304508

F: 6:00 - 8:00 pm

Session: 9/27 - 12/13

Pumpkin Patch Trip

All Adults

Norton Avenue Apartments

Join the Pumpkin Patch Fun! Spend the day exploring DD Ranch and come pick out a pumpkin to take home.

\$40.00 ID \$48.00 OD / session

Activity: 304506

Sa: 10:00 am - 3:00 pm

Session: 10/19

Howlin' Halloween Dance

All Adults

Hollinshead Barn

Are you ready for a howlin' good time? Dress up in your favorite Halloween costume and get ready to dance the night away. The evening will begin with a delicious dinner and end with a costume contest.

\$25.00 ID \$30.00 OD / session

Activity: 304511

F: 6:00 - 9:00 pm

Session: 10/25

Christmas Parade

All Adults

Norton Avenue Apartments

Join your friends for a day of singing, laughing, and hot cocoa at Bend's Christmas Parade. Don't miss the boat - sign up to be on the float!

\$25.00 ID \$30.00 OD / session

Activity: 304517

Sa: 10:30 am - 2:00 pm

Session: 12/7

Dinner & A Movie

All Adults

Norton Avenue Apartments

It's hard to beat a night out with dinner at a local restaurant and seeing a holiday movie. Time subject to change based on movie times.

\$60.00 ID \$72.00 OD / session

Activity: 304507

F: 3:30 - 8:00 pm

Session: 12/20

Sports & Fitness

Zumba

All Adults

Bend Senior Center

Dance to an energetic blend of popular music. This class is an easy way to work out by yourself or with some friends! Inquire prior to program if you will need transportation; bus space is limited.

\$60.00 ID \$72.00 OD / session

Activity: 304100

Tu: 4:30 - 5:45 pm

Sessions: 9/17 - 10/8 10/15 - 11/12
11/19 - 12/17

Weight Room Workouts

All Adults

Norton Avenue Apartments

Be challenged to reach your personal fitness goals while working on strength and endurance using weight room equipment.

\$50.00 ID \$60.00 OD / session

Activity: 304104

Tu: 6:00 - 7:30 pm

Sessions: 9/17 - 10/8
10/15 - 11/12 (no class 10/23)
11/21 - 12/19



Walking & Jogging Club

All Adults

Norton Avenue Apartments

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

\$50.00 ID \$60.00 OD / session

Activity: 304140

Th: 4:15 - 5:45 pm

Session: 9/19 - 10/10

Pedal-On

All Adults

Norton Avenue Apartments

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

\$60.00 ID \$72.00 OD / session

Activity: 304105

Th: 6:15 - 7:30 pm

Session: 10/17 - 11/14

Night at the Pool

Ages: 16 & up

Norton Avenue Apartments

Enjoy an evening of open recreation swim and games at the Juniper Swim & Fitness Center pool.

\$25.00 ID \$30.00 OD / session

Activity: 304503

F: 6:00 - 8:30 pm

Sessions: 11/1 12/6

Fitness Games

All Adults

Bend Senior Center

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

\$50.00 ID \$60.00 OD / session

Activity: 304107

Tu: 6:00 - 7:30 pm

Session: 11/19 - 12/17 (no class 11/20)

Adapted Sports

Wheelchair Sports

Ages: 14 & up

Ensworth Elementary

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball and other sports.

\$3.00 / session

Activity: 304500

M: 6:00 - 8:00 pm

Session: 9/16 - 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.

Cooking

Tiny Chefs

Ages: 3 - 5

Harmon Park

Fun with food! Our tiny chefs will learn basic food prep and how to safely use kitchen equipment while making delicious treats and exploring new tastes. Children must be potty-trained.

\$79.00 ID \$94.80 OD / session

Activity: 306102

Tu/Th: 10:30 - 11:30 am

Sessions: 9/10 - 26
(adj. fee \$59.00 ID \$70.80 OD)
1/7 - 30

With Your Child classes:

Art, pages 77 - 78

Cooking, page 45

Enchanted Cooking

NEW

Ages: 3 - 5

Harmon Park

Unicorn fruit dip, rainbow waffles and princess sandwiches are just a few of the things we will create in this delightful cooking class. Children must be potty-trained.

\$79.00 ID \$94.80 OD / session

Activity: 306104

Tu/Th: 10:30 - 11:30 am

Session: 10/15 - 11/7

Holiday Little Cooks

NEW

Ages: 3 - 5

Harmon Park

Let's celebrate the holidays in this fun and delicious class as we make a variety of holiday treats. Children must be potty-trained.

\$79.00 ID \$94.80 OD / session

Activity: 306105

Tu/Th: 10:30 - 11:30 am

Session: 11/12 - 12/12 (no class 11/26 & 11/28)

Edible Gifts

NEW

Ages: 3 - 5

Harmon Park

'Tis the season for giving! Spread holiday joy as we make edible gifts to give to our family and friends. Children must be potty-trained.

\$30.00 ID \$36.00 OD / session

Activity: 306109

Tu/Th: 10:30 - 11:30 am

Session: 12/17 - 19

Crafts

Little Paleontologists

Ages: 3 - 5

Harmon Park

Step back in time and explore the world of dinosaurs. Make fossils, unearth a dinosaur egg and more in this exciting class from the past. Children must be potty trained.

\$59.00 ID \$70.80 OD / session

Activity: 306101

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

Session: 9/10 - 26



Enchanted Adventures

NEW

Ages: 3 - 5

Harmon Park

Let your imagination be your guide as we create while learning about the worlds of fairies, super heroes, princes and princesses, unicorns and all things imaginary. Children must be potty trained.

\$79.00 ID \$94.80 OD / session

Activity: 306103

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

Session: 10/15 - 11/7

Holiday Fun

NEW

Ages: 3 - 5

Harmon Park

Let's celebrate the holidays in this fun and creative class as we make silly turkeys, pumpkin playdough, Santas and everything the holidays hold. Children must be potty trained.

\$79.00 ID \$94.80 OD / session

Activity: 306106

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

Session: 11/12 - 12/12 (no class 11/26 & 11/28)

Little Gifts from the Heart

NEW

Ages: 3 - 5

Harmon Park

Grab the tape and glue to wrap up gifts that we create to give to our family and friends. Sure to please both the creator and the receiver. Children must be potty trained.

\$22.00 ID \$26.40 OD / session

Activity: 306107

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

Session: 12/17 - 19

All Things Animal

NEW

Ages: 3 - 5

Harmon Park

Is there an animal lover in the house? Join us as we make treats and toys for our favorite animals. Children must be potty trained.

\$79.00 ID \$94.80 OD / session

Activity: 306110

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

Session: 1/7 - 30

Dance

With Your Child: Come Dance With Me!

Ages: 3.5 - 4.5

Academie De Ballet Classique

Experience the magic of classical dance with this With Your Child format dance class, perfect for shy and bold children alike. Age-appropriate ballet activities to ensure a safe learning experience and an introduction to ballet steps and terminology to develop language skills while practicing the French names to ballet steps.

\$80.50 ID \$96.60 OD / session

Activity: 306580

Tu: 10:45 - 11:15 am

Sessions: 9/10 - 10/22
10/29 - 12/17 (no class 11/26)

Born to Dance

Ages: 2.5 - 3.5

Academie De Ballet Classique

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.

\$80.50 ID \$96.60 OD / session

Activity: 306573

Tu: 10:00 - 10:30 am

Sessions: 9/10 - 10/22
10/29 - 12/17 (no class 11/26)

Fantasy Ballet

Ages: 4 - 6

Academie De Ballet Classique

Children are delighted to dance through magical places while using newly learned ballet steps. This fantasy-themed ballet class is designed to cultivate your child's independence, creativity, individuality and artistry while discovering ballet terminology and the ballet culture of discipline and respect. Observation for parents and families held first lesson of the month.

\$105.00 ID \$126.00 OD / session

Activity: 306582

F: 3:30 - 4:25 pm

Sessions: 9/13 - 10/25
11/1 - 12/20 (no class 11/29)

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: 306752

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

Sessions: 10/8 - 29
(adj. fee \$64.75 ID \$77.70 OD)
11/5 - 12/5 (no class 11/26 & 11/28)
1/7 - 30

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: 306750

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

Sessions: 10/7 - 30
11/4 - 12/4
(no class on 11/25 & 11/27)
1/6 - 29

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

Sessions: 10/8 - 29
(adj. fee \$64.75 ID \$77.70 OD)
11/5 - 12/5
(no class on 11/25 & 11/27)
1/7 - 30

M - Th: 4:15 - 4:45 pm

Session: 12/9 - 19

Movement

Moving Joyfully

Ages: 3 - 7

Tula Movement Arts

Children explore movement, improve motor skills, learn body awareness while enjoying basic dance and tumbling through imagination and play. While dancing to songs and stories, children will be guided in finding their own unique way of movement and expression. Classes are small to ensure plenty of attention for each child.

\$75.00 ID \$90.00 OD / session

Activity: 306766

Ages: 3 - 5

M: 2:00 - 3:00 pm

Ages: 5 - 7

M: 3:15 - 4:15 pm

Session: 9/9 - 10/7



Music

Kindermusik: Sing & Play

Ages: 1 - 2

Cascade School of 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.

\$200.00 ID \$240.00 OD / session

Activity: 306351

M: 9:30 - 10:15 am

Sessions: 9/9 - 10/28
11/4 - 12/16 (no class 11/25,
adj. fee \$150.00 ID \$180.00 OD)

Tu: 9:30 - 10:15 am

Sessions: 9/10 - 10/29
11/5 - 12/17 (no class 11/26,
adj. fee \$150.00 ID \$180.00 OD)

Th: 9:30 - 10:15 am

Sessions: 9/12 - 10/31
11/7 - 12/19 (no class 11/28,
adj. fee \$150.00 ID \$180.00 OD)

More programs for little guys & gals at:

Art, pages 73 - 78

Fitness, page 26

Swimming, pages 27 - 29

Sports, pages 88 - 98

Skating, pages 92 - 94

Kindermusik: Laugh & Move

Ages: 3 - 5

Cascade School of Music

Each week we celebrate your child's natural love of music, storytelling and imaginative play. Age-appropriate musical activities introduce music concepts and foster independence, social and emotional skills, language growth and creativity. Your child will also learn some basic music vocabulary and age-appropriate musical notation - all setting the stage for future success in school and music.

\$200.00 ID \$240.00 OD / session

Activity: 306354

M: 10:45 - 11:30 am

Sessions: 9/9 - 10/28
11/4 - 12/16 (no class 11/25,
adj. fee \$150.00 ID \$180.00 OD)

Kindermusik: Wiggle & Grow

Ages: 2 - 3

Cascade School of Music

Wiggle & Grow is a super-fun music-filled learning experience that celebrates the unique joys of the energetic 2 and 3 year old. Children enjoy singing, dancing and instrument play activities designed to promote cognitive development, encourage social skills and cultivate early literacy skills.

\$200.00 ID \$240.00 OD / session

Activity: 306350

Tu: 10:45 - 11:30 am

Sessions: 9/10 - 10/29
11/5 - 12/17 (no class 11/26,
adj. fee \$150.00 ID \$180.00 OD)

W: 10:45 - 11:30 am

Sessions: 9/11 - 10/30
11/6 - 12/18 (no class 11/27,
adj. fee \$150.00 ID \$180.00 OD)

Th: 10:45 - 11:30 am

Sessions: 9/12 - 10/31
11/7 - 12/19 (no class 11/28,
adj. fee \$150.00 ID \$180.00 OD)



Kindermusik: Cuddle & Bounce

Ages: Crawling to 1

Cascade School of 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 'hows' and 'whys' of your baby's development.

\$200.00 ID \$240.00 OD / session

Activity: 306352

W: 9:30 - 10:15 am

Sessions: 9/11 - 10/30
11/6 - 12/18 (no class 11/27,
adj. fee \$150.00 ID \$180.00 OD)

Kindermusik: Family Class

Ages: 1 - 5

Cascade School of Music

Bringing children of all ages together provides a dynamic and integrated learning experience for everyone. We have rolled favorite Kindermusik songs and activities into a fun, family class where each child is welcomed and valued and family "together time" is celebrated and cherished.

\$200.00 ID \$240.00 OD / session

Activity: 306355

F: 10:45 - 11:30 am

Sessions: 9/13 - 11/1
11/8 - 12/20 (no class 11/29,
adj. fee \$150.00 ID \$180.00 OD)

Preschool Play

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

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

Activity: 405601

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

or

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

Dates: Sept. 9 - June 11

Stepping Stones Preschool

NEW

Ages: 3 - 5

Harmon Park

Join us for a new inclusive pre-school program. We will put your child's talents and creativity to use through games, learning activities, art projects and local field trips. Staff: BPRD Therapeutic Recreation

\$175.00 ID \$210.00 OD / session

Activity: 304850

M/W: 9:30 am - 12:00 pm

Sessions: 9/9 - 30 10/2 - 30
11/4 - 20 12/2 - 18



LET'S
GET ARTY!
.....
**NO-SCHOOL
DAY
CLASSES**
.....
PAGES 74 - 75

create your world

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.

Clay

Youth Wheel Throwing

Ages: 7 - 13

Art Station

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

\$139.00 ID \$166.80 OD / session

Activity: 311203

Tu: 3:00 - 5:00 pm

Sessions: 9/17 - 10/8 10/15 - 11/5
11/12 - 12/10 (no class 11/26)

Th: 3:00 - 5:00 pm

Session: 11/14 - 12/12 (no class 11/28)

creativity
equals
expression

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

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



Clay & Art

ArtFull Wednesday Afternoons NEW

Ages: 6 - 12

Art Station

Expand your artistic horizon! In each two-week session, kids discover the world of texture, line, shape and color as they create original artwork in both clay and multimedia. Through this series, a wide range of basic media skills are developed including painting, drawing, collage, printmaking and sculpture. Take one or all!

\$89.00 ID \$106.80 OD / session

Activity: 311240

W: 1:30 - 5:00 pm

Sessions:

9/18 - 25 Printed Wind Chimes & Leafy Inspired Art - Madeleine Meyer

10/9 - 16 Initial Tiles & Letter Creations - Amanda Krammes

10/30 - 11/6 Fish Chimes & Ocean Art - Helen Bommarito

12/4 - 11 Winter Plates & Snowy Landscapes - Amanda Krammes

Advanced Youth Wheel Throwing

Ages: 7 - 13

Art Station

If you've attended Youth Wheel Throwing, it's time to take it to the next level. Learn how to throw different vessels on the wheel and understand the process to create mugs, plates, bowls, vases and more. Meeting twice a week for four weeks works great to give you more time to work with and understand the material. Instructor: Madeleine Meyers

\$259.00 ID \$310.80 OD / session

Activity: 311204

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

Session: 9/23 - 10/17

Drawing, Painting & Multimedia

Awesome Acrylic Painting

Ages: 6 - 12

Art Station

Learn all the tricks of the acrylic trade! Learn to mix colors and different applications for the paint effects you want. Explore various painting surfaces and paint in styles ranging from realism to full abstract design. You'll be totally prepared to paint what you want with this fun, versatile paint medium. Instructor: Julie Wilson

\$89.00 ID \$106.80 OD / session

Activity: 311241

M: 3:00 - 5:00 pm

Session: 10/7 - 28

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs



Contemporary Art

NEW

Ages: 6 - 12

Art Station

Let's get contemporary with a combination of materials and methods. Acrylic paint pouring on canvas, alcohol inks, collage and a variety of other materials will be used to explore contemporary art and have fun experimenting with different mediums. Instructor: Michael Greene

\$99.00 ID \$118.80 OD / session

Activity: 311242

Tu: 3:00 - 5:00 pm

Session: 10/15 - 11/5

Drawing Animals

NEW

Ages: 6 - 10

Art Station

Draw fuzzy and furry creatures! Learn how animals are made of shapes and how those shapes fit together. Complete your drawing with color using different mediums while developing an understanding of light and dark tones. Instructor: Kathleen Branch

\$69.00 ID \$82.80 OD / session

Activity: 311243

Tu: 3:00 - 5:00 pm

Session: 12/3 - 17

No-School Days

Autumn Artistry

NO SCHOOL

Ages: 6 - 12

Art Station

Use the inspiration of nature, autumn and fall colors while trying various art techniques to explore texture and design. Use plaster to create leaf ornaments, make natural elements masks and create clay leaf platters. Instructors: Kathleen Branch & Amanda Krammes

\$195.00 ID \$234.00 OD / session

Activity: 311400

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

Session: 10/23 - 25



Talking Turkey!

NO SCHOOL

Ages: 6 - 12

Art Station

In the multimedia studio, gobble up inspiration from our feathered friends to create unique artwork. In the ceramic studio, create a turkey bowl to celebrate the holiday season. Instructor: Julie Wilson & Amanda Krammes

\$65.00 ID \$78.00 OD / session

Activity: 311401

M: 9:00 am - 4:00 pm

Session: 11/11



Multimedia Mix Up

NO SCHOOL

Ages: 6 - 12

Art Station

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

\$130.00 ID \$156.00 OD / session

Activity: 311402

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

Session: 11/25 - 26

Snowy Scenes

NO SCHOOL

Ages: 6 - 12

Art Station

Let's draw and sculpt snowy scenes. First, create wintry skies while learning perspective and observing shadows and light using pastels. Next, use clay to hand build and sculpt an original winter scene. Instructor: Kathleen Branch & Art Station staff

\$65.00 ID \$78.00 OD / session

Activity: 311403

M: 9:00 am - 4:00 pm

Session: 12/23

Art-rageous Camp

NO SCHOOL

Ages: 6 - 12

Art Station

Discover your creative side! Camps offer a mix of painting, pastels, drawing, clay, sculpture and mixed media - the possibilities are endless! Let's play and create in the studio. Instructor: Art Station staff

\$130.00 ID \$156.00 OD / session

Activity: 311405

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

Session: 12/26 - 27 1/2 - 3

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

Session: 12/30 - 31



Artist Elements

Art Station

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

Drawing Essentials

Ages: 8 - 12

Learn the basics of using value, line, texture, shape and space to improve your artwork. Understand the building blocks of drawing while exploring graphite, watercolor and pastels. Instructor: Kathleen Branch

\$89.00 ID \$106.80 OD / session

Activity: 311250

Th: 3:00 - 5:00 pm

Session: 9/26 - 10/17

Acrylic Painting II

Ages: 10 - 14

You've got the basics already, so let's take your acrylic painting skills to the next level in this fun painting class. Explore painting in different styles while improving your skills and techniques. Complete four different paintings of diverse subject matter while learning color relationships and mixing colors, tints, shades and tones. Instructor: Julie Wilson

\$89.00 ID \$106.80 OD / session

Activity: 311250

M: 4:00 - 6:00 pm

Session: 11/18 - 12/16 (no class 11/25)

Drawing Illusions & Reality

Ages: 8 - 13

Learn perspective drawing techniques to make 2-D pictures look 3-D and real. Explore one and two point perspective while creating realistic perspective using value, tints, shades, tones and ordinary lines to create illusions. Instructor: Julie Wilson

\$89.00 ID \$106.80 OD / session

Activity: 311250

Sa: 3:00 - 5:00 pm

Session: 11/16 - 12/14 (no class 11/30)

Home School Academy

Art Station

Wheel Throwing

Ages: 7 - 13

All levels welcome to learn to throw pots on the wheel. Follow the process of basic wheel throwing practice, trimming and glazing. Small class size allows more one-on-one time to improve your skills. Instructor: Amanda Krammes

\$139.00 ID \$166.80 OD / session

Activity: 311260

Tu: 12:00 - 2:00 pm

Sessions: 9/17 - 10/8 10/15 - 11/5

En Plein Air **NEW**

Ages: 6 - 12

Looking at shapes and forms in nature, students explore En Plein Air, the act of painting outdoors. Students work with pencil, charcoal, ink and watercolor to create nature journals. Poetry and images will be used to create a personal interpretation of one's outdoor experience. Instructor: Anne Rustand

\$95.00 ID \$114.00 OD / session

Activity: 311260

Th: 10:00 am - 12:00 pm

Session: 9/26 - 10/17

Acrylic Basics

Ages: 6 - 12

Learn painting skills while working with acrylics. Study shading, warm and cool colors, contrast and other techniques. Students will create several small works exploring artistic elements and a canvas piece as a final project. Instructor: Anne Rustand

\$89.00 ID \$106.80 OD / session

Activity: 311260

Th: 10:00 am - 12:00 pm

Session: 11/21 - 12/19 (no class 11/28)

Clay Figurines **NEW**

Ages: 6 - 12

Learn to make people and figurines out of clay. Bring ideas of who you want to make and let the instructor show you how to translate that idea into clay. Use your creativity to create details like clothing, facial features and body gestures using hand building techniques. Instructor: Amanda Krammes

\$89.00 ID \$106.80 OD / session

Activity: 311260

W: 9:30 - 11:30 am

Session: 11/13 - 12/11 (no class 11/27)



Young Children

Art StART

Ages: 2 - 5 with adult

Art Station

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Instructor: Anne Rustand

\$69.00 ID \$82.80 OD / session

Activity: 311301

Tu: 9:00 - 10:00 am

Sessions: 9/10 - 10/1

Fantastic Fall

10/8 - 29

Dinosaur Romp

11/5 - 12/10 (no class 11/12 & 11/26)

Hidden Shapes

PreClay

Ages: 3 - 5 with adult

Art Station

This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create projects with bright-colored glazes. Instructor: Helen Bommarito

\$19.00 ID \$22.80 OD / session

Activity: 311300

F: 9:45 - 10:45 am

Sessions: 9/13 10/11
11/8 12/13

Art Play Group

Ages: 2 - 5 with adult

Art Station

Come and make a delightful mess with us! Parents, grandparents, nannies and others get to connect with their child at the Art Station. Each session features different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Instructor: Anne Rustand

\$19.00 ID \$22.80 OD / session

Activity: 311302

F: 9:00 - 10:00 am

Sessions: 9/20 10/18
11/22

Handmade Presents for Little Hands

Art Station

Work together painting and designing unique seasonal keepsakes. Make colorful gifts, ornaments and textured cards that little ones can give to someone special. Instructor: Anne Rustand

\$39.00 ID \$46.80 OD / session

Activity: 311305

Ages: 2 - 3 with adult

M: 9:00 - 10:00 am

Ages: 3 - 6 with adult

M: 10:30 - 11:30 am

Session: 12/9 - 16



With Your Child: Clay

With Your Child: Clay Dragons

Ages: 5 & up with adult

Art Station

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

\$55.00 ID \$66.00 OD / session

Activity: 311500

Sa: 10:00 am - 1:00 pm

Sessions: 9/21 10/26

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

With Your Child: Leaf Platters

Ages: 5 & up with adult

Art Station

Bring falling leaves to your dinner table by cutting your favorite leaf shapes out of clay slabs and adding or carving the stems and veins for a realistic look. Instructor: Helen Bommarito

\$55.00 ID \$66.00 OD / session

Activity: 311502

Sa: 10:00 am - 1:00 pm

Session: 10/12

With Your Child: Holiday Tree

Ages: 5 & up with adult

Art Station

Create a family heirloom or a great gift for family or friends! These adorable trees can be decorated the way you like and then glazed with bright colors. Such a fun decoration for the holiday season! Instructor: Helen Bommarito

\$39.00 ID \$46.80 OD / session

Activity: 311501

Sa: 10:00 am - 12:00 pm

Session: 11/9

With Your Child: NEW Snowflake Plates

Ages: 5 & up with adult

Art Station

Celebrate nature's beautiful winter wonder of snowflakes and make a plate out of clay to create a family treasure. Make your plate unique and transfer a personalized snowflake shape onto your plate using paint brushes and glaze. Instructor: Amanda Krammes

\$39.00 ID \$46.80 OD / session

Activity: 311503

Sa: 10:00 am - 12:00 pm

Session: 11/23

With Your Child: Heirloom Ornaments

Ages: 5 & up with adult

Art Station

Create holiday ornaments with clay using cookie cutters or make your own original shapes. Press patterns or messages on your ornaments using stamps. Hang them on your own tree or share them as gifts. Instructor: Amanda Krammes

\$39.00 ID \$46.80 OD / session

Activity: 311505

Sa: 10:00 am - 12:00 pm

- OR - 1:00 - 3:00 pm

Session: 12/7



With Your Child: Fused Glass

With Your Child: Hanging Name Plaque

Ages: 5 & up with adult

Art Station

Put your name in fused glass to hang on your bedroom door or wall. We'll use a plethora of colors and textures to create your own unique 4x10" name plaque. Additional \$30.00 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session

Activity: 311561

Sa: 10:00 am - 12:30 pm

- OR - 2:00 - 4:30 pm

Session: 9/14

With Your Child: Spooktacular Halloween Dishes

Ages: 5 & up with adult

Art Station

Experience the art and science of fused glass and work side-by-side to create a 5x5" fused and slumped Halloween-themed dish. A variety of raw materials will be available to create a spooktacular art piece together. Additional \$30.00 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session

Activity: 311562

Sa: 10:00 am - 12:30 pm

- OR - 2:00 - 4:30 pm

Session: 10/5





With Your Child: Dia De Los Muertos Skeletons

Ages: 5 & up with adult

Art Station

Working with color, texture and detail will be the focus as we create Dia De Los Muertos / Day of the Dead designs in glass. Your finished 4x10" piece is designed to be hung on a wall. Additional \$30.00 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session

Activity: 311563

Sa: 10:00 am - 12:30 pm

- OR - **2:00 - 4:30 pm**

Session: 10/19

With Your Child: Glass Holiday Ornaments

Ages: 5 & up with adult

Art Station

Choose from a variety of hanging ornament design materials for you and your child to craft. You are welcome to make as many ornaments as you want. Make a special gift that is handcrafted with love. Depending on size, additional \$10.00-15.00 per ornament, paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$36.00 ID \$43.20 OD / session

Activity: 311567

Sa: 10:00 am - 12:30 pm

- OR - **2:00 - 4:30 pm**

Session: 11/2

With Your Child: Multimedia

With Your Child: Dual-Canvas Painting

Ages: 6 & up with adult

Enjoy a relaxing time together making a dual-canvas painting! You and your child will be guided through an acrylic painting experience. Each pair receives two canvases to create an image and when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation.

\$39.00 ID \$46.80 OD / session

EVENINGS

at Bend Senior Center

Instructor: Diane Burns

Activity: 302416

F: 5:30 - 7:00 pm

Session:

9/20 Double Flower

Th: 5:30 - 7:00 pm

Session:

12/12 Lighted Snowman

SUNDAY AFTERNOONS at The Art Station

Instructor: Kathleen Branch

Activity: 311540

Su: 2:30 - 4:00 pm

Sessions:

10/20 Fantasy Tree

11/17 Cool Snowman

12/15 Abstract Design



With Your Child: Printmaking NEW

Ages: 6 & up with adult

Art Station

Discover the fun of printmaking together. Learn to create a block or gelli print that can be framed or go on a textile of your choice. Printing can be done on an apron, tea towel, pillow case, greeting cards, wrapping paper and more. We'll provide the paper and you bring your own textile to print on. Instructor: Madeleine Meyers

\$55.00 ID \$66.00 OD / session

Activity: 311542

Sa: 10:00 am - 12:30 pm

Session: 11/9 12/7

With Your Child: Acrylic Pouring

Ages: 7 & up with adult

Art Station

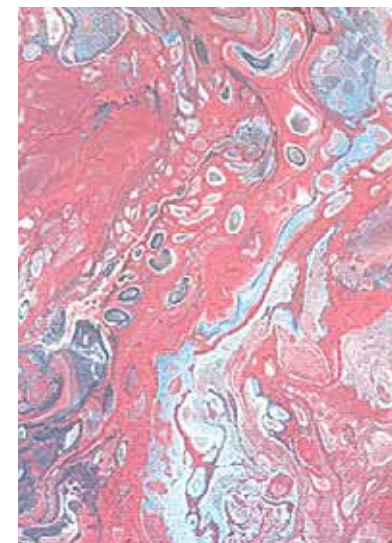
Pour your masterpiece in this family-friendly class. Swirl, slip and slide acrylic paint across an 8x10" canvas and create amazing results while learning acrylic pouring technique and applications. Instructor: Michael Greene

\$55.00 ID \$66.00 OD / session

Activity: 311541

Sa: 10:30 am - 12:00 pm

Session: 11/16



**Looking for more
With Your Child
classes?**

Adult Activities, page 45.



kiddin' around

ENRICHMENT WEDNESDAYS

At Your School:

Grades: K - 5

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

Early Release Wednesdays: 1:00 - 2:30 pm - NEW Hours

Sessions & Fees:

9/11 - 10/16
\$70.00 ID \$84.00 OD
10/30 - 12/18 (no class 11/27)
\$80.00 ID \$96.00 OD
1/8 - 2/19
\$80.00 ID \$96.00 OD

BEAR CREEK ELEMENTARY

Grades: K - 5

All Programs: 406601

Theatre with Miss Lovely

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

Sessions: 9/11 - 10/16
10/30 - 12/18 (no class 11/27)
1/8 - 2/19

Nature Discovery

Join a Sunriver Nature Center Naturalist to explore the different animals that call Oregon "home." Discover colorful invertebrates, slithering snakes, large-eyed owls and more!

Session: 9/11 - 10/16

SPARK: Your Inner Robot

Come join us and SPRK Some Fun! Students will use Sphero SPRK+ robots to learn about the engineering design process, programming, design skill and coding. Using simple code, kids will program robots to dance, speak, change color and much more.

Session: 10/30 - 12/18 (no class 11/27)

STEM Club with Sylvan Learning Center

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

Session: 1/8 - 2/19

The
serious
business
of play.

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

Early Release Wednesdays: 1:00 - 2:30 pm

9/11 - 10/16

10/30 - 12/18 (no class 11/27)

1/8 - 2/19

\$70.00 ID \$84.00 OD / session

\$80.00 ID \$96.00 OD / session

\$80.00 ID \$96.00 OD / session



BUCKINGHAM ELEMENTARY

All Programs: 406602

Grades: K - 5

Ki Aikido

Ki-Aikido and Ki Development give kids a foundation to rely on for a lifetime of positive growth. While children's bodies and minds are growing, develop them together in a physically active and cooperative learning environment as they learn the martial art Ki-Aikido. Kids will learn to apply these lessons to many activities - school, play, sports and relationships.

Session: 9/11 - 10/16

Fun Science Projects

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

Session: 10/30 - 12/18 (no class 11/27)

Challenge Skills Building FUN!

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

Session: 1/8 - 2/19

ELK MEADOW ELEMENTARY

All Programs: 406603

Grades: K - 5

Intro to STEM with Fun Works Engineering

Children are introduced to engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO®-motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 9/11 - 10/16

Fun, Funky, Fresh Dance

Have fun by moving and grooving to music and expressing yourself through dance. We'll also integrate dance games like the limbo, freeze dance, dance teacher and more!

Session: 10/30 - 12/18 (no class 11/27)

Fun Science Projects

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

Session: 1/8 - 2/19

HIGH LAKES ELEMENTARY

All Programs: 406605

Grades: K - 5

SPARK: Your Inner Robot

Come join us and SPARK Some Fun! Students will use Sphere SPARK+® robots to learn about the engineering design process, programming, design skill and coding. Using simple code, kids program robots to dance, speak, change color and much more.

Session: 9/11 - 10/16

Children's Ki Aikido

Ki-Aikido and Ki Development give kids a foundation to rely on for a lifetime of positive growth. While children's bodies and minds are growing, develop them together in a physically active and cooperative learning environment as they learn the martial art Ki-Aikido. Kids will learn to apply these lessons to many activities - school, play, sports and relationships.

Session: 10/30 - 12/18 (no class 11/27)

Experiment with Art

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

Session: 1/8 - 2/19



HIGHLAND ELEMENTARY

All Programs: 406606

Grades: K - 5

Spanish Immersion

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

Session: 9/11 - 10/16

STEM Club with Sylvan Learning Center

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

Session: 10/30 - 12/18 (no class 11/27)

Children's Ki Aikido

Ki-Aikido and Ki Development give kids a foundation to rely on for a lifetime of positive growth. While children's bodies and minds are growing, develop them together in a physically active and cooperative learning environment as they learn the martial art Ki-Aikido. Kids will learn to apply these lessons to many activities - school, play, sports and relationships.

Session: 1/8 - 2/19

Work @ BPRD.

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

Early Release Wednesdays: 1:00 - 2:30 pm

9/11 - 10/16

\$70.00 ID \$84.00 OD / session

10/30 - 12/18 (no class 11/27)

\$80.00 ID \$96.00 OD / session

1/8 - 2/19

\$80.00 ID \$96.00 OD / session

ENRICHMENT

WEDNESDAYS

YOUTH ACTIVITIES



JEWELL ELEMENTARY

All Programs: 406607

Grades: K - 5

Experiment with Art

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

Session: 9/11 - 10/16

Sportsters

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

Session: 10/30 - 12/18 (no class 11/27)

Intro to STEM with Fun Works Engineering

Children are introduced to engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one. LEGO®-motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 1/8 - 2/19

JUNIPER ELEMENTARY

All Programs: 406608

Grades: K - 5

STEM Club with Sylvan Learning Center

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

Session: 9/11 - 10/16

Spanish Immersion

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

Session: 10/30 - 12/18 (no class 11/27)

Challenge Skills Building FUN!

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

Session: 1/8 - 2/19

LAVA RIDGE ELEMENTARY

All Programs: 406609

Grades: K - 5

Sportsters

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

Session: 9/11 - 10/16

Intro to STEM with Fun Works Engineering

Children are introduced to engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO®-motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 10/30 - 12/18 (no class 11/27)

Nature Club

Join a Sunriver Nature Center Naturalist and explore nature in your schoolyard. Perform science experiments, learn about and meet live animals, and create nature-themed art projects!

Session: 1/8 - 2/19

MILLER ELEMENTARY

All Programs: 406610

Grades: K - 5

Fun Science Projects

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

Session: 9/11 - 10/16

STEM Club with Sylvan Learning Center

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

Session: 9/11 - 10/16

Experiment with Art

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

Session: 10/30 - 12/18 (no class 11/27)

Spanish Immersion

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

Session: 1/8 - 2/19

Volunteer with kids!

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



Early Release Wednesdays: 1:00 - 2:30 pm

9/11 - 10/16	\$70.00 ID \$84.00 OD / session
10/30 - 12/18 (no class 11/27)	\$80.00 ID \$96.00 OD / session
1/8 - 2/19	\$80.00 ID \$96.00 OD / session

NORTHSTAR ELEMENTARY

NEW

All Programs: 406614
Grades: K - 5

Sportsters

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

Session: 9/11 - 10/16

Challenge Skills Building FUN!

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

Session: 10/30 - 12/18 (no class 11/27)

Fun, Funky, Fresh Dance

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

Session: 1/8 - 2/19

PINE RIDGE ELEMENTARY

All Programs: 406611
Grades: K - 5

Fun, Funky, Fresh Dance

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

Session: 9/11 - 10/16

Nature Club

Join a Sunriver Nature Center Naturalist and explore nature in your schoolyard. Perform science experiments, learn about and meet live animals, and create nature-themed art projects!

Session: 10/30 - 12/18 (no class 11/27)

SPARK: Your Inner Robot

Come join us and SPRK® some fun! Students will use Sphere SPRK+® robots to learn about the engineering design process, programming, design skill and coding. Using simple code, kids will program robots to dance, speak, change color and much more.

Session: 1/8 - 2/19



2019-20 Afterschool Program

KIDS INC

bend park & recreation district

Grades: K - 5

Located at your school!

For more information: Call (541) 389-7275.

NEW CHANGES TO THE SCHOOL DAY = NEW CHANGES TO KIDS INC!

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.

KIDS INC Hours: NEW

Monday, Tuesday, Thursday & Friday Afterschool:
2:30 - 6:00 pm

Early Release Wednesday:
1:00 - 6:00 pm

KIDS INC Fees:

Registration Fee: \$20 per child. Non-refundable.

Reserve your child's spot.

Most of KIDS Inc. programs are full for 2019-20. Please sign up on the waitlist.

Monthly Fee: \$165.00 / month
Fee is a single price regardless of number of days used.

Rec Zone is no longer offered.
Participants are encouraged to register for KIDS INC.

2019-20 SCHOOL LOCATIONS

BEAR CREEK
BUCKINGHAM
ELK MEADOW
ENSWORTH
HIGH LAKES
HIGHLAND
JEWELL

JUNIPER
LAVA RIDGE
MILLER
NORTH STAR
PINE RIDGE
PONDEROSA
SILVER RAIL



Cooking & Baking

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.

\$55.00 ID \$66.00 OD / session

Activity: 306226

Sa: 12:30 - 4:00 pm

Sessions: 10/19 11/16

Holiday Sweet Treats

Ages: 10 - 14

Cascade Middle School

Learn to make a variety of festive goodies as you cook, bake and celebrate "The Holi-Daze" by prepping recipes for your friends and family. Recipes include cookies, candy and other sweet surprises! Bring a container for leftovers.

\$39.00 ID \$46.80 OD / session

Activity: 306221

Sa: 10:00 am - 12:30 pm

Session: 11/2

Brunch Bonanza

Ages: 10 - 14

Cascade Middle School

Breakfast! Brunch! It is all the same! Learn to make unique breakfast foods such as German pancakes, stromboli, crepes and much more.

\$39.00 ID \$46.80 OD / session

Activity: 306222

Sa: 10:00 am - 12:30 pm

Session: 11/9

Let's Make Your Own Bento!

Ages: 10 - 14

Cascade Middle School

Have fun and make your own bento like in Japan, including "onigiri" (rice balls), "karaage" (Japanese fried chicken) and an omelet.

\$69.00 ID \$82.80 OD / session

Activity: 306228

M: 9:00 am - 2:30 pm

Session: 11/11

Japanese Festival Foods

Ages: 10 - 14

Cascade Middle School

Enjoy learning to make "yakisoba" (Japanese stir-fried noodles) and some popular treats just like festival vendors in Japan.

\$69.00 ID \$82.80 OD / session

Activity: 306229

M: 9:00 am - 2:30 pm

Session: 11/25

Fun at the Ramen Shop

Ages: 10 - 14

Cascade Middle School

It's delicious fun as we learn to make yummy ramen noodles, stir-fried rice and "gyoza" (pot stickers) just like ramen shops in Japan.

\$69.00 ID \$82.80 OD / session

Activity: 306230

Tu: 9:00 am - 2:30 pm

Session: 11/26



No School Days

Grades: K - 5

Jewell Elementary & Ensworth Elementary

\$45.00 ID \$54.00 OD / session

Activity: 307400

Daily: 7:00 am - 6:00 pm

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

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

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

Sessions:

W:	10/23	M:	12/23
Th:	10/24	Tu:	12/24 (7:00 am - 3:00 pm, fee: \$35.00 ID \$42.00 OD)
F:	10/25	Th:	12/26
		F:	12/27
M:	11/25		
Tu:	11/26	M:	12/30
W:	11/27	Tu:	12/31
		Th:	1/2
		F:	1/3



For Kids' Sake

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



Crafts

Kids Welding

NEW

NO SCHOOL

DIYcave

In this hands-on class, kids will cut steel with a torch and weld pieces together. Learn some amazing skills and take your creations home. This is a powerful experience and won't soon be forgotten! All materials included.

\$49.00 ID \$58.80 OD / session

Activity: 306151

Ages: 8 - 12

Th: 4:00 - 6:00 pm

Sessions: 9/19 1/16

Ages: 10 - 14

W: 10:00 am - 12:00 pm

Session: 11/27 - No School

3D Printing

NEW

Ages: 10 - 17

DIYcave

Let's get you started in 3D printing! In this beginner's course for 3D printing, you'll be introduced to 3D, learn how they work and find out why 3D printing is so revolutionary! Discover how something gets from an idea to a real world object and how "design and create" printing works. 3D printing is a skill that anyone can learn and enjoy. You'll even be directed to the proper software to add to your own computer for future self-learning too. All materials included.

\$59.00 ID \$70.80 OD / session

Activity: 306153

F: 5:30 - 8:30 pm

Session: 9/27

Sheet Metal Art

NEW

NO SCHOOL

Ages: 10 - 14

DIYcave

Learn to use a torch to cut creative forms from sheet metal. Hammer the artwork into shape and braze on a hook for displaying it. This exciting class provides a great introduction to the world of metal art and sculpture. All materials included.

\$59.00 ID \$70.80 OD / session

Activity: 306155

W: 10:00 am - 12:00 pm

Session: 10/23

Build A Box

NEW

NO SCHOOL

Ages: 10 - 17

DIYcave

Come learn a lot of great, practical skills including measuring, cutting with a saw and building a wooden project. Kids go home with a hand-crafted wooden box perfect for storing small treasures. It's a wonderful first project and introduction to the joy of woodworking. All materials included.

\$69.00 ID \$82.80 OD / session

Activity: 306156

Th: 10:00 am - 1:00 pm

Session: 10/24

Volunteer with kids!

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

Leather Bracelets

NEW

NO SCHOOL

Ages: 10 - 17

DIYcave

Learn to punch holes into leather, set snap fasteners and embellish using colored cord, rivets, etc., into a fashionable leather bracelet. All materials included.

\$49.00 ID \$58.80 OD / session

Activity: 306157

F: 10:00 am - 12:00 pm

Session: 10/25

Embroidery Extravaganza

NEW

Ages: 10 - 14

Cascade Middle School

Put a stitch in it! Learn to create holiday gifts using both beginning and advanced embroidery stitches. It's so easy and fun and there's no sewing machine needed. You'll have a choice of projects and can even bring jeans or a jacket to embellish and have a one-of-a-kind item. All materials provided.

\$32.00 ID \$38.40 OD / session

Activity: 306224

Sa: 10:00 am - 12:30 pm

Session: 11/16

Articulated Robots

NEW

NO SCHOOL

Ages: 10 - 17

DIYcave

Design and create an articulated robot buddy or pet using wood and recycled materials. Over two sessions, kids learn to use several woodshop tools to shape and assemble common materials into an articulated toy full of charm. It's a wonderful first project and introduction to the joy of woodworking. All materials included.

\$74.00 ID \$88.80 OD / session

Activity: 306158

M/Tu: 10:00 am - 12:00 pm

Session: 11/25 - 26

Wire-wrapped Earrings

NEW

NO SCHOOL

Ages: 12 - 17

DIYcave

Make a lovely pair of earrings for yourself or as a gift! Learn techniques for texturing wire and basic wire wrapping. All materials provided.

\$49.00 ID \$58.80 OD / session

Activity: 306159

M: 10:00 am - 12:00 pm

Session: 11/25

Music & Voice

Little Singers

Ages: 5 - 7

Cascade School 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.

\$280.00 ID \$336.00 OD / session

Activity: 306362

W: 1:30 - 2:20 pm

Session: 9/11 - 12/18 (no class 11/27)

Rhythm FUNdamentals

Ages: 6 - 9

Cascade School Music

Every musician needs a solid foundation in rhythm, and this class is an excellent preparation for formal instrumental study. Utilizing music and technique from around the world, we will enlist a variety of fun percussion instruments to build essential rhythmic skills and rhythm reading ability.

\$280.00 ID \$336.00 OD / session

Activity: 306365

W: 2:30 - 3:20 pm

Session: 9/11 - 12/18 (no class 11/27)



Beginning Ukulele

Ages: 7 - 11

Cascade School Music

A beginner friendly instrument, the Ukulele sounds great whether you're playing by yourself or in a group. In this beginning Ukulele class you'll experience an introduction to chords, strums and picking notes. Repertoire includes Hawaiian, folk and contemporary songs. A ukulele is included with the tuition, which the student is welcome to keep.

\$280.00 ID \$336.00 OD / session

Activity: 306368

W: 1:30 - 2:20 pm

Session: 9/11 - 12/18 (no class 11/27)

World Choir for Girls

Ages: 9 - 12

Cascade School Music

Singing with a choir gives girls 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.

\$280.00 ID \$336.00 OD / session

Activity: 306366

Th: 4:30 - 5:45 pm

Session: 9/12 - 12/19 (no class 11/28)

Central Oregon Recording & Production Experience

NEW

Ages: 12 - 17

Cascade School Music / Central Oregon Recording

Make it, record it, play it - it's audio production! Gain hands-on experience in a fully-equipped recording and production studio as you learn about the recording process. Topics include studio pre-production strategies, studio gear and acoustics, studio etiquette and procedures, digital audio workstations, recording live musicians, mixing concepts and even career paths available in the audio production field.

\$450.00 ID \$540.00 OD / session

Activity: 306371

M: 4:30 - 6:00 pm

Session: 9/9 - 12/16 (no class 11/25)

KPOV

No-School Radio Immersion

NO SCHOOL

Ages: 10 - 14

KPOV Radio

Curious how radio works? Discover what happens behind the scenes. Go on air, record in the KPOV studio, interview a friend and tell a story. Produced pieces will be broadcast on 88.9 FM and you'll get a copy on CD to take home.

\$50.00 ID \$60.00 OD / session

Activity: 306650

M: 9:00 am - 3:00 pm

Session: 11/11

Beginning Instrumental Studies

Cascade School Music

Beginning level classes to launch students into formal music study.

\$350.00 ID \$420.00 OD

Activity: 306360

BEGINNING PIANO

Ages: 7 - 9

M: 3:00 - 3:50 pm

Session: 9/9 - 12/16 (no class 11/25)

W: 1:30 - 2:20 pm

Session: 9/11 - 12/18 (no class 11/27)

Ages: 10 - 12

M: 4:00 - 4:50 pm

Session: 9/9 - 12/16 (no class 11/25)

W: 2:30 - 3:20 pm

Session: 9/11 - 12/18 (no class 11/27)

BEGINNING GUITAR

Ages: 7 - 9

M: 3:00 - 3:50 pm

Session: 9/9 - 12/16 (no class 11/25)

W: 4:00 - 4:50 pm

Session: 9/11 - 12/18 (no class 11/27)

Ages: 10 - 12

M: 4:00 - 4:50 pm

Session: 9/9 - 12/16 (no class 11/25)

W: 5:00 - 5:50 pm

Session: 9/11 - 12/18 (no class 11/27)

BEGINNING VIOLIN

Ages: 7 - 10

Tu: 6:00 - 6:50 pm

Session: 9/10 - 12/17 (no class 11/26)

BEGINNING STRINGS

Ages: 7 - 10

Th: 5:30 - 6:10 pm

Session: 10/3 - 12/19 (no class 11/28, adj. fee \$275.00 ID \$330.00 OD)

INTERMEDIATE PERCUSSION ENSEMBLE

Ages: 10 - 16

Tu: 6:00 - 7:30 pm

Session: 9/10 - 12/17 (no class 11/26)

The Children's Forest
of Central Oregon presents



September 21

Riverbend Park
11am-3pm
Free!

**OVER 30 OUTDOOR ACTIVITIES
FOR THE WHOLE FAMILY**

Outdoor recreation, nature education,
and health and wellness

childrensforestco.org

Thank you to our Partners and Sponsors!



Outdoors

Outdoor Adventure Leadership

NO
SCHOOL

NEW

Ages: 11 - 14

Harmon Park Outdoor Center

Love the outdoors? Take two action-packed days of outdoor adventure completing a wide range of activities in the Deschutes National Forest designed to foster leadership qualities such as responsible decision-making, evaluating your own strengths and that of the group, and communicating effectively. On our van-based excursions, we'll take in nature while you build self-confidence, enjoy self-discovery and forge friendships.

\$120.00 ID \$144.00 OD / session

Activity: 307650

Th/F: 8:30 am - 3:30 pm

Session: 10/24 - 25

Looking for Martial Arts, Skateboarding & Scootering classes?

Find more camps & classes in
Youth Sports on page 88 - 98.

Science & Technology

Engineering Lab 100/200

NO
SCHOOL

Ages: 6 - 12

Sylvan Learning Center

Use your engineering brain while planning, designing, building and testing simple machines and complex bridge structures in this one-day workshop. Explore the STEM world and discover the mechanics behind the machines we use every day! Enroll in Bot Lab for the same day and bring a lunch for a full-day option!

\$49.00 ID \$58.80 OD / session

Activity: 306653

M: 12:30 - 2:30 pm

Session: 11/11 @ NWX

Th: 12:30 - 2:30 pm

Session: 1/2 @ Main



Bot Lab 100/200

NO
SCHOOL

Ages: 6 - 12

Sylvan Learning Center

These one-day workshops keep learning fun, encourage creativity and challenge students to problem-solve and work logically with STEM. Students work with LEGO® technology to build themed robots and use computer software to program them to come to life! Enroll in Engineering Lab for the same day and bring a lunch for a full-day option!

\$49.00 ID \$58.80 OD / session

Activity: 306656

M: 10:00 am - 12:00 pm

Session: 11/11 @ NWX

Th: 10:00 am - 12:00 pm

Session: 1/2 @ Main



**Brought to you
by the BPRD “Science
Rocks” Team of the
Master & Dr. Nope.**

Ages: 6 - 11

Elk Meadow Elementary

**Bring your sense of fun and
adventure along with a water
bottle, lunch and healthy snack.
And get ready to get messy!**



Halloween Science NO SCHOOL

Join The Master and Dr. Nope as we explore the mysteries of cool Halloween special effects! We'll play with dry ice, lasers, glow in the dark materials and more. Prepare to be amazed!

\$115.00 ID \$138.00 OD / session

Activity: 306616

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

Session: 10/23 - 24

Detective For A Day NO SCHOOL

Who stole the cookies from the cookie jar? It's your job to piece together the clues and identify the guilty suspect! You'll learn chromatography, fingerprinting, and blood-splatter analysis and many other fun skills.

\$59.00 ID \$70.80 OD / session

Activity: 306603

M: 9:00 am - 3:00 pm

Session: 11/25

Crazy Chemistry NO SCHOOL

Fizz, bang, pop! Create crazy concoctions while learning the basics of chemistry in a safe, fun way. Explore the dynamics of solids, liquids and gases using hands-on experiments.

\$59.00 ID \$70.80 OD / session

Activity: 306611

Tu: 9:00 am - 3:00 pm

Session: 11/26

Space Explorers NO SCHOOL For A Day

Make rockets and land a rover on Mars. End the day with a planetarium show where we will explore all of known space! Bring a clean, empty 2-liter bottle for project.

\$59.00 ID \$70.80 OD / session

Activity: 306601

M: 9:00 am - 3:00 pm

Session: 12/30

Dinosaur Day NO SCHOOL

Explore the world of paleontology by examining and creating fossils, teeth and other clues about how the dinosaurs lived. You'll get to take home lots of fun keepsakes to share with your family!

\$59.00 ID \$70.80 OD / session

Activity: 306615

Tu: 9:00 am - 3:00 pm

Session: 12/31

It's Shocking! NO SCHOOL

Learn about electricity and magnetism using hands-on experiments to discover the principles of static, current, conductivity and resistance.

\$59.00 ID \$70.80 OD / session

Activity: 306614

Th: 9:00 am - 3:00 pm

Session: 1/2



Everybody wins.

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

BASKETBALL

Start Smart Basketball

Ages: 3 - 5 with adult

Pacific Crest Middle School

Get involved with your child in this fantastic introductory basketball program! Move through stations and activities with your child using soft equipment to learn the basics of dribbling, passing, shooting and defense. Equipment is provided for players to keep. Parent/guardian must participate with child.

\$49.00 ID \$58.80 OD / session

Activity: 303020

Su: 10:30 - 11:20 am

Sessions: 11/10 - 12/15 (no class 12/1) 1/5 - 2/2

Bitty Ball Basketball League

Boys & Girls, Grades: K - 2

A good introduction for the younger player, this league focuses on skill development, teamwork and fun. Teams practice and scrimmage every Saturday. Team t-shirt and basketball included. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a volunteer application.

\$54.00 ID \$64.80 OD / season

Registration deadline: 10/11 or until full

Sa: One hour each week; times to be announced

Season: 11/2 - 12/21 (no activity 11/30)

Activity: 303400	Coed - Kindergarten
303401	Coed - 1st Grade
303403	Boys - Grade 2
303404	Girls - Grade 2

Youth Basketball League

Boys & Girls, Grades: 3 - 5

Local schools

This recreational league emphasizes skill development, maximum participation, good sportsmanship and fun. Teams will practice twice during the week after 6:00 pm (coaches will select time and location). All games will be played on Saturday. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a volunteer application.

\$80.00 ID \$96.00 OD / season

Registration deadline: 11/13

Season: 1/6 - 3/7



Activity: 303405	Boys - Grade 3
303406	Girls - Grade 3
303407	Boys - Grade 4
303408	Girls - Grade 4
303409	Boys - Grade 5
303410	Girls - Grade 5

Middle School Basketball League

Boys & Girls, Grades: 6 - 8

This joint program between Bend - La Pine School District and Bend Park & Recreation District emphasizes individual and team skill development, maximum participation, good sportsmanship and fun. Teams practice during the week; games played on weeknights. Uniform tops provided for the season. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a volunteer application.

\$59.00 / season

Boys' registration deadline: 10/9
or until full

Boys' season: 10/30 - 12/19

Girls' registration deadline: 12/15
or until full

Girls' season: 1/21 - 3/6

Cascade Middle School

#: 303412 - Boys 303431 - Girls

High Desert Middle School

#: 303413 - Boys 303432 - Girls

Pacific Crest Middle School

#: 303414 - Boys 303433 - Girls

Pilot Butte Middle School

#: 303415 - Boys 303434 - Girls

Sky View Middle School

#: 303416 - Boys 303435 - Girls

Three Rivers School

#: 303420 - Boys 303440 - Girls

La Pine Middle School

#: 303421 - Boys 303441 - Girls

Seven Peaks School

#: 303422 - Boys 303442 - Girls

St. Francis School

#: 303424 - Boys

Cascades Academy

#: 303425 - Boys 303445 - Girls

Tumalo School

#: 303427 - Boys 303447 - Girls



High School Basketball League

Boys & Girls, Grades: 9 - 12

Pacific Crest Middle School

Open to any high school student who is not playing on a high school basketball team. This is a recreational league where players serve as team captains. Officials, scorekeepers and team t-shirts are provided. League standings kept.

\$68.00 ID \$81.60 OD / season

Registration deadline: 11/25
or until full

Season: 12/1 - 2/23

Activity: 303500 - Grades 9 & 10
303502 - Grades 11 & 12

Fencing

Beginning Foil Fencing

Ages: 9 - 11

High Desert Fencing

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

\$76.00 ID \$91.20 OD /session

Activity: 306780

Tu: 4:30 - 5:30 pm

Session 10/1 - 11/19

COBO Basketball Clinics, Camps & Training

Directed by basketball coach Craig Reid and his staff, these camps offer a friendly environment to gain basketball knowledge and experience, develop individual skills and learn team concepts.

ADVANCED BASKETBALL TRAINING

Highland Elementary School

Prepare for the coming season as you practice and develop shooting, ball handling, passing, post play, perimeter attack skills, rebounding and defense. The goal is to expose players to advanced training, techniques and drills that can improve your individual game.

\$139.00 ID \$166.80 OD / session

Activity: 303055

Grades: 5 - 6

Tu/Th: 6:00 - 7:30 pm

Sessions: 9/17 - 10/3
10/8 - 24

Grades: 7 - 8

Tu/Th: 7:30 - 9:00 pm

Sessions: 9/17 - 10/3
10/8 - 24

PRE-SEASON CLINICS

Grades: 5 - 8

Mountain View High School

Get ready for the coming basketball season and tryouts! Clinics will enhance and strengthen your skills.

\$50.00 ID \$60.00 OD / session

Activity: 303056

Su: 6:00 - 8:00 pm

Session: 10/6 - 20

BASKETBALL SKILLS DAYS

NO SCHOOL

Cascade and Pilot Butte Middle School

Get ready for hoop season! Join us to work on your passing, dribbling, shooting and defensive skills. Includes fun drills and lots of games. Bring a water bottle and snack.

Activity: 303060

Grades: 3 - 5

\$29.00 ID \$34.80 OD / session

M: 9:00 am - 12:00 pm

Session: 11/11 Pilot Butte MS
12/23 Pilot Butte MS

Grades: 6 - 8

\$29.00 ID \$34.80 OD / session

F: 9:00 am - 12:00 pm

Session: 10/25 Pilot Butte MS

Grades: 3 - 5

\$49.00 ID \$58.80 OD / session

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

Sessions: 1/2 - 3 Cascade MS



CLIP IT OUT!
.....
(RE) PLACE
IT ON
YOUR FRIDGE!
.....
DON'T MISS OUT
ON THE
ACTION!

Yo! Sports Fans!

Plan Ahead!

2019-20

Youth League

Registration Deadlines:

FALL 2019 REGISTRATION: Opens August 12

Program/League	Season	Registration Deadline
Youth Volleyball League	Oct. - Dec.	Sept. 22
Bitty Basketball	Nov. - Dec.	Oct. 11 or full
Middle School Basketball - Boys	Nov. - Dec.	Oct. 9 or full
High School Basketball League	Dec. - Mar.	Nov. 25 or full
Youth Basketball League	Jan. - Mar.	Nov. 13
Middle School Basketball - Girls	Jan. - Mar.	Dec. 15 or full
Youth Hockey League	Jan. - Mar.	Dec. 3

WINTER-SPRING 2020 REGISTRATION: Opens Dec. 9

Program/League	Season	Registration Deadline
Youth Lacrosse League	Apr. - Jun.	Mar.
Girls Softball League	Apr. - Jun.	Mar.
Bitty Baseball	Apr. - May	Mar.
Middle School Flag Rugby League	Apr. - May	Mar.

SUMMER 2020 REGISTRATION: Opens March 23

Program/League	Season	Registration Deadline
Youth Fall Soccer League	Aug. - Oct.	Jun.
Youth Tackle Football League	Aug. - Oct.	Jun.
Youth Flag Football League	Sept. - Nov.	Jul.
Kindergarten Soccer League	Sept. - Oct.	Aug.
6th Grade Volleyball League	Sept. - Oct.	Aug.
Middle School Tennis League	Sept. - Oct.	Aug.



**Beginning Epee
Fencing**

Ages: 12 - 18

High Desert Fencing

Join us to learn Olympic style epee fencing. Challenge your body and mind in this fun and exciting game of physical chess. We will cover footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). Additional \$10 fee US Fencing Annual Membership is required.

\$96.00 ID \$115.20 OD /session

Activity: 306782

Tu: 5:30 - 7:00 pm

Session: 10/1 - 11/19

Golf

Youth Golf Lessons

Ages: 8 - 14

River's Edge Golf Club

Introduce your child to this lifelong sport or continue to improve your game. Taught by golf professional Stuart Allison in a small group setting, emphasis is on fundamentals including grip, posture, ball position, alignment and swing mechanics as well as golf etiquette. Clubs provided or bring your own.

\$119.00 ID \$142.80 OD / session

Activity: 303095

W: 4:15 - 5:45 pm

Session: 9/11 - 25

**Volunteer with
youth sports and
adaptive programs.**

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



Hockey

**Learn to Play
Hockey I & II**

Ages: 4 - 14

The Pavilion

Our "Learn to Play" program is designed to introduce players with little or no skating / hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and above all else have fun.

\$84.00 ID \$100.80 OD /session

Activity: 310201

Learn to Play Hockey I

M: 4:45 - 5:45 pm

Learn to Play Hockey II

M: 6:00 - 7:00 pm

Sessions: 10/28 - 12/16 (no class 11/25)
1/13 - 2/24

(Registration opens Dec. 9)

**Need to learn to skate
before you can
pick up a hockey stick?**

**See page 93 for
Hockey Skate Lessons.**



Youth Hockey League

Ages: 6 - 14

The Pavilion

Looking for more ice time? Sign up for our youth hockey league. This league is your next step in developing your hockey skills. Some prior experience is recommended before signing up for this league. Practice will be held on Wednesdays and games on Saturdays. Rental equipment is not included.

\$160.00 ID \$192.00 OD / season

Registration Deadline: 12/3 or until full

Activity: 310203
8U Division
11U Division
14U Division

Practices:

W: 3:30 - 7:00 pm

Games:

Sa: 10:45 am - 2:00 pm
(Games and practice times will vary)

Session: 1/8 - 3/14 (no program 2/1)



Ice Skating

Parent & Seal Pup: Skate Together

Ages: 3 - 4

The Pavilion

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

\$36.00 ID \$43.20 OD / session

Activity: 310100

Tu: 9:50 - 10:20 am

Sessions: 11/5 - 19 12/3 - 17

Skate & Splash

Ages: 7 - 11

The Pavilion

It's the polar bear lifestyle! Play on the ice; play in the water! This camp is something different and super cool! In the morning, we'll ice skate, play games both on-and-off the ice and do art projects. In the afternoon, we'll head to Juniper Swim & Fitness Center for recreation swim.

\$45.00 ID \$54.00 OD / session

Activity: 310150

Daily: 9:00 am - 4:00 pm

Sessions: 11/11 11/25
11/26 11/27
12/23 12/27
12/30

Required Hockey League Gear

Protective equipment is required for each participant including: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads. Rental equipment is not available for this program.

Uniforms including jersey and socks will be provided and are for the players to keep.



Sharpen Your Skating Skills

Ages: 11 & up

The Pavilion

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

\$12.00 ID \$15.00 OD / session

Activity: 310161

Sa: 9:40 - 10:25 am

Sessions: 11/9 11/16
11/23 12/7
12/14 12/21

Specialized Ice Sessions

Youth Fees: \$10.00 / session

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get your fifth session for FREE!

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

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

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

Stick Time

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

Activity: 310401 - Youth

Freestyle

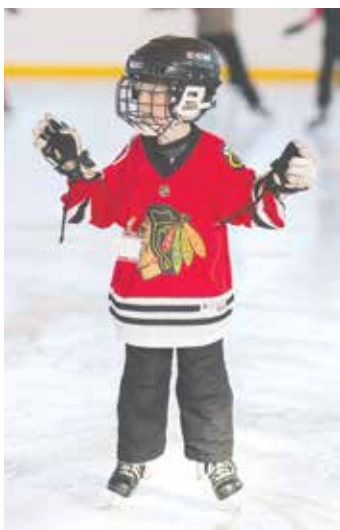
Take your skating to the next level! Freestyle is a practice session designed for intermediate and advanced figure skaters to take advantage of the full ice surface to work on edgework, jumps, spins and choreography.

Activity: 310160

WINTER-SPRING 2020 ICE SPORTS

Registration Opens December 9.

Make plans for the second ice season of: YOUTH SKATE LESSONS LEARN TO SKATE/PLAY



Learn to Skate: Youth

Ages: 4 - 15

The Pavilion

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

Our ice skating lessons are...

- **Age Appropriate:** Most classes grouped by ages 4 - 5, 6 - 11, 12 - 15 and 16+.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating or hockey.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

BONUS - FREE PRACTICE! Registered participants skate for free at Open Skate sessions Tuesdays through Thursdays (skates not included).

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

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

KinderSkate 1 & 2

Ages: 4 - 5

Learn how to stand, march, dip and swizzle on the ice with fun songs and games. Protective headgear required. One previous ice skating experience preferred.

Activity: 310101

KinderSkate 2 & 3

The journey continues! Kinders will practice longer glides across the ice, snowplow stops and backward wiggles. Protective headgear required. Prerequisite: Successful completion of KinderSkate 1 & 2.

Activity: 310102

Skate Lesson FREE Assessment

Unsure which class to register your child in? Take the guesswork out - come for a free skate skill assessment to ensure your child is in the right class. Call (541) 389-7588 to arrange an appointment.

Learn to Skate: Family

Ages: 6 - 11

Young skaters - grab a parent, a relative or another adult in your life and come learn to skate together! Through new skills and fun games, we'll help you become confident enough to skate during our Open Skate sessions or to progress to higher-level group classes on your own. Register the child's name and one adult is included. Figure or hockey skates available. Helmets recommended.

Activity: 310110

Learn to Skate: Levels 1 - 3

Ages: 6 - 11

Get started figure skating! Learn how to march, swizzle, glide and even skate backwards on the ice. Helmets recommended. One previous ice skating experience preferred.

Activity: 310111

Learn to Skate: Levels 4 - 6

Ages: 6 - 11

Find your strength and grace on the ice! We will work on mastering forward crossovers, backward skating skills and even a beginning spin. Figure skates only. Prerequisite: Successful completion of Level 3.

Activity: 310114

Learn to Skate: Levels 7 - 8

Ages: 6 - 15

Introduces waltz jump, one-foot spin and the skills needed to learn them successfully including landing position, mohawks and edge transitions. Figure skates only. Prerequisite: Successful completion of Level 6.

Activity: 310117

Free Practice FREE

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

See session descriptions on page 31.

Schedules at pavilioninbend.com.

Learn to Skate:
Teen Levels 1 - 3

Ages: 12 - 15

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

Activity: 310131

Learn to Skate:
Teen Levels 4 - 6

Ages: 12 - 15

Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for turns, edgework and crossovers. Prerequisite: Successful completion of Teen Level 3.

Activity: 310133

Free Skate 1 - 3 NEW

Ages: 6 - 15

Step into the world of advanced figure skating as you learn new edge, footwork patterns and the first half of the single revolution jumps. Continue refining your artistry and technique by practicing skills you already have.

Activity: 310136

Learn to Skate: Hockey 1

Ages: 6 - 11

Learn hockey skating skills to be successful in the game of hockey. We will practice stance, falling, swizzles & snowplow stops with fun games and drills. Protective headgear required; other protective gear optional. This class is taught without a stick and puck. One previous ice skating experience preferred.

Activity: 310120

Learn to Skate: Hockey 2

Ages: 6 - 11

Advance your hockey skating skills! Work on C-Cuts, T-Pushes and 2-foot turns with fun games and drills. Protective headgear required; other protective gear optional. Hockey skates only. This class is taught without a stick and puck. Prerequisite: Successful completion of Learn to Skate: Hockey Level 1.

Activity: 310122

ONE-DAY-
A-WEEK
SESSIONS

\$72.00 ID \$ 86.40 OD

\$72.00 ID \$ 86.40 OD

KinderSkate 1 & 2

KinderSkate 2 & 3

Learn to Skate: 1 - 3

Learn to Skate: 4 - 6

Learn to Skate: Hockey 1

Learn to Skate: Hockey 2

Teen Levels 1 - 3

Teen Levels 4 - 6

\$72.00 ID \$ 86.40 OD

\$72.00 ID \$ 86.40 OD

KinderSkate 1 & 2

KinderSkate 2 & 3

Learn to Skate: Family

Learn to Skate: 1 - 3

Learn to Skate: 4 - 6

Learn to Skate: 7 - 8

Learn to Skate: Hockey 1

Learn to Skate: Hockey 2

\$72.00 ID \$ 86.40 OD

\$72.00 ID \$ 86.40 OD

KinderSkate 1 & 2

KinderSkate 2 & 3

Learn to Skate: 1 - 3

Learn to Skate: 4 - 6

Learn to Skate: Hockey 1

Learn to Skate: Hockey 2

Free Skate 1 - 3

TUESDAYS

Nov. 5 - Dec. 17

Jan. 7 - Feb. 11 (Register 12/9)

5:05 pm

4:30 pm

4:30 pm

5:05 pm

5:05 pm

4:30 pm

5:45 pm

5:45 pm

THURSDAYS

Nov. 7 - Dec. 19

Jan. 9 - Feb. 13 (Register 12/9)

4:30 pm

5:05 pm

5:45 pm

5:05 pm

4:30 pm

5:45 pm

4:30 pm

5:05 pm

SATURDAYS

Nov. 9 - Dec. 21

Jan. 4 - Feb. 15 (Register 12/9)

9:55 am

9:20 am

8:45 am

9:20 am

9:55 am

9:20 am

9:40 am

Each lesson is 30 minutes long.

Free Skate 1 - 3 is 45 minutes long. Start times listed.



About Bend Ice

Bend Ice is Bend Park & Recreation District's community partner in helping promote and develop ice sports available at The Pavilion including hockey, curling and figure skating. Founded in 2010, Bend Ice traces its roots to a small group of ice sports enthusiasts dedicated to creating a culture of ice sports in Central Oregon. A non-profit, community-supported organization, Bend Ice has seven active Board members and a team of dedicated volunteers.

Bend Ice
Figure Skating Club

Come meet new friends, develop your skating skills and have a blast! The Bend Ice Figure Skating Club is perfect for skaters who have mastered basic skating skills equivalent to level 4 and above. Club members get access to exclusive practice ice time to skate as a team and prepare for testing, competition and exhibition events. Joining the club helps take an individual sport to a team sport and gives skaters the opportunity to skate with like-minded athletes.

Bend Rapids Hockey Club

The mission of the Bend Rapids Hockey Club is to provide travel teams an instructional and competitive environment aimed at developing hockey players. The club's philosophy is to provide both on-and-off-ice training using USA Hockey trained coaches for U8, U10, U12, U14 and high school teams. Adhering to USA Hockey safe sport policies, the club offers a competitive travel schedule designed to stretch players as they develop into excellent athletes and young people.

For more information,
visit bendice.com



Ice Dance Technique

Ages: 16 & up

The Pavilion

Explore the basic techniques used in the sport of Ice Dance! This series will focus on improving edgework and introducing dance patterns, skated with music. Prerequisite: skaters must be able to do forward crossovers and use edges comfortably.

\$72.00 ID \$86.40 OD / session

Activity: 310162

Tu: 5:45 - 6:15 pm

Session: 11/5 - 12/17

Ice Skating Troupe

Ages: 9 - 15

The Pavilion

Bring your creativity and teamwork to the ice! We will work together to enhance our individual & synchronized skating skills with music, choreography, and costumes. We'll focus on Synchronized Skating, and will perform a piece in the Winter Solstice event. For level 4+ figure skaters only (must be comfortable with forward crossovers and using edges).

\$175.00 ID \$210.00 OD / session

Activity: 310163

Sa: 8:45 - 9:30 am

Session: 11/9 - 12/21

Martial Arts

Lil'est Dragons

Age: 3

Odyssey Martial Arts

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence, and teamwork as well as develop motor skills. Uniform included.

\$74.00 ID \$88.80 OD / session

Activity: 306752

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

Sessions: 10/8 - 10/29

(adj. fee \$64.75 ID \$77.70 OD)

11/5 - 12/5

(no class 11/26 & 11/28)

1/7 - 30

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: 306750

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

Sessions: 10/7 - 30

11/4 - 12/4

(no class on 11/25 & 11/27)

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

Sessions: 10/8 - 29

(adj. fee \$64.75 ID \$77.70 OD)

11/5 - 12/5

(no class 11/25 & 11/27)

M - Th: 4:15 - 4:45 pm

Session: 12/9 - 19

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

Session: 1/6 - 29

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

Session: 1/7 - 30



Juniors Karate

Ages: 6 - 14

Odyssey Martial Arts

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

\$94.00 ID \$112.80 OD / session

Activity: 306751

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

Sessions: 10/7 - 30

11/4 - 12/4

(no class 11/25 & 11/27)

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

Sessions: 10/8 - 29

(adj. fee \$82.25 ID \$98.70)

11/5 - 12/5

(no classes 11/26 & 11/28)

M-Th: 5:00 - 5:45 pm

Session: 12/9 - 19

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

Session: 1/6 - 29

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

Session: 1/7 - 30

Movement

Moving Joyfully

Ages: 3 - 7

Tula Movement Arts

Children will explore movement, improve motor skills, learn body awareness, basic dance and tumbling through imagination and play. While dancing to songs and stories, children will discover their own unique movements and expressions. Classes are kept small so each child gets plenty of attention.

\$75.00 ID \$90.00 OD / session

Activity: 306766

Ages: 3 - 5

M: 2:00 - 3:00 pm

Ages: 5 - 7

M: 3:15 - 4:15 pm

Session: 9/9 - 10/7

Adaptive Equipment

Adaptive equipment is available for people with physical disabilities including an adaptive golf cart, sports wheelchairs, adult hand-cycles and child hand-cycles. If you are interested in using or renting this equipment for an outing, call (541) 706-6121.



Aerial Cirque Dance

Ages: 8 - 14

Tula Movement Arts

This series combines aerial yoga, cirque technique and aerial hammock choreography. Share what you learned at the end of the series with a performance for friends and family!

\$75.00 ID \$90.00 OD / session

Activity: 306770

M: 5:15 - 6:15 pm

Sessions: 9/9 - 10/7 10/21 - 11/18

Kids Yoga & Mindfulness Series

Ages: 5 - 12

Tula Movement Arts

This series combines yoga poses, breathing exercises, meditation, story time and mindful games.

\$45.00 ID \$54.00 OD / session

Activity: 306767

Ages: 5 - 8

Tu: 3:15 - 4:15 pm

Sessions: 9/10 - 10/1 10/15 - 11/5

Ages: 9 - 12

Tu: 4:15 - 5:15 pm

Sessions: 9/10 - 10/1 10/15 - 11/5

Circus Ninja Series

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 series is for total beginners to seasoned circus ninjas. Series finishes with a performance for friends and families.

\$75.00 ID \$90.00 OD / session

Activity: 306768

Ages: 5 - 8

W: 3:45 - 4:45 pm

Ages: 9 - 12

W: 4:45 - 5:45 pm

Sessions: 9/11 - 10/9
10/16 - 11/20 (no class 10/23)



Skateboarding & Scootering

Intro to Skateboarding

NO SCHOOL

Ages: 5 - 12

Bearings Skateboard

Learn the fundamentals of skateboarding in the fun, controlled environment of our indoor skate park. Our professional coaches combine group instruction with one-on-one guidance and feedback with lots of high-fives! First-time skateboarders start with the basics of foot positioning, posture and control. Returning students unlock skills such as kick-turns, Ollies and drop-ins. Come build the skills, confidence and safety awareness to take skating to outdoor parks and beyond.

\$185.00 ID \$222.00 OD / session

Activity: 306772

M - W: 10:00 am - 1:00 pm

Session: 11/25 - 27

W - F: 10:00 am - 1:00 pm

Session: 10/23 - 25

Fall Scooter Camp

NO SCHOOL

Ages: 6 - 17

Ponderosa Skate Park

Learn new skills and tricks with pro instructors and enjoy progressing in the sport, while we have a blast with games and activities. Riders will be divided into groups based on age and skill level. Camps will feature Jake Clark and Matt Edleston as pro scooter instructors and will include appearances from other pro riders! On the last day, we will show off our skills in a mini competition with awesome prizes for the riders. Scooter, helmet, pads, water bottle, and sack lunch required.

\$165.00 ID \$198.00 OD / session

Activity: 306778

W - F: 10:00 am - 2:00 pm

Session: 10/23 - 25



Soccer

SoccerJrs

Cascade Indoor Sports

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence.

SoccerJrs - Teddies

Ages: 18 months - 3 years

This parent participation class is a physical development program to engage kids in physical activity.

\$95.00 ID \$114.00 OD / session

Activity: 303310

Tu: 10:00 - 10:55 am

Sessions: 9/10 - 10/22

10/29 - 12/17

W: 11:00 - 11:55 am

Sessions: 9/11 - 10/23

10/30 - 12/18

Th: 5:00 - 5:55 pm

Sessions: 9/12 - 10/24

10/31 - 12/19

Sa: 9:00 - 9:55 am

Sessions: 9/14 - 10/26

11/2 - 12/21

Volunteer with youth sports and adaptive programs.

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



Bend FC Timbers

Futsal League

Ages: U10 - U14

Come join the Bend FC Timbers professional coaching staff for our Winter Futsal League. This league plays indoors at the Bend Elks Fieldhouse. This is a fun way to get lots of touches on the ball and improve your skills in small-sided games.

Technical Training

Ages: U6 - U14

Come join the Bend FC Timbers professional coaching staff for our Winter Technical Training series. Weekly, hour-long sessions led by the Bend FC Timbers Coaching staff. Small player-to-coach ratio with topics including ball mastery, passing, receiving, shooting and more!

Goalkeeper Training

Ages: U8 - U14

Come join the Bend FC Timbers professional goal keeping staff for our Winter Goalkeeping Series. Weekly, hour-long sessions led by Bend FC Timbers Director of Goalkeeping. Topics to be covered include techniques of ball handling, diving, kicking, and more!

For more information on Bend FC Timbers Academy programs, visit BendFCTimbers.com.



SoccerJrs - Cubs

Ages: 3 - 4

An introductory class teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions. We do NOT play competitive games in this class.

\$95.00 ID \$114.00 OD / session

Activity: 303311

M: 5:00 - 5:55 pm

Sessions: 9/9 - 10/21
10/28 - 12/16

Tu: 11:00 - 11:55 am

- OR -

Tu: 4:00 - 4:55 pm

Sessions: 9/10 - 10/22
10/29 - 12/17

W: 10:00 - 10:55 am

- OR -

W: 4:00 - 4:55 pm

Sessions: 9/11 - 10/23
10/30 - 12/18

Th: 4:00 - 4:55 pm

Sessions: 9/12 - 10/24
10/31 - 12/19

Sa: 9:00 - 9:55 am

- OR -

Sa: 10:00 - 10:55 am

Sessions: 9/14 - 10/26
11/2 - 12/21

SoccerJrs - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

\$95.00 ID \$114.00 OD / session

Activity: 303312

M: 4:00 - 4:55 pm

Sessions: 9/9 - 10/21
10/28 - 12/16

Tu: 5:00 - 5:55 pm

Sessions: 9/10 - 10/22
10/29 - 12/17

W: 3:00 - 3:55 pm

Sessions: 9/11 - 10/23
10/30 - 12/18



Youth Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports Center

Get out of the cold weather and join a youth indoor soccer league this winter! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All players receive a team shirt. League games are played on Saturdays with no practices. Space is limited.

\$95.00 ID \$114.00 OD / session

SESSION 1: 11/2 - 12/21

Registration deadline: 10/4
or until full

Activity: 303340

Grade: Saturdays: (no games 11/30)

K Mid-morning

1 - 2 Early afternoon

3 - 5 Late afternoon

6 - 8 Early evening

SESSION 2: 1/11 - 2/29

Registration deadline: 12/13
or until full

Activity: 303345

Grade: Saturdays:

K Mid-morning

1 - 2 Early afternoon

3 - 5 Late afternoon

6 - 8 Early evening

Track & Field

Little Foot Run **FREE**

Grades: K - 5

Pine Nursery Park

Join BPRD, Bend-La Pine Schools and CORK to bring back this classic event! Runners will participate in races of varying lengths (depending on age group) and will get a chance to run with high school cross country athletes. Registration is day-of. Be sure to dress for the weather!

W: 1:00 - 4:00 pm

Session: 10/2

Volleyball

NPJ Advanced Volleyball Clinics

Grades: 3 - 5

Pilot Butte Middle School

Get ready for the upcoming season by practicing serving, setting, hitting and passing. All sessions under the direction of club and high school volleyball coaches.

\$54.00 ID \$64.80 OD / session

Activity: 303125

Su: 6:00 - 7:30 pm

Session: 9/29 - 10/13

Youth Volleyball Skills Day

NO SCHOOL

Grades: 3 - 5

Trinity Lutheran

Join our coaches for this great one-day camp to improve your game. Bring your knee pads and a water bottle.

\$29.00 ID \$34.80 OD / session

Activity: 303127

M: 10:00 am - 12:30 pm

Session: 11/11

Youth Volleyball League

Boys & Girls, Grades: 3 - 5

Local schools

Get ready to be a part of one of the biggest sports in Central Oregon! This league emphasizes individual and team skill development, maximum court time, good sportsmanship and fun. Teams will practice for one hour, twice a week after 6:00 pm (coaches will select days, time and location). Games last one hour and are played on Saturdays; game times will vary each week. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a volunteer application.



Wheelchair Sports

Wheelchair Sports

Ages: 14 & up

Ensworth Elementary

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball and other sports.

\$3.00 /session

Activity: 304500

M: 6:00 - 8:00 pm

Session: 9/16 - 12/16



\$62.00 ID \$74.40 OD / season

Registration deadline: 9/22 or until full

Season: 10/14 - 12/21

Activity: 303553 - Grade 3

303554 - Grade 4

303555 - Grade 5

Wrestling

Lava Bear Wrestling Club

Grades: K - 5

Bend High School

Learn introductory level wrestling and grappling skills that include: character building (hard work, discipline and dedication), balance and coordination, core-strength, conditioning and of course wrestling maneuvers. The coaching staff is experienced and coordinates with local school-based wrestling programs. Volunteer coaches needed in addition to the club coaches. This is an excellent program to start your kiddo in the sport of wrestling!

\$74.00 ID \$88.80 OD / session

Activity: 303135

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

Session: 11/6 - 12/18

Youth Summit Wrestling Club

NEW

Grades: 1 - 5

Summit High School

Learn introductory level wrestling skills in a positive setting! We'll introduce, demonstrate, and teach wrestling fundamentals; and, you get to practice them! The coaching staff is experienced and works well with this age group. This is an excellent program to start your child in the sport of wrestling! Kids are split into two age groups: 1st - 2nd grade and 3rd - 5th grade.

\$49.00 ID \$58.80 OD / session

Activity: 303136

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

Session: 11/11 - 12/19

BIG HIGH FIVES!



Big thanks to our spring youth sports sponsors.

Thank you to all the local businesses and individuals who value healthy recreation opportunities for children and help make youth sports programs possible. Please join us in thanking the following 2019 spring sports sponsors:

Youth Lacrosse Program Sponsor:
Krueger & Lenox Oral & Maxillofacial Surgery

Volunteer with youth sports and adaptive programs.

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

GIVE &
RECEIVE BACK
.....
COACHING
MATTERS
IN OUR
COMMUNITY
.....

thanks, coach

Volunteers Needed to Coach Youth Team Sports

Make a difference for a group of kids!

Volunteers are essential to youth sports programs. We are currently seeking volunteer coaches for:

Youth Volleyball

Bitty Ball Basketball

Youth Basketball

Middle School Basketball

Sport experience preferred. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.

Many thanks to every volunteer who generously contributed time as a coach for youth spring sports programs. These people shared their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

Youth Lacrosse

Mike Ardeljan	Steve Emery	Andrew Ketsdever	Tyler Mackeson	Nathan Neil	Kathleen Retzlöff	Meagan Waltosz
Randon Beech	Madison Gibney	Jessie Kiefer	Dave Macomber	Mason Payer	Jay Riker	Dustin Whitaker
Raaf Camire	Hilary Gilmore	Lee Kissinger	Cooper Majetich	Justin Peterson	Pete Rodgers	Justin Winn
Casey Capell	Pat Harrison	Barry Klecker	Shauna McGuire	Craig Poole	Jaime Sines	
Dave Cieslowski	Aaron Harvey	David Lawrence	Jack Menefee	Michele Preim	Robbie Smith	
Keith Clayton	Robert Harwell	Miles Lilly	Ken Merrill	Laurie Purcell	Andy Stearns	
Tim Craig	Julie Holden	Soma Lilly	Greg Moore	Jason Quade	Joel Sturgill	
Greg Dawson	Rob Kerr	Darin MacDonald	Rick Mottern	Geoff Raynak	Aaron Thomas	

Bitty Baseball

Russ Bahr	Mike Carpenter	Beau Eastes	Robin Nuyen	Pete Sandgren	Alicia Underhill
Rachel Baker	Luke Chambers	Zach Hall	Jason Offutt	Jeanie Scott	Jeff Veek
Brady Bedsworth	Tami Chapin	Michelle Henry	Christian Rea	Justin Scott	Scott Young
Rich Blakley	Tim Duey	Kristi Lawson	Blaire Rummel	Billy Sexton	Craig Zurovsky
Julie Brown	Justin Earl	Eric Mettler	Shawnde Russell	Porter Smith	

Girls Fast Pitch Softball

Micah Albert	Kristin Bryan	Dausen Harker	Jomathan Matthews	Ty Miller	Maryrose Schiedler	Phillip Nathan Wilson
Tyler Birkel	Ronal Davis	Mike Harrington	Scott McCaulou	Eric Paulson	Sandra Shearer	Thomas Wolf
Justin Black	Miranda Erickson	Jennie James	Brent McLean	Christopher Quinn	Rodney Smith	David Young
Jim Boss	Jessica Hallyburton	Davis Johnston	Tara McLean	Kevin Rochin	Ryan Timm	Dina Zanini

Program Locations

Locations of all fall BPRD programs are in alphabetical order below.

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

Bend Art Center

550 SW Industrial Way #180, Bend, OR 97702

Bend High School

230 NE 6th 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

Cascades Academy

19860 Tumalo Reservoir Rd, Bend, OR 97703

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

Central Oregon Recording

61419 S Hwy 97, Suite N, Bend, OR 97702

Drake Park

777 NW Riverside Blvd, Bend OR 97701

DIYcave

444 SE 9th St #150, Bend, OR 97702

Elk Meadow Elementary School

60880 Brookwood Blvd, Bend, OR 97702

Ensworth Elementary School

2150 NE Daggett Ln, Bend, OR 97701

Hal Puddy Field at Ponderosa Park

225 SE 15th St, Bend, OR 97702

Harmon Park, Hobby Hut & Outdoor Center

1100 NW Harmon Blvd, Bend, OR 97701

High Desert Fencing

61445 S Hwy 97, Ste D, Bend, OR 97702

High Desert Middle School

61111 SE 27th St, Bend, OR 97702

High Lakes Elementary School

2500 NW High Lakes Lp, Bend, OR 97701

Highland Elementary School at Kenwood

701 NW Newport Ave, Bend, OR 97701

Hollinshead Park & Barn

1235 NE Jones Rd, Bend, OR 97701

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

Lava Ridge Elementary School

20805 Cooley Rd, Bend, OR 97701

Miller Elementary School

300 NW Crosby Dr, Bend, OR 97701

Mountain View High School

2755 NE 27th St, Bend, OR 97701

Norton Ave Apartments

415 NE Norton Ave, Bend, OR 97701

North Star Elementary

63567 Brownrigg Ln, Bend, OR 97703

Odyssey Martial Arts

924 B SE Wilson Ave, Bend, OR 97702

Pacific Crest Middle School

3030 NW Elwood Ln, Bend, OR 97701

The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

Pilot Butte Middle School

1501 NE Neff Rd, Bend, OR 97701

Pilot Butte Neighborhood Park

1310 US-20, Bend, OR 97701

Pine Forest Grange

63214 Boyd Acres Rd, 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

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

St. Francis School

2450 NE 27 St, Bend, OR 97701

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

Three Rivers School

56900 Enterprise Dr, Sunriver, OR 97707

Trinity Lutheran School

2550 NE Butler Market Rd, Bend, OR 97701

Tula Movement Arts

2797 NW Clearwater Dr, Ste 100, Bend, OR 97703

Tumalo School

19835 2nd St, Tumalo, 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

Park Features & Amenities

Get out and play with our features and amenities guide. Need to know how to get to a park? An interactive map is available online at bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at bendparksandrec.org or call (541) 389-7275.

PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at bendparksandrec.org.

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans. Dogs are allowed in all parks except for Riley Ranch Nature Reserve.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on District property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

TRAIL USE:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails or in Riley Ranch Nature Reserve. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•		•			
Alpine Park	19500 Century Dr								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Senior Center	1600 SE Reed Market Rd					•			•				•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr														•		
Big Sky Park	21690 NE Neff Rd	•			•				•		•	•	•				
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•								•		
Canal Row Park	1630 NE Butler Market Rd								•		•	•		•			
Columbia Park	264 NW Columbia St							•			•	•	•		•		
Compass Park	2500 NW Crossing Dr								•		•	•	•				
Discovery Park	1315 NW Discovery Dr				•				•		•		•				
Dohema River Access	35 NW Drake Rd														•		
Drake Park	777 NW Riverside Blvd						•						•		•		
Eagle Park	62891 NE Nolan St										•	•		•			
Farewell Bend Park	1000 SW Reed Market Rd						•		•		•	•	•		•		
First Street Rapids Park	1980 NW First St						•		•				•		•		
Foxborough Park	61308 Sunflower Ln		•									•		•			
Gardenside Park	61750 Darla Pl										•	•		•			
Genna Stadium	401 SE Roosevelt Ave																
Harmon Park	1100 NW Harmon Blvd	•									•	•	•		•		
Harvest Park	63240 NW Lavacrest St											•		•			
High Desert Park	60895 27th St								•								
Hillside I Park	2050 NW 12th St		•									•	•				
Hillside II Park	910 NW Saginaw Ave				•												
Hixon Park	125 SW Crowell Way																
Hollinshead Park	1235 NE Jones Rd				•	•								•			
Hollygrape Park	19489 SW Hollygrape St											•	•				
Jaycee Park	478 Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St					•							•				
Kiwanis Park	800 SE Centennial Blvd	•	•								•	•		•			
Larkspur Park (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		•									•		•			



Deschutes River Trail - South Canyon



Rockridge Park



Pine Nursery Park