



SUMMER
REGISTRATION
BEGINS
APRIL 20
AT 5:30 AM

your playbook

youth & adult
recreation registration
opens april 20

online edition

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

**SUMMER 2020
PAYMENT OPTION:**

Payment is optional
at time of registration.

Choose your payment amount
from no money down to full fee.

Any remaining fees are
due 30 days prior to
program start date.

play for life

CONTACT US

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

ADMINISTRATION & RECREATION SERVICES

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

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

Administration will be closed: May 25 - Memorial Day,
July 3 - 4 - Independence Day, Sept. 7 - Labor Day

THE ART STATION

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

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

BEND SENIOR CENTER

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

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

Fridays 7:30 am - 4:00 pm

Saturdays 9:00 am - 3:00 pm

Holiday hours and special events: See page 30.

JUNIPER SWIM & FITNESS CENTER

800 NE 6th St. • p. (541) 389-7665

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

Saturdays 7:00 am - 6:00 pm

Sundays 8:00 am - 5:30 pm

Holiday hours and special events: See page 19.

THE PAVILION

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

April - August Hours vary - check online.

The Pavilion will be closed: May 25 - Memorial Day,
July 3 - 4 - Independence Day, Sept. 7 - Labor Days.

Special events: See page 28.

PARK SERVICES

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

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

Park Services will be closed: May 25 - Memorial Day,
July 3 - 4 - Independence Day, Sept. 7 - Labor Day



summer 2020 | online edition

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 • Debra Schoen

BUDGET COMMITTEE:

Thomas Fisher • Larry Kimmel • Joanne Mathews • Donna Owens • Daryl Parrish

EXECUTIVE DIRECTOR:

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

ADMINISTRATIVE SERVICES DIRECTOR:

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

PLANNING & PARK SERVICES DIRECTOR:

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

RECREATION SERVICES DIRECTOR:

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

FOLLOW US:

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

Twitter - Bend Park & Rec (@bendparksandrec)

Instagram - bendparks (@bendparks)

INCLUSION: The Bend Park & Recreation District is committed to making all of our programs, facilities, services and activities accessible to everyone. If you feel that you or your child may require auxiliary aid or special accommodations to participate, 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 DISPONIBLES PARA 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, 4:15 - 7:00 pm. District Office: Thursday, 12:00 - 4:00 pm.



looking ahead to summer



This year is highly unusual with all of our daily lives significantly impacted by the COVID-19 Coronavirus. At Bend Park & Recreation District, we are experiencing the uncertainty of the current situation and will continue to do our best to be here for you and your family's recreation

needs. Like you, we're taking this a day and a week at a time.

Spring is typically when individuals and families plan in earnest for summer activities and this Playbook is filled with great recreation opportunities for you to consider.

To help you with your planning, we have created the option to register with no payment to support the financial uncertainty that community members may be experiencing. At time of registration, pay from 0 to 100% of your fees and then 30 days prior to the start of your program you pay the remaining balance on your account. Learn more on page 15.

We hope you will enjoy thinking about and planning for these possibilities, and we will keep you updated for any changes that may be needed as our community and the world moves through this challenging time.

Bend Park & Recreation District staff is available by phone and email to help with your summer registration questions.

Sincerely,

Don Horton, Executive Director
don@bendparksandrec.org

*summer registration
payment options
include no money down,
pay 30 days prior
to program.*

ONLINE EDITION: WHAT'S INSIDE

INTRODUCTION

Contact Us	2
Table of Contents	3
Pages Missing	4 - 13

REGISTRATION, FEES & PASSES

Recreation Scholarships	14
How to Register	15
Fees & Passes	16 - 17
Page Left Blank	18

FACILITIES & SWIMMING

Juniper Swim & Fitness Center ...	19 - 21
Adult Swimming	22
Youth Swimming & Fitness	23 - 27
The Pavilion	28 - 29
Bend Senior Center	30 - 34

ADULT RECREATION

Adult Art	35 - 37
Adult Activities	38 - 43
Adult Outdoors	44 - 46
Adult Fitness & Wellness	47 - 55
Adult Sports	56 - 57

SUMMER CAMP FINDER

Full-day, Half-day & Overnight	58 - 63
--------------------------------------	---------

THERAPEUTIC RECREATION

Youth & Adult	64 - 68
---------------------	---------

YOUTH RECREATION

Young Children	69 - 72
Youth Art	73 - 79
Youth Activities	80 - 94
Youth Outdoors	95 - 99
Youth Sports	100 - 114

LOCATIONS & PARKS

Program Locations	115
Pages Left Blank	116 - 117
Park Features & Locations	118 - 119



everyone can play

Recreation Scholarships

We believe that everyone should have the opportunity to participate in recreation activities. Financial need-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 activity or 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.

how to register

REGISTER ONLINE:

Go to:
<https://register.bendparksandrec.org>

Registration by Phone

If you are not able to register online, you can register by phone at (541) 389-7275.

New Accounts

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

Online Registration Instructions

1. Click on the "Register" link on our website or go directly to: <https://register.bendparksandrec.org>
2. Enter your email and password. You already have an account if you have recently participated in a program or have a pass at Juniper Swim & Fitness Center, The Pavilion or Bend Senior Center. The default password is your last name (first letter capitalized) unless you set it up differently.



ACCOUNT LOG IN

Username: _____
Password: _____
Log In

Forgot Password
Create an Account

With New accounts must be verified. This process will take 24 hours.

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.



ACTIVITY / KEYWORDS

Type your Activity Number (first 6 digits) OR Keyword in the space below then click on the Search button.

Search

- > **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.



ACTIVITY / KEYWORDS

Type your Activity Number (first 6 digits) OR Keyword in the space below then click on the Search button.

Search

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



Aquatics / Swimming

- Youth (under 8 yrs.)
- Youth (8 to 17)
- General and Clinic
- Adult

You can further refine the search using the options at the top of the screen. These include day of 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.

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.



NEW

Register for Summer 2020 programs with no-money down:

- In response to the unprecedented COVID-19 situation and the financial uncertainty that residents may be experiencing, BPRD will not require payment at time of registration for summer programs.
- Full payment will be due no less than 30 days prior to the program start date(s). If full payment is not received 30 days prior to the start of the program(s), your registration(s) will be cancelled.
- Cancellations made after payment will be subject to the regular refund policy with cancellations made 7 days or more from the program start date eligible for a full refund and cancellations made 3-7 days being eligible for a credit.
- If programs you have registered for are cancelled by the district, you will receive a full credit or refund for any fees paid.



GO PLAY!

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	JUNIPER SWIM & FITNESS CENTER	JUNIPER SWIM & FITNESS CENTER	BEND SENIOR CENTER	BEND SENIOR CENTER	THE PAVILION
		PASS TYPE	Full Access	Basic	Full Access	Basic	Roller Skating
		ACCESS	Over 200 weekly group fitness classes and masters swim practices plus full facility use. Monthly pass includes use of Senior Center.	Use of pools, fitness center, hot tub, sauna, steam room, locker rooms and access to all recreation and lap swim times.	Over 50 weekly fitness classes plus full facility use and participation in ongoing social activities.	Use of fitness center, game room and participation in ongoing social activities.	Includes admission to public skating sessions. Skate rental is \$1.00. May - September
Single Visit Admission	Adult (19-59)	\$8.00	\$7.00	\$6.50	\$3.50	\$7.00	
	Older Adult (60-79)/Student	\$7.00	\$6.00	\$5.50	\$1.50	\$6.00	
	Youth (3-18)/Honored Citizens (80+)	\$6.00	\$5.00	\$4.50	\$1.25	\$5.00	
	Children under 3 with paying adult	Free	Free	n/a	n/a	Free	
10-Visit Pass Save an average of 20%	Adult (19-59)	\$69.00	\$59.00	\$60.00	\$29.00		
	Older Adult (60-79)/Student	\$59.00	\$49.00	\$45.00	\$12.00		
	Youth (3-18)/Honored Citizens (80+)	\$49.00	\$39.00	\$35.00	\$10.00		
Monthly Pass Unlimited Visits!	Adult (19-59)	\$61.00	\$51.00	\$51.00	\$24.00		
	Older Adult (60-79)/Student	\$49.00	\$39.00	\$39.00	\$16.00		
	Youth (3-18)/Honored Citizens (80+)	\$39.00	\$29.00	\$29.00	\$13.00		

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.**

This page intentionally left blank.

Page 18 intentionally missing.



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

More Activities
at Juniper Swim & Fitness:
Adult swimming p. 22
Adult Fitness p. 47 - 55
Youth Fitness
& swimming p. 23 - 27

come on in

Summer 2020: June 12 - Sept. 6

Regular Hours:

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

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

Visit online at juniperswimandfitness.com



Follow us on Facebook!

Look for Juniper Swim & Fitness Center add other accounts and Instagram

Schedules & Information

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

Fees

Pass information on pages 16 - 17.

Everyone entering the facility during Rec Swim or Family Swim is required to pay an admittance fee.

Holidays & Special Hours

5/25	Memorial Day	Noon - 5:00 pm
6/14	Staff Training	Closed at 4:00 pm
7/4	Independence Day	Noon - 5:00 pm
9/7	Labor Day	Noon - 5:00 pm

Swim Meets & Events

5/16 - 17	COMA Long Course Meet & Open Water Swim
6/20 - 21	Sun Country Swim Meet
8/7 - 9	Bend Open Swim Meet
8/23	Kids Triathlon (see page 23)

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

Fitness passes through health insurance:

Those over 65 and enrolled in a Medicare Supplemental Health Plan may be eligible for no-cost or low-cost fitness passes at the Bend Senior Center and Juniper Swim and Fitness Center. See page 31.

Perfectly
fit for you.

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

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



Kids' Corner Child Care

Ages: 6 weeks - 6 years

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

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

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

FEES:
10-hour card:
\$40.00 ID \$48.00 OD

Drop-in fee per hour, per child:
\$4.50 ID \$5.40 OD

Kids' Corner Hours:
(subject to change)

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

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

Sa: 8:00 - 11:00 am

Learn more at
juniperswimandfitness.com

Juniper Swim & Fitness Center Features

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

Online video tour available at bendparksandrec.org

SWIMMING POOLS & AQUATICS:

Indoor/Outdoor Olympic 50 Meter Pool

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

Indoor 25 Meter Pool

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

Indoor Children's Pool

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

Outdoor Activity Pool

Open June to early September.

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

Hot Tub, Dry Sauna & Steam Room

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

FITNESS CENTER & EQUIPMENT:

Fitness Center

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

Fit Studio

Flexible open space designated to use for stretching and functional work.

Indoor Cycling Studio

Come get your heart rate up as you cycle inside on Spinner® Chrono™ Power bikes by Precor®, surrounded by beautiful views in our theater-style studio.

Group Exercise Studio

Enjoy a fabulous workout on cushioned wood floors, with a wall of windows, amazing park views and plenty of natural lighting.

Mind & Body Studios

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

Fitness classes listed on pages 51 - 55.

OTHER FEATURES:

Multiple Locker Rooms

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

Wi-Fi & Lounge Areas

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



How to Get There

Juniper Swim & Fitness Center is centrally located in Bend within Juniper Park with two entrances and parking lots.

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

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

PUBLIC & ALTERNATIVE TRANSPORTATION:

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

Pool Party Rentals

NEW

Make your next celebration a splash bash at the pool. Rentals include poolside party space by the Activity Pool and admission for up to 20 swimmers.

Learn more at
juniperswimandfitness.com

Drop-In Swim Sessions

Check schedules at juniperswimandfitness.com for updates. Holidays and special events listed on page 19

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

June 12 - September 6

- M - F:** 1:00 - 4:00 pm
(Outdoor & Indoor pools)
- M - F:** 7:15 - 9:00 pm
(Indoor Pools only)
- Sa:** 1:00 - 5:30 pm
(Outdoor & Indoor Pools)
- Su:** 1:00 - 5:00 pm
(Outdoor & Indoor Pools)

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

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

June 12 - September 6

- M - F:** 7:00 - 8:00 am
- F:** 4:00 - 7:15 pm
- Sa:** 7:00 - 9:00 am
- Su:** 8:00 - 10:30 am

Family Swim

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

Fee: \$5 per person.

June 12 - September 6

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

June 12 - September 6

- M - Th:** 5:15 am - 8:30 pm
- F:** 5:15 am - 7:30 pm
- Sa:** 8:00 am - 6:00 pm
- Su:** 8:00 am - 5:30 pm



FOOD TRUCK FRIDAYS st JSFC

Juniper Swim & Fitness Center

Bring the whole family and join us on the Outdoor Activity Pool deck select Fridays throughout the summer for a fun-filled evening of music, food and swimming.

Food trucks will be rotated throughout the summer, so keep an eye on the Juniper Facebook page for updates!

- F:** 3:00 - 6:00 pm
- Sessions: 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/14, 8/21.

LEARN TO SWIM THIS SUMMER!

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

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

Adult Lessons, page 22.
Youth Lessons, pages 24 - 27.

TEENS!

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

WANT MORE? Look for:

ADULT FITNESS on pages 47 -55.

ADULT SWIMMING on page 22.

YOUTH FITNESS & SWIMMING on pages 23 - 27.

See Lap Swim Schedules Online

are available at
bendparksandrec.org/lapswim

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

swim strong

Liquid benefits.

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



Adult Swimming at Juniper Swim & Fitness Center

Level 1 Adult Swim Instruction

Ages: 16 & up

This class is designed for the adult swimmer with little to no experience in the water. We will help you conquer any fears of swimming by introducing basic swim skills and water safety. Majority of class is in shallow water.

\$42.00 ID \$50.40 OD / session

Activity: 205554

Sa: 7:45 - 8:15 am

Sessions 6/13 - 7/18 (no class 7/4)
7/25 - 8/29 (no class 8/8)

Level 2 Adult Swim Instruction

Ages: 16 & up

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

\$51.00 ID \$61.20 OD / session

Activity: 205555

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

Sessions 6/16 - 7/2 7/7 - 23
7/28 - 8/13

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, short distance repeats and individualized to meet your goals. Appropriate for adults who can swim 15 meters but not much more.

\$51.00 ID \$61.20 OD / session

Activity: 205556

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

Sessions 6/15 - 7/1 7/6 - 22
7/27 - 8/12

Swim Technique

Ages: 16 & up

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

\$170.00 ID \$204.00 OD / session

Activity: 205557

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

Sessions 6/15 - 7/15 7/20 - 8/19

Masters Swimming Bend's Adult Swim Program

Ages: 18 & up

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

Fee: Full Access Pass or drop-in fee

June 12 - September 6

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

Tu/Th: 6:30-8:00 am

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

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

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

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



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

Recreation Swim Schedules
available on page 21 and at juniperswimandfitness.com.
Find all the times you can come splash and play.

splash-tacular

SWIM! BIKE! RUN!

7th Annual Kids Triathlon

Ages: 4 - 15

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

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

\$25.00 ID \$30.00 OD / session
Activity: 205607
Su: 8:30 am - 12:30 pm
Session: 8/23

Kids Triathlon Clinics

Ages: 4 - 15

Come give "tri" a try, learn new skills and make new friends. Each clinic will include activity in each of the disciplines so bring your bike, helmet, swim suit, towel, running shoes and a water bottle. Finish your session with a tip to keep you healthy and motivated all summer. Sign up for one or all. Whatever you choose, it will be tons of fun! At registration time, sign up for all four of the clinics and receive a \$5 discount off the Kids Triathlon.

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

\$5.00 ID \$6.00 OD / session
Activity: 205608
Tu: 5:00 - 6:15 pm
Sessions: 7/28, 8/4, 8/11, 8/18

SUMMER 2020 PAYMENT OPTION:
Payment is optional at time of registration.
Choose your payment amount from no money down to full fee.
Any remaining fees are due 30 days prior to program start date.

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!



Family Swim Lessons

at Juniper Swim & Fitness Center

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

Ages: 3 & up with Adult

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

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

\$64.00 ID \$76.80 OD / session

Activity: 205260

Sa: 11:45 am - 12:30 pm

Sessions: 6/13 - 7/18 (no class 7/4)
7/25 - 8/29 (no class 8/8)



SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Youth Swim Lessons

at Juniper Swim & Fitness Center

Our year-round youth swim lessons are...

- **Age-Appropriate:** Offered for infants, preschoolers, youth and teens.
- **Skill-Appropriate:** Based on progressively learned swim skills.
- **Safe:** Lifeguards are always on duty to provide extra protection.
- **Small:** Maximum class size of five for preschoolers and six for other levels.
- **Professional:** All instructors are Red Cross certified and trained in our own best practices program.
- **Fun:** We believe learning to swim should be a positive, fun experience!

For more information, call (541) 389-7665.

Registration Tip: Prerequisites for each class are listed in the class description on our registration website. Learn more online at register.bendparksandrec.org.

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

Swim Lesson Assessment **FREE**

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

March 30 - June 5: M - Th: 10:45 am | M/W: 7:00 pm | T/Th: 6:30 pm | Sa: 12:30 pm
June 15 - August 27 M - Th: 12:45 pm & 7:00 pm | F: 12:15 pm | Sa: 11:45 am

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

Descriptions & Schedules

Parent Tot Swim Lessons

Ages: 6 - 36 months

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

Activity: 205015 (1- day) / 205016 (2-days) / 205017 (4-days)

Sea Stars Swim Lessons

Age: 2 1/2 - 3

Has your child attended Parent Tot class and ready for an extra challenge? Specially-designed for the two-and-a-half to three year old, this fun and encouraging class will teach your child the basic skills of floating, gliding and water safety. Prerequisite: Parent Tot class.

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

Journey Swim Lessons

Ages: 3 - 5

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

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

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

Level Swim Lessons

Ages: 6 - 12

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

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

Level 4 Activity: 205243 (1-day) / 205242 (2-days) / 205240 (4-days)

Level 4 - 6 Activity: 205246 (1-day) / 205245 (4-days)

Level 5 - 6 Activity: 205256 (1-day) / 205255 (2-days)

Teen Level Swim Lessons

Ages: 13 - 15

Designed to teach teens basic swim skills: kicking in an arrow, front crawl stroke, backstroke and exposure to deep water. There are Levels 1 through 6 for your progression.

Teen Level 1 - 6 Activity: 205259 (1- day) / 205258 (2-days) / 205257 (4-days)

ONE-DAY-A-WEEK SESSIONS

Fees: ID / OD	FRIDAYS
\$42.00 / \$50.40	6/19 - 7/17
\$42.00 / \$50.40	7/24 - 8/21
Parent Tot 1, 2	8:50, 9:40 am
Journey 1, 2, 3	8:50, 9:40, 10:30, 11:20 am
Journey 4, 5	9:40 am
Level 1, 2, 3	8:50, 9:40, 11:20 am
Teen Level 1 - 6	10:30 am
Level 4, 5, 6	10:30 am
Fees: ID / OD	SATURDAYS
\$42.00 / \$50.40	6/13 - 7/18 (no class 7/4)
\$42.00 / \$50.40	7/25 - 8/29 (no class 8/8)
Parent Tot 1, 2	10:05 am
Sea Stars	9:15 am
Journey 1, 2, 3	9:15, 10:05, 10:55 am
Journey 4, 5	9:15 am
Level 1, 2, 3	9:15, 10:05, 10:55 am
Teen Level 1 - 6	10:55 am
Level 4	10:05 am
Level 5, 6	10:55 am

Start times only listed. All classes 45-minutes.

Private & Semi-Private Lessons

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

\$74.00 ID semi-private lesson

\$148.00 ID private lesson

Activity: 205001

Semi-private lesson registration in-person only; private lesson registration in-person or online.

Call (541) 706-6183 for questions.

TWO-DAYS-A-WEEK SESSIONS

Fees: ID / OD	MONDAY/ WEDNESDAY - or - TUESDAY/THURSDAY
\$61.00 / \$73.20	6/15 - 7/9
\$61.00 / \$73.20	7/13 - 8/6
\$61.00 / \$73.20	8/10 - 9/3
Parent Tot 1, 2	5:40, 6:25 pm
Sea Stars	11:30 am, 4:10, 4:55 pm
Journey 1, 2, 3	11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm
Journey 4,5	12:15, 5:40 pm
Level 1, 2, 3	11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm
Teen Level 1 - 6	6:25 pm
Level 4	11:30 am, 4:10, 4:55 pm
Level 5, 6	12:15, 4:10, 4:55 pm

Start times only listed. All classes 40-minutes.

FOUR-DAYS-A-WEEK SESSIONS

Fees: ID / OD	MONDAY - THURSDAY
\$61.00 / \$73.20	6/15 - 25
\$61.00 / \$73.20	6/29 - 7/9
\$61.00 / \$73.20	7/13 - 23
\$61.00 / \$73.20	7/27 - 8/6
\$61.00 / \$73.20	8/10 - 20
\$61.00 / \$73.20	8/24 - 9/3
Parent Tot 1, 2	9:00, 9:45 am
Sea Stars	9:00, 9:45, 10:30 am
Journey 1, 2, 3	8:15, 9:00, 9:45, 10:30 am
Journey 4,5	9:00, 9:45 am
Level 1, 2, 3	9:00, 9:45 am
Teen Level 1 - 6	9:45 am
Level 4	9:00, 9:45, 10:30 am
Level 5, 6	10:30 am

Start times only listed. All classes 40-minutes.

TRAINING & VOLUNTEER PROGRAMS

Jr. Lifeguard & Swim Instructor Aide Programs

at Juniper Swim & Fitness Center

Ages: 12 - 15

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

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

Fee: \$25.00 covers training

SWIM INSTRUCTOR AIDE

Activity: 209501

Required Training Dates: Must attend all 4 days.

Group 1:

Tu/Th: 4:30 - 6:30 pm

Session: 5/26 - 6/4

Group 2:

Tu/Th: 9:45 - 11:45 am

Session: 6/23 - 7/2

JUNIOR LIFEGUARD

Required Training Dates:

Group 1

Tu: 4:30 - 8:30 pm

Session: 6/2

Group 2

W: 10:00 am - 2:00 pm

Session: 6/24

Ongoing Training Dates:

Th: 10:30 am - 1:00 pm

Session: 6/25 - 8/13

Youth Swim Programs

at Juniper Swim & Fitness Center

Juniper Summer Swim League

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

\$156.00 ID \$187.20 OD / session

Activity: 205411

Entering Grades: 1 - 10

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

- OR - 10:45 - 11:45 am

Session: 6/15 - 8/14

Participants choose three days per week to attend

Entering Grades: 4 - 10

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

Session: 6/16 - 8/14

Swim Squad

Ages: 14 - 18

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

\$130.00 ID \$156.00 OD / session

Activity: 205542

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

Session: 6/16 - 8/13

Springboard Diving Level 1

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, front dive, back approach and back dive as well as many other skills to make you become a confident and successful diver. Pre-requisite: Ability to comfortably swim two widths of the pool in the deep end.

\$72.00 ID \$86.40 OD / session

Activity: 205570

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

Sessions: 6/16 - 7/9 7/14 - 8/6



Springboard Diving Level 2

Ages: 9 - 14

This class will challenge the student to learn new skills on the 1-meter and 3-meter boards. Participants will become comfortable on the 3-meter board. Learn front flips, inward and reverse dives from the 1-meter board. Pre-requisite: Participation in Springboard Diving Level 1.

\$72.00 ID \$86.40 OD / session

Activity: 205571

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

Sessions: 6/15 - 7/8 7/13 - 8/5

Snorkeling

Ages: 6 - 14

Learn to use a mask, fins and snorkel to discover what you can do and see under water. All equipment is provided. Pre-requisite: Level 3 or higher or ability to comfortably swim two widths of the pool in the deep end.

\$48.00 ID \$57.60 OD / session

Activity: 205575

F: 12:20 - 1:00 pm

Sessions: 6/19 - 7/17 7/24 - 8/21

Juniper Swim & Sports Camp

Ages: 6 - 9

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

\$250.00 ID \$300.00 OD / session

Activity: 205500

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

Sessions: 8/24 - 28 8/31 - 9/4

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids

Ages: 4 to 11

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

Fee: Full-access pass or drop-in fee. See pages 16 - 17.

Fit Kids Yoga & Creative Play

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

Schedules at juniperswimandfitness.com

Teen Fitness

Ages: 11 - 17

Fee: Full-access pass or drop-in fee. See pages 16 - 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 or Weight Training 101 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: 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 on pages 51 - 55 and schedules online at juniperswimandfitness.com.

Need child care while you work out?

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

Get Fit & Have Fun Club!

Ages: 10 - 14

Guys! Girls! It's summer, let's Get Fit & Have Fun! Fill your summer with fitness and friends while building confidence and a lifelong love of fitness. Coaches create a positive environment and lead a variety of workouts and weekly themed activities, including; indoor cycling, yoga stretching, water running, weight training, dance fitness and even obstacle courses! Weekly themes and full program information available at <https://register.bendparksandrec.org> Bring your lunch to refuel with friends and get ready to join recreation swim from 1:15 to 4:00 pm.

\$36.00 ID \$43.20 OD / session

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

Activity: 205403

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

1:15 - 4:00 pm (Rec Swim)

Sessions: 6/22 - 25 7/6 - 9 7/20 - 23
8/3 - 6 8/17 - 20

Youth Scuba

at Juniper Swim & Fitness Center

Bubblemakers Scuba

Ages: 8 - 14

Whether it's a glass of milk, bubble gum or being submerged underwater, you can't help blowing bubbles! The PADI Bubblemaker program is an introduction to breathing underwater and underwater diving. Come learn in the pool and discover the thrill of scuba!

\$50.00 ID \$60.00 OD / session

Activity: 205580

F: 3:30 - 6:00 pm

Sessions: 7/10 7/24

PADI Seal Team Scuba

Ages: 8 - 14

Learn basic scuba skills during underwater AquaMissions. In each "mission" you'll learn scuba skills, such as breathing underwater, clearing a mask of water, recovering a regulator and more. Complete your "missions" to become a PADI Seal Team Member. No experience needed. Includes take-home DVD/materials. Orientation at Central Oregon Diving, medical release and independent study required prior.

\$295.00 ID \$354.00 OD / session

Activity: 205582

Su: 8:00 am - 1:00 pm

Session: 7/12 - 19

Preschool Programs

at Juniper Swim & Fitness Center

Summer Buddies

Includes daily swimming!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

\$95.00 ID \$114.00 OD / session

Activity 205600

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

Sessions: 6/22 - 7/8 7/13 - 29 8/3 - 19

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

Sessions: 6/23 - 7/9 7/14 - 30 8/4 - 20

Busy Buddies Preschool

Includes weekly swim lessons and yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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. Children must be potty trained. A daily snack is included. Limited availability.

Monthly Fee: 2 days/week:

\$200.00 ID \$240.00 OD / month
(payment is due by the 5th of each month.)

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

Registration begins May 18.

Activity: 405601

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

- or -

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

Dates: 9/14 - 6/11



let's roll!

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)

Hours: (subject to change)

June - Sept. 6: Days and hours vary.
Check online.

 Follow us on Facebook!
Look for The Pavilion in Bend!

How to Get There

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

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

Schedules

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

Roller Skating Season: April - October

Holidays & Special Hours

4/12	Easter	Closed
5/25	Memorial Day	Closed
7/4	July 4th	Closed
9/7	Labor Day	Closed

Fees

Roller Skating:	
Adult:	\$7.00
Older Adult/ Student:	\$6.00
Youth:	5.00
Under 3	Free

Skate rental is \$1.00.



Roller Skating Public Sessions

Roller Skating: April - October

Check daily schedules at thepavilioninbend.com.
Fees on page 28.

Open Skate

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/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: Only \$5 including skates

Open skate for families. All children must be accompanied by parent/guardian.
SPECIAL: \$5/person, skate rental included.

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.

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.

Roller Hockey & Roller Derby

Adult sports on pages 56 - 57
Youth sports on pages 100-114

Fall 2020 Ice Season

Mark your calendars for
August 7
for registration



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 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.



GENERATIONS
CONNECT
.....
GRAND
CAMP
.....
PAGE 32

play together

Just for you.

Inspiring learning, health and wellness for active older adults.

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

Follow us
on Facebook.



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

Bend Senior Center

Summer 2020: June 1 - August 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 16 - 17.

Special Hours & Closures

May 25	Memorial Day	Closed
July 3	Federal Holiday	Regular Hours
July 4	Independence Day	Closed
Sept. 7	Labor 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 Road. After crossing 15th Street, turn left into the Bend Senior Center/Larkspur Park entrance.

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



Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Community Information & Support

AARP Driver's Safety

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

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

The ABC & D's of Medicare

FREE

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

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

Social Security Basics

FREE

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

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

Medicare 101

FREE

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

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

Alzheimer's & Dementia Caregiver Support Group

FREE

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

Are you caring for a family member
or friend with Alzheimer's Disease
or a related dementia? Come join
this compassionate group for helpful
support and information. Call 1 (800)
272-3900 for more info.

Volunteer with BPRD.

Meet new people,
lend a hand!

Contact Kim at
(541) 706-6127.

BSC Health Clinics

Provided by local health practitioners
for your convenience.

Blood Pressure Clinic

FREE

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

Ear/Hearing Care & Consultations

FREE

1st Thursdays in May & August
10:00 - 11:30 am

Provided by licensed audiologist.



Fitness passes through health plans? Ask us how.

You may be eligible to receive
no-cost or low-cost fitness
passes to Bend Senior Center
and Juniper Swim & Fitness
Center through your health plan.

One-in-five people 65 and older
is eligible for a fitness benefit
included in select Medicare
Advantage health plans. The
following plans are included:

- Silver & Fit
- Silver Sneakers
- AARP Renew Active

Here's how to get a fitness pass:

- Contact your health insurance provider to see if you are eligible and, if you are, ask for your eligibility number.
- Get an enrollment form online at: bendparksandrec.org/medicare or at Bend Senior Center or Juniper.
- Return your completed form to customer service for processing. Your fitness pass should be approved in 1 - 2 days.
- Questions? Call us at (541) 388-1133.

WEEKLY SOCIAL ACTIVITY SCHEDULE

MONDAY:	<i>(subject to change)</i>
12:00 - 4:00 pm	Pool/Billiards
11:30 - 3:30 pm	Social Bridge
1:00 - 4:00 pm	Duplicate Bridge
TUESDAY:	
10:30 am - 2:30 pm	High Desert Rug Hookers
11:45 am - 12:15 pm	Souper Tuesday Lunch
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
1:00 - 3:00 pm	Afternoon at the Movies
1:00 - 3:00 pm	Knitters Social
WEDNESDAY:	
12:00 - 4:00 pm	Pool/Billiards
1:00 - 4:00 pm	Duplicate Bridge
THURSDAY:	
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
1:00 - 2:30 pm	Afternoon Dance
FRIDAY:	
11:30 - 3:00 pm	Social Bridge
12:00 - 4:00 pm	Pool/Billiards
12:45 - 3:45 pm	Pinochle
1:00 - 4:00 pm	Duplicate Bridge
SATURDAY:	
9:30 am - 3:00 pm	Pool/Billiards
11:30 am - 3:00 pm	Social Bridge
SUNDAY:	
2:00 - 4:00 pm	Sunday Afternoon Dance (1st week, August is 8/9) with The Notables Swing Band

VOLUNTEER AT EVENTS

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



Let's be social.

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

Tuesday **FREE** Afternoon at the Movies

Drama, comedy, adventure! Join us each Tuesday at 1:00 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 \$5.00 per person. (NOTE: August dance is 8/9)

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 1:00 pm!

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, Mahjong, or Pinochle. Inquire at the front desk to join a game.

Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

Fit. Flexible. For life.

Weekly Fitness Classes

June 1 - August 31 • Fee: Full Access Pass or single visit fee (see pages 16 - 17)

Updates at bendparksandrec.org • Class descriptions on pages 51 - 55.

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	
	8:00-10:00 am Fitness Center Orientation	7:45-8:45 am Cardio Dance	8:15-9:15 am Indoor Cardio Walking		7:45-8:45 am Pilates Foundation	
	8:45-9:45 am Cardio Dance		8:30-9:30 am Nia	8:45-9:45 am Balance Essentials	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 Strength & Condition	8:30-9:30 am 24 Movement Tai Chi	9:00-10:00 am Strength & Condition
	8:45-9:45 am Strength, Tone & Mightier Bone	9:00-10:00 am Strength & Condition		9:00-10:00 am Zumba Gold	8:45-9:45 am Fitness Variety	9:15-10:15 am Zumba Gold
	10:15-11:15 am Zumba Gold	9:35-10:35 am 24 Movement Tai Chi	10:00-11:00 am Beginning Line Dance	10:15-11:15 am Moving to Music	9:00-10:00 am Restorative Yoga Flow	
	10:15-11:15 am Functional Fitness	10:15-11:15 am Yoga Fundamentals	10:15-11:15 am Zumba Gold	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Beginning Barre	10:30-11:30 am Yoga Pilates
	10:15-11:15 am Moving to Music	10:15-11:00 am Walk with Ease Seated Exercise		10:15-11:15 am Functional Fitness	10:00-11:00 am Beginning Line Dance	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Chair Yoga	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Chair Yoga	10:15-11:15 am Indoor Cardio Walking	
AFTERNOON	12:45-1:45 pm Strength & Condition		12:45-1:45 pm Strength & Condition		11:30 am-12:30 pm Strength, Tone & Mightier Bone	
	2:00-3:00 pm 8 Movement Tai Chi	3:15-4:15 pm Gentle Yoga for Mindfulness	2:00-3:00 pm 24 Movement Tai Chi	3:15-4:15 pm Gentle Yoga for Mindfulness	12:45-1:45 pm Strength & Condition	
EVENING	4:00-5:00 pm Dancing through the Decades	3:45-4:45 pm Strength, Tone & Mightier Bone	3:45-4:45 pm Total Body Strength & Core	3:45-4:45 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			

Class descriptions on pages 51 - 55 in Adult Fitness.

Look for the icon.

BSC Fitness Center

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

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

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

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

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

Personal Training

Individual Training Rates:

- Initial Consultation and Assessment: \$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.

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.



EVENTS
Mark your calendar!

Sunday Afternoon Dance

1st Sunday of the Month
2:00 - 4:00 pm • \$5 per person
Featuring the Notables Swing Band.
August date is 8/9.

National Senior Health & Fitness Day

Wednesday, May 27
Join over 100,000 older adults across the U.S. to help keep older Americans healthy and fit. Join us for special activities and treats!

Premier World Discovery Armchair Travel Informational Meeting

Thursday, June 18,
1:45 - 3:30 pm
Come learn about the great 2020-2021 travel options. A representative will cover the program particulars and answer your questions.

Harp Concert FREE

Thursday, August 6
1:30 - 2:30 pm
Featuring Latin American Harpist Nicholas Carter.

Brown Bag FREE 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.

5/27 Update on the Larkspur Community Center
Bend Park & Recreation District staff

6/3 The Aging Brain
Alice Staley, M Ed, Better Brains

6/10 Ride Across America
Bob Sanders, Bicycle Enthusiast

6/17 The Life of John Adams
James Crowell, Local Historian and Author

6/24 All About Bend Film
Ellen Shelton, Bend Film

7/1 The Benefits of Water Therapy Exercise
Dr. Bruce Becker



GenerationsConnect: Grand Camp

Bend Senior Center
Ages: 4 - 12 with Adult

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

\$6.00 ID \$7.20 OD / session

Activity: 202438

Th: 11:00 am - 3:00 pm

Sessions: 7/2, 8/13



Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

LET'S
GET ARTY!
.....
PASTEL
CLASSES
& MORE
.....
PAGES 36 - 37

be inspired

SUMMER 2020 PAYMENT OPTION:

Payment is optional
at time of registration.

Choose your payment amount
from no money down
to full fee.

Any remaining fees are
due 30 days prior to
program start date.

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.

"Talent is a pursued
interest. Anything that
you're willing to practice,
you can do."~ Bob Ross



Two great facilities for art!

Art Station

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

Facility information on page 35 - 36.

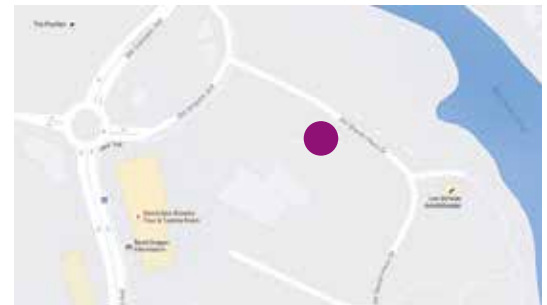
Bend Senior Center

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

Facility information on page 30.



Follow us on Facebook!
Bend Senior Center, the Art Station and
Bend Park & Recreation District



About The Art Station

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

Schedules

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

How to Get There

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

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



Art Station Art Parties

All Ages

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

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

Guests: Adult Party:

10 guests

Kids Party:

10 children
& 10 adult chaperones

Fees: **Art Party:** 2 hours
\$225.00 ID \$270.00 OD

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

Includes:

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

To Book a Party:

Call (541) 617-1317 to see if your desired date and time is available. Please fill out an online party request form at: bendparksandrec.org.



Art Station Features

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

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

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

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

ADULT CLASSES
on pages 36 - 37
YOUTH CLASSES
on pages 73 - 79.

Open Studio & Kiln Firing

Open Studio - Independent Work Time Ages: 16 & up

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.

1. Purchase pass online. Go to register.bendparksandrec.org. Under "Art Station," click "Open Studio Pass."
\$18.00 ID \$22.00 OD / visit (3 hours)
\$162.00 ID \$192.00 OD for 10-visit pass - save 10%
(Limited open studio in July & August.)
2. Check schedule online at:
bendparksandrec.org/facility/the-art-station/
3. Come to Open Studio time. No registration needed.

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.

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 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: 211105

F: 1:00 - 4:00 pm

Session: 6/26 - 8/7 (No class 7/3)

Drawing & Pastels

Pastel Chalk Abstracts

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: 211115

W: 6:00 - 8:00 pm

Session: 7/8 - 29

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 73 - 75

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Let's Sketch Bend

Ages: 16 & up

Art Station

Have fun getting to know Bend through your "artist's eyes" and improve your sketching skills with pencil, ink and watercolor. Enjoy personalized instruction as we sketch some of the interesting architectural features of downtown Bend and the natural beauty of our town. All levels of experience are welcome. Instructor: Vicki Shuck

\$109.00 ID \$130.80 OD / session

Activity: 211110

Sa: 9:00 am - 12:00 pm

Session: 7/25 - 8/8

Fused Glass

Glass Mandala NEW

Ages: 14 & up

Art Station

Beginning with a 7.5" piece of clear round glass, symmetrical designs will be applied using a variety of forms and colors of art glass including frit, stringer, confetti, jewels, and sheet glass. We will fire to a full fuse, and if desired, slumped into a gentle curve. \$45 supply fee and firing cost due to instructor at first class. Instructor: Julia Christoferson

\$40.00 ID \$48.00 OD / session

Activity: 211163

Tu: 5:30 - 8:30 pm

Session: 6/16

Line Designs in Glass NEW

Ages: 14 & up

Art Station

Beginning with a 7x12" rectangle of clear glass, line designs will be applied using stringer and ribbon in a variety of colors. We will fire to a full fuse, and if desired, slumped "sushi style." \$75 supply fee and firing cost due to instructor at first class. Instructor: Julia Christoferson

\$40.00 ID \$48.00 OD / session

Activity: 211164

Tu: 5:30 - 8:30 pm

Session: 7/14

Stacking Squares in Glass NEW

Ages: 14 & up

Art Station

Beginning with a 10x10" square of clear glass, square stacking designs will be applied using a variety of reactive and non-reactive colors. We will fire to a full fuse, and if desired, slumped "sushi style." \$62 supply fee and firing cost due to instructor at first class. Instructor: Julia Christoferson

\$40.00 ID \$48.00 OD / session

Activity: 211165

Tu: 5:30 - 8:30 pm

Session: 8/18

Painting

Beginning Watercolor

All Adults

Bend Senior Center

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

\$25.00 ID \$30.00 OD / session

Activity: 202400

Th: 12:30 - 2:30 pm

Session: 5/28

Ease into Watercolor

Ages: 16 & up

Art Station

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

\$135.00 ID \$162.00 OD / session

Activity: 211121

M: 6:00 - 8:00 pm

Session: 6/22 - 7/13

Fun With Acrylics!

All Adults

Bend Senior Center

Learn the basics of acrylic painting in just an afternoon. All skill levels are 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 both classes! \$20 supply fee due to instructor at beginning of each class. Instructor: Carol Picknell

\$20.00 ID \$24.00 OD / session

Activity: 202407

Th: 12:30 - 2:30 pm

Session: 6/25 Gold Finch on Purple
7/16 Niagara Falls

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



Small Art Everyday

Ages: 16 & up

Art Station

The popular practice of making small art frequently, or "daily painting," has proven to be one of the best ways to become a better artist, no matter what medium you work in. We'll look at the challenges in establish the practice and see how color, shape, line and value affect composition to create small, eye-catching works. Limited oil paints, acrylics and watercolors are available for your use, but you can bring your favorite supplies. Note: the focus of the class is daily painting, not in-depth instruction in use of materials. Instructor: Vicki Shuck

\$139.00 ID \$166.80 OD / session

Activity: 211112

Th: 6:00 - 8:30 pm

Session: 8/6 - 27

Printing

Monotype Printing Class NEW

All Adults

Bend Senior Center

Learn easy Monotype using water-base ink and tempera with hand pressing. Students will use Light field, Dark field and Trace monotype printing methods. \$10 supply fee due to instructor at class. Instructor: Michelle Oberg.

\$25.00 ID \$30.00 OD / session

Activity: 202410

Th: 12:30 - 2:30 pm

Session: 6/11

SO DELICIOUS!

BAKING
& COOKING
CLASSES

PAGES 38 - 40

play + full

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

Cooking with NEW Fresh Herbs & Spices

All Adults

Bend Senior Center

Make memorable dishes using fresh herbs and dried spices. Learn how to purchase, store and use them in recipes for entrees, soups, salads and veggie dishes. Learn the difference between herbs and spices; subbing fresh for dried; flavor families of international cuisines; and spice rack essentials. Instructor: Suzanne Landry.

\$49.00 ID \$58.80 OD / session

Activity: 202213

Th: 5:00 - 7:30 pm

Session: 5/21

Simple Soft Cheese Making

Ages: 16 & up

Bend Senior Center

Learn how to make simple soft cheeses with minimal supplies and equipment. The simplicity of making soft fresh cheeses cannot be under emphasized. Learn the ins and outs of choosing the appropriate dairy source, flavorings, cultures and rennet. This process will take you from start to finish in a fun filled and informative class setting. Instructor: Elizabeth Guerin.

\$59.00 ID \$70.80 OD / session

Activity: 202221

Sa: 11:00 am - 2:00 pm

Session: 5/30

Fabulous French Bread & Other Loaves We Love

Ages: 12 & up

Bend Senior Center

Are you a bread lover? Perhaps you're always on the hunt for that perfect loaf. Well, then this is the class for you! We will show you how to bake your best loaf of French bread, yeast breads and rolls. We'll also provide tips for choosing yeasts, sweeteners, enhancements and flours. Instructor: Elizabeth Guerin.

\$49.00 ID \$58.80 OD / session

Activity: 202245

Sa: 11:00 am - 2:00 pm

Session: 6/13

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

GET CREATIVE WITH A CHILD!

"With Your Child" art classes
on pages 73 - 75.

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Plant-based Cooking

NEW

All Adults

Bend Senior Center

A hands-on cooking class for those committed to living a healthy, plant-based lifestyle. For the longtime vegan or newbie, this class will cover the basics of eating a well-balanced vegan diet. Knife skills, kitchen shortcuts and proper bean and whole grain cooking will be covered. Menu: Thai coconut chickpeas over brown rice, walnut tacos; stir fry with Chinese fried rice. Instructor: Suzanne Landry.

\$49.00 ID \$58.80 OD / session

Activity: 202231

Th: 5:00 - 8:00 pm

Session: 6/18

With Your Child: Pizza & More

NEW

Ages: 8 & up with adult

Bend Senior Center

Emerging young chefs and their grown-up work together in the kitchen. During this class, we will explore making the perfect pizza from scratch. Learn about dough techniques, sauces and toppings. We will also make dessert pizzas. We'll finish the class by eating our pizzas for lunch. Class is priced per adult/child team; only adult registers. Instructor: Brenda Chilcott

\$69.00 ID \$82.80 OD / session

Activity: 202258

Sa: 10:30 am - 1:00 pm

Session: 6/20

I'll Have the Ravioli!

NEW

All Adults

Bend Senior Center

Buon Appetito! We're making ravioli from scratch in this class. Using a simple mixture of eggs, flour and water we'll enjoy our own tasty ravioli. First, we'll make pasta, then we'll fill it and sauce it with a selection of delightful, local and fresh ingredients. Don't make dinner this evening, because your family is "Having the Ravioli!" Bring take-home containers. Instructor: Shannon Hodgen

\$59.00 ID \$70.80 OD / session

Activity: 202255

Sa: 12:00 - 3:00 pm

Session: 6/27

Italian Dinner Night for Two

All Adults

Bend Senior Center

Bring your friend, family member, or significant other and learn how to make fresh handmade pasta, stuffed pasta, perfect sauces and all the accompaniments! Learn to make dough, roll and cut it; we will also make a delicious salad and dessert for a complete fresh Italian meal. Bring containers to bring home leftovers. Instructor: Jessica Carleton

\$89.00 ID \$106.80 OD / pair

Activity: 202257

Th: 5:00 - 8:00 pm

Session: 6/25

With Your Child: Handmade Pretzels & Bagels

Ages: 6 & up with adult

Bend Senior Center

Pretzels and bagels are different in taste, yet created similarly. In this class, you and your child will make two different doughs; form the dough; bake them; then enjoy fun sauces and spreads. Learn all of the tricks and eat them fresh out of the oven. Class is priced per adult/child team; only adult registers. Instructor: Jessica Carleton

\$59.00 ID \$70.80 OD / session

Activity: 202241

Th: 5:00 - 7:00 pm

Session: 7/9

Grilling for Vegetarians

NEW

All Adults

Bend Senior Center

Grilling isn't just for meats, it's great for your summer vegetables, too! We will grill delicious dishes using farmer's market veggies, fruits and vegetarian protein to create an appetizer, entree, sides and dessert. Instructor: Suzanne Landry

\$49.00 ID \$58.80 OD / session

Activity: 202228

Sa: 10:30 am - 1:00 pm

Session: 7/11



Taste of Japan

Ages 16 & up

Bend Senior Center

Japanese Sweets

NEW

Learn how to make traditional Japanese sweets. Known In Japanese cuisine as wagashi, these popular snacks include, red bean paste and mochi. In addition to these traditional Japanese confections, we will also learn how to make green tea. Bring your aprons and containers for take home. Instructor: Yoko Godlove

\$59.00 ID \$70.80 OD / session

Activity: 202264

Sa: 1:00 - 4:00 pm

Session: 8/15

Let's Roll Sushi

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

\$69.00 ID \$82.80 OD / session

Activity: 202266

Sa: 12:30 - 4:00 pm

Session: 7/18

Okonomiyaki

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

\$49.00 ID \$58.80 OD / session

Activity: 202268

F: 5:00 - 7:00 pm

Session: 7/24



Generations Connect: Grand Camp NEW

Ages: 4 - 12 with Adults
Bend Senior Center

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

\$6.00 ID \$7.20 OD / person

Activity: 202438

Th: 12:00 pm - 3:00 pm

Sessions: 7/2 8/13



Fun & Filling Summer Salads NEW

All Adults
Bend Senior Center

Summer is a fantastic time to use all the fresh and high-quality produce available in Central Oregon! Using locally-produced vegetables, we'll make three fun, colorful and tasty salads that are worthy of a summer dining experience in your home. On the menu: Central Oregon niçoise salad, Greek kale salad and summer panzanella salad. Instructor: Shannon Hogden

\$59.00 ID \$70.80 OD / session

Activity: 202226

Sa: 12:00 - 3:00 pm

Session: 7/25

Cool Summer Soups NEW

All Adults
Bend Senior Center

When it's hot out and you want something fun, light and easy-to-eat, make soup! Impress your family and friends. Learn to make tasty and creative soups using summer ingredients from local farms. Make Spanish gazpacho, silky-rich avocado soup and Mexican tortilla soup. Instructor Shannon Hodgden.

Fee: \$59.00 ID \$70.80 OD / session

Activity: 202230

Sa: 12:00 - 3:00 pm

Session: 8/1

DIY

DIY: Creative Art Projects NEW

All Adults
Bend Senior Center

Art is an excellent way to learn new techniques, relax, clear your mind and express yourself! During this series, you will create a work of art through step-by-step instructions using various mediums including acrylic paint on stretched canvas, painting on wood, glass fusing and more! Instructor: Diane Burns

\$49.00 ID \$58.80 OD / session

Activity: 202415

Th: 12:45 - 2:45 pm

Sessions:

6/4 Oregon Pallet Sign

7/9 Acrylic Painting on Canvas

7/23 Fused Glass Suncatcher

Th: 1:30 - 3:30 pm

Session:

6/18 Sunflower Wall Decor

DIY: Metal Etching 101 NEW

All Adults
Bend Senior Center

Learn to etch on copper and brass. Topics include safety, various resists, transferring images, cleaning and incorporating a custom design. Students will leave with an etched bracelet cuff and/or small etched pendant. Designs provided, or bring your own. Instructor: Rachel Burr

\$69.00 ID \$82.80 OD / session

Activity: 202408

Sa: 12:00 - 4:00 pm

Session: 6/27

DIY: Woodworking Square One

Ages: 15 & up
DIYcave

Creating dimensionally accurate lumber is the foundation of all fine woodworking projects. Students will be taught the safe operation and proper applications of five major woodworking tools. Class will cover five power tools: planer, jointer, table saw, chop saw and overhead belt sander. We will be building cutting boards to directly apply learned techniques. Lab time required between classes.

\$295.00 ID \$354.00 OD / session

Activity: 202802

M: 5:30 - 8:00 pm

Session: 6/8 - 29

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

DIY: Knife Making

Ages: 15 & up

DIYcave

Forge your knife! Using high-carbon steel, you'll forge both blade and tang. You'll learn to shape, finish-grind, harden and draw the temper, and rivet hardwood panels for the handle. Instructors will encourage, demonstrate and coach you, while telling the history of knifemaking - you'll come away with a sharp and useful knife of your own creation! Experience helpful but not required.

\$375.00 ID \$450.00 OD / session

Activity: 202801

W: 5:30 - 7:30 pm

Session: 6/17 - 7/8

DIY: Wood Burning 101

NEW

All Adults

Bend Senior Center

Woodburning, or pyrography, is the art of decorating wood with a heated pen. Learn basic techniques in fun and contemporary designs. We'll work on a coaster and small ornament to practice and eventually move on to etching a custom design into a wood board. Designs provided, or bring your own image. Instructor: Rachel Burr

\$69.00 ID \$82.80 OD / session

Activity: 202409

W: 2:00 - 6:00 pm

Session: 6/24



DIY: Mosaic Stepping Stones

All Adults

Bend Senior Center

Mosaic stepping stones are a great way to personalize your garden or walkway. This hands-on class covers the basics of mosaic art while creating a colorful centerpiece for your yard, using a cement paver and stained glass pieces. Instructor: Jessica Carleton

\$69.00 ID \$82.80 OD / session

Activity: 202434

Sa: 10:00 am - 2:00 pm

Session: 7/30

DIY: Welding 101

Ages: 15 & up

DIYcave

Creating solid weld joints in multiple positions is the foundation for all metal projects. This course is designed for students to increase their knowledge of MIG welding and joint construction. This is a great class for those who want to start creating their own projects or explore career opportunities. Lab time required between classes. Experience helpful but not required.

\$294.00 ID \$352.80 OD / session

Activity: 202803

M: 5:30 - 7:30 pm

Session: 8/3 - 24

DIY: Build a Live Edge Bookcase

Ages: 15 & up

DIYcave

Ever wonder how to incorporate natural edges into your fine woodworking designs? Design and build a custom bookcase with a live edge top. Many woodshop tools will be used in the process. Lab time required between classes.

\$360.00 ID \$432.00 OD / session

Activity: 202805

M: 5:30 - 8:00 pm

Session: 7/6 - 27



Fiber Arts

Knitting for the Very Beginner

NEW

Ages: 18 & up

Bend Senior Center

If you have never knitted before, this class is for you. Learn the basics: how to hold the needles, ways of holding your working yarn and the knit stitch. Next you'll learn how to put stitches onto a needle and to bind-off finished pieces. Instructor: Kristina Romer

\$34.00 ID \$40.80 OD / session

Activity: 202470

Tu: 9:30 - 11:30 am

Session: 7/14

Needle Felting for Beginners

All Adults

Bend Senior Center

Create your own three-dimensional animal using a needle and unspun wool. The choices are endless! Class fee includes fiber, felting needles and foam pad. Instructor: Kristina Romer

\$49.00 ID \$58.80 OD / session

Activity: 202479

W: 9:30 - 11:30 am

Session: 7/8

Beginning Knitting Project: Water Bottle Sling

NEW

All Adults

Bend Senior Center

You know how to work knit, cast-on and bind-off stitches, now what? In this workshop, you'll add to your skill set by making a sling/tote for a water bottle. Learn stitches to make knitting more fun and interesting: purl stitch, yarn-over, knit 2, purl 2 and an easy lace stitch. Pre-requisite: Must be able work cast-on and knit stitches. Instructor: Kristina Romer.

\$39.00 ID \$46.80 OD / session

Activity: 202471

W: 9:30 - 11:30 am

Session: 7/22 - 29

Macramé Wall Hanging

NEW

All Adults

Bend Senior Center

Macramé - the latest 1970's icon comeback! In this workshop you will create a modern wall hanging (approx. 12-inch width) using cotton rope and two brass rings. Learn the foundational knotting skills used to make other decorative and functional pieces such as tapestries and plant hangers. Instructor: Kristina Romer

\$44.00 ID \$52.80 OD / session

Activity: 202472

Tu: 9:00 am - 12:00 pm

Session: 6/9 - 16



Lifestyle & Wellness

Better Brains NEW

Ages: 50 & up
Bend Senior Center

Grow your brain through science? It's true! Recent neuroscientific research shows that your brain is more changeable than previously thought possible. In order to help keep your mind sharp and active as you age, you'll participate in special activities and lessons aimed at enhancing the brain's major areas. Each class includes takeaways and activities to practice on your own. Instructor: Alice Staley, M.Ed.

\$59.00 ID \$70.80 OD / session
 Activity: 202780

Th: 11:30 am - 12:30 pm
 Session: 6/18 - 7/23

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Specialized Fitness

Stand Tall - Don't Fall

Ages: 50 & up
Bend Senior Center

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

\$40.00 ID \$48.00 OD / session
 Activity: 202777

W: 10:00 - 11:00 am
 Session: 6/17 - 8/19

Music

Beginning Ukulele I

Ages: 16 & up
Bend Senior Center

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

\$39.00 ID \$46.80 OD / session
 Activity: 202100

Tu: 5:00 - 6:00 pm
 Sessions: 6/9 - 30 7/7 - 28

Summertime Ukulele Fun!

Ages: 16 & up
Bend Senior Center

Load up the Woody with the boards (and your ukulele)! Its summertime and time to learn to play some classic Beach Boys songs. This class will build on your previous ukulele class experience. Each session, we will learn new songs and build on your past skills. Beginning Ukulele I is required prior. Instructor: Carl Ventis

\$39.00 ID \$46.80 OD / session
 Activity: 202102

Tu: 6:15 - 7:15 pm
 Sessions: 6/9 - 30 7/7 - 28

Beginning Guitar I

Ages: 16 & up
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. Bring your own acoustic guitar. Instructor: Carl Ventis.

\$39.00 ID \$46.80 OD / session
 Activity: 202106

Th: 5:00 - 6:00 pm
 Sessions: 6/11 - 7/2 7/9 - 30

Beginning Guitar II

Ages: 16 & up
Bend Senior Center

Let's move beyond the basics as we expand our knowledge base and learn how to use different strum patterns. We will also incorporate picking and simple bar chords to expand your chord and song knowledge, along with theory. Improve your skills and build your confidence. Bring your own acoustic guitar. Instructor: Carl Ventis

\$39.00 ID \$46.80 OD / session
 Activity: 202107

Th: 6:00 - 7:00 pm
 Sessions: 6/11 - 7/2 7/9 - 30

Tours

Fort Rock Natural Area & Cowboy Dinner Tree

All Adults

Bend Senior Center

Join us for a day of exploring the Fort Rock Natural Area. We will visit the Fort Rock Volcanic Landmark and Homestead Museum. We will finish the day at one of the area's biggest tourist attractions: the historic Cowboy Dinner Tree. What's your pleasure: a 26 oz. top sirloin steak or a whole roasted chicken? Fee includes transportation, admission fee to the museum and dinner.

\$99.00 ID \$118.80 OD / session
 Activity: 202302

Su: 10:00 am - 7:00 pm
 Session: 6/7

Exploring Newberry Caldera & Lunch NEW

All Adults

Bend Senior Center

Did you know that there is a volcano just south of Bend the size of the state of Rhode Island? It's the Newberry Volcanic Monument. Join us for a day of exploration as we start the day off by visiting Lava Lands Visitor Center. We will then head up to the caldera to learn and see firsthand the geological history that helped make Central Oregon so beautiful. Take in breathtaking views as we make our way to East Lake, elevation 6,381 feet. Enjoy a delicious lunch and scenic views of the lake. Lunch, snacks and admission included in the fee.

\$69.00 ID \$82.80 OD / session
 Activity: 202303

Su: 9:00 am - 4:00 pm
 Session: 8/23

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

Trips

Premier World Discovery Armchair Travel Informational Meeting

Thursday, June 18

1:30 - 3:00 pm

Come learn about the great 2020 - 21 travel options. A representative will cover the program particulars and answer your questions.

Great Canadian Cities

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



Normandy, Paris & the Seine River Cruise

All Adults

Enjoy an eight-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: 10/27 - 11/3/2020

New Year's Rose Parade

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

Discover Thailand **NEW**

All Adults

Thailand is a land of surprises and geographical beauty. Enjoy seven nights in Thailand with only one hotel stay. This tour also features an optional stay to Northern Thailand in which your guests can walk, bathe and play with the elephants. Nicknamed the 'Rose of the North,' guests will also visit Chiang Mai, a city that is well over 700 years old!

\$3475.00

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

Dates: 3/9 - 16/2021



Spain & Portugal River Cruise **NEW**

All Adults

Unpack once and spend seven nights on the luxurious MS Duoro floating hotel as you cruise down the Spain and Portugal Duoro River. With an optional pre-cruise stay in Lisbon, travelers will have the opportunity to explore the nation's capital city for 3 nights without any time constraints. Holding only 126 guests, the MS Duoro Serenity is intimate enough to never feel crowded and private space is always available!

\$5175.00 each (Category D)

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

Dates: 4/19 - 27/2021

DONATE TO RECREATION SCHOLARSHIPS

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

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

Bend Park & Recreation
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION

SEASON'S
OUTINGS
.....
**HIKING
& WALKING**
.....
PAGE 44

play outside

You're
greater
outdoors.

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



Fishing

Introduction to Fly Casting

All Adults

Discovery Park

Develop your basic casting stroke and learn casting techniques to present the fly naturally to fish in practical situations. Taught by a certified casting instructor, this class will focus on building a solid foundation for those new to fly fishing or those looking to polish their techniques. Leader: Mary Ann Dozer.

\$50.00 ID \$60.00 OD / session

Activity: 208975

Sa: 9:00 - 11:30 am

Sessions: 5/23 6/20
7/11

Hiking & Walking

Forest Bathing Walks NEW

All Adults

Riley Ranch/Shevlin Park

Level 1 - Based on the Japanese tradition of Shinrin-Yoku, each forest bathing walk inspires connection with the natural world through a deep sensory experience. Walk concludes with a tea ceremony and light snacks. Participants will be standing and sitting for up to 20 minutes. Walks take place, rain or shine, but will be cancelled for severe inclement weather. Walk is less than 2 miles. Leader: Michelle Abbey

\$44.00 ID \$52.80 OD / session

Activity: 208920

Evening in Riley Ranch

Tu: 6:30 - 8:30 pm

Session: 6/9

Th: 6:30 - 8:30 pm

Session: 7/9

Morning in Shevlin Park

Sa: 8:00 - 10:00 am

Session: 6/20

Tu: 8:00 - 10:00 am

Session: 7/14

Silver Falls Wildflower Hike NEW

All Adults

District Office

Level 3 - Enjoy spring wildflowers of the Willamette Valley while hiking through one of the best collections of waterfalls in Oregon at Silver Falls State Park as we explore the Trail of Ten Falls. Hike is 6 to 7 miles with hills, wildflowers and waterfalls. Transportation included. Leader: Leslie Olson

\$60.00 ID \$72.00 OD / session

Activity: 208607

Tu: 8:00 am - 6:00 pm

Session: 6/9

Daytrippers:

Looking for more fabulous tours or day trips? BPRD is hosting several different day-long outings this summer. See page 42.

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Wilderness Naturalist Hikes NEW

All Adults

District Office

Level 3 - Go with the season! Each outing will focus on a different aspect of our regional environment - geology, wetlands, birds, whatever may present itself in the wilderness. Be ready for an interesting outing each week as we learn about the world around us. Transportation included. Wilderness hikes are 6 to 10 miles. Leader: Leslie Olson

\$45.00 ID \$54.00 OD / session

Activity: 208722

W: 8:00 am - 5:00 pm

Sessions: 7/8 8/12

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Trailpacers Hikes

All Adults

District Office

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

\$105.00 ID \$126.00 OD / session

Activity: 208715

Th: 8:30 am - 4:30 pm

Sessions: 8/27 - 9/10 9/17 - 10/1



Hike & Walk Ratings

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

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

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

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



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.



Wilderness & Outdoor Safety

Wilderness First Aid

Ages: 16 & up

Hollinshead Barn

Covers a wide range of wilderness medicine topics for people who travel in the outdoors: from hunters and fishermen, guides and activity leaders to the casual outdoor user. No previous experience required. Presented by NOLS Wilderness Medicine. CPR not included. \$250.00 ID \$250.00 OD / session

Activity: 408360

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

Sessions: 6/6 - 7 10/17 - 18

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

River Safety & Rescue

Ages: 12 & up

Pioneer Park

When it comes to recreating on the river, safety comes first. Learn basic recognition and avoidance of common river hazards, self-rescue techniques and simple rescues for swimmers or boaters in distress.

Emphasis will be on personal safety and simple, commonly used skills in moving water. Participants must be in good physical condition and have basic swimming ability. Required equipment: PFD designed for whitewater use, whitewater helmet, drysuit or wetsuit for extended coldwater swimming, protective footwear, neoprene gloves and whistle. If you have additional rescue gear, please bring it. (Some gear available for rental). Minors must be accompanied by enrolled and paid adult.

\$89.00 ID \$106.80 OD / session

Activity: 208980

Su: 8:00 am - 5:00 pm

Session: 6/28

Swiftwater Rescue - Advanced

All Adults

Pioneer Park

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

\$179.00 ID \$214.80 OD / session

Activity: 208984

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

Session: 7/11 - 12



Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. Includes two night classes on 4/16 and 4/21 and CPR. Presented by NOLS Wilderness Medicine.

\$800.00 / session

Activity: 408364

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

+ two evening sessions

Session: 10/20 - 29

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This training is specifically designed to recertify the Wilderness First Responder (WFR), wilderness portions of Wilderness EMT, and WAFA certifications. Includes CPR.

\$355.00 / session

Activity: 408362

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

Sessions: 10/6 - 8 10/13 - 15

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

Session: 11/6 - 8

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

Session: 11/15 - 17

Wilderness Upgrade for Medical Professionals

All Adults

Hollinshead Barn

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

\$725.00 / session

Activity: 408366

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

Session: 11/9 - 13

Volunteer coaches needed for youth sports.

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

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



play your move

About BPRD Fitness Classes

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 16 - 17.

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.

DISPONIBILIDAD DE INSTRUCTORES BILINGÜES EN INGLÉS Y ESPAÑOL: Para mayor información visite bendparksandrec.org/espanol.

BILINGUAL SPANISH/ENGLISH FITNESS INSTRUCTORS AVAILABLE. View classes online at bendparksandrec.org/espanol.

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

Fitness passes through health insurance:

Those over 65 and enrolled in a Medicare Supplemental Health Plan may be eligible for no-cost or low-cost fitness passes at the Bend Senior Center and Juniper Swim and Fitness Center. Learn more on page 31.



Fitness Facilities

Juniper Swim & Fitness Center JSFC
 800 NE 6th St.
 p. (541) 389-POOL (7665)
 Facility information on pages 19 - 21.

Bend Senior Center BSC
 1600 SE Reed Market Rd.
 p. (541) 388-1133
 Facility information on pages 30 - 34.

- Look for the JSFC and BSC icons with class descriptions.
- Pass information on pages 16 - 17.



Follow us on Facebook!

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

Fit for you.

Get connected, engaged and inspired to reach your fitness and wellness goals with the district's expert fitness instructors and trainers. With more than 250 classes in two facilities, there is a full menu of workout options to meet your needs. Whether just starting out or already on your way, everyone is welcome to get fit, have fun and come play for life.

MOVE FOR HEALTH!

PHYSICAL FITNESS & WELLNESS



Therapeutic Fitness Program

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

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

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

Whether you are seeking low impact, light intensity, cardio, strength and/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.

Three Therapeutic Fitness Options

1 INDIVIDUALIZED THERAPEUTIC 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, stroke, fibromyalgia, MS and especially back and joint issues. Exercises are designed by the Aquatic Therapeutic & Rehab Institute. As you work out with the three dimensions and characteristics of water - buoyancy, support and resistance - there is little to no impact on your joints. Leveraging resistance, water exercise improves your cardio fitness while strengthening and toning muscles. 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're getting in shape for upcoming surgery, recovering from injury or surgery, or transitioning from physical therapy, our therapeutic fitness experts can help you take the next step. Your first step is to check with your physician, then we will design an exercise program to meet your needs. Call (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 50.

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 class requires registration and is 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 builds new skills to maintain balance and helps to provide the confidence to remain active and healthy throughout our mature years. This class is limited to 20 and taught by a certified Arthritis instructor. Prerequisite: Ability to stand unassisted for 15- 20 minutes in class.

\$40.00 ID \$48.00 OD / session

Activity: 202777

W: 10:00 - 11:00 am

Session: 6/17 - 8/19

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



Fitness Workshops

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

Yoga for a Healthy Back & Body

Ages: 16 & up

Journey with us in this gentle practice and experience a variety of yoga formats. Each week offers a different emphasis: Restorative Flow, Kundalini, Vinyasa, and Yin. Participants will receive individualized instruction to help create a healthy back and body. Learn modifications and develop confidence to implement a yoga practice that's just right for you.

\$60.00 ID \$72.00 OD / session

Activity: 205613

W: 4:15 - 5:15 pm

Session: 5/20 - 6/10

Nordic Walking

All Adults

Nordic Walking is one of the fastest-growing fitness activities in Europe! Burn 30 - 45% more calories than walking without poles as you train for your favorite summer activities. Nordic poles are provided.

\$30.00 ID \$36.00 OD / session

Activity: 205620

Tu: 10:30 - 11:30 am

Session: 6/2 - 9

Cancer Survivors' Therapeutic Fitness



Supported through partnership with Tour des Chutes and St. Charles Cancer Center

The Tour des Chutes, St. Charles Cancer Center and Bend Park and Recreation District have partnered to provide the free programs specifically designed for cancer survivors. Registration required.

Indoor Cycle for Cancer Survivors

All Adults

Spin away! Indoor cycling is a non-impact, cardio workout for everyone - no need to be a cyclist! Specially designed for cancer survivors, classes can be easily modified to meet your needs and goals.

Activity: 205632

Su: 9:30 - 10:15 am

Session: 6/7 - 28

Therapeutic Yoga: A Cancer Survivor's Gentle Yoga Class

All Adults

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

Activity: 205630

Tu: 4:30 - 5:45 pm

Session: 6/9 - 7/21 (no class 6/30)

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

All Adults

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

Activity: 205631

F: 12:15 - 1:00 pm

Session: 7/10 - 8/14



Personal Training: BSC Individual & Group JSFC

BPRD Personal Training Services go beyond traditional weight room training. Whether you are getting back into a fitness routine, need a jump start to make your fitness goals a reality or recovering from injury, get started right with a customized program just for you.

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.

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: Whether you're getting in shape for upcoming surgery, recovering from injury or surgery, or transitioning from physical therapy, our therapeutic fitness experts can help you take the next step. Your first step is to check with your physician, then we will design an exercise program to meet your needs.

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 JSFC BSC Private Instruction

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.



MAKE
YOUR
MOVE!

Get Started with Fitness 101

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



Low Impact • Light Intensity

Fit4U Fitness Programs

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

Look for the Fit4U icon with class descriptions on pages 51 - 55.

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



Fitness Centers

Fit4U 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.

WEEKLY DROP-IN FITNESS CLASSES

on pages 51 - 55.

FITNESS WORKSHOPS

on page 49.

THERAPEUTIC FITNESS

on pages 48 - 49.

250+ Drop-in Weekly Fitness Classes

June 12 - September 6

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 16 - 17.

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

Private & Semi-Private Indoor Cycling Instruction

Establish your Personal Spinning® Threshold and receive a customized bike fit. Maximize your workouts on our state-of-the-art Spin® bikes!

30-minute session: \$28.00

60-minute session: \$55.00

Session can be shared with one partner of like abilities and goals. Contact our Fitness Team at (541) 706-6188 for information on small group instruction.



Indoor Cycling:

Features: Experience the Ride! Based on a road cycling experience, indoor cycling is an individually paced, non-impact cardio workout for everyone. Classes are held in our theater-style indoor cycle studio where you are surrounded by beautiful park views. New, state-of-the-art, Spinner® Chrono™ Power bikes use accurate power measurements and watts-based training, giving you the ability to customize the ride to meet your goals.

INDOOR 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.

Fit4U CYCLE 101 JSFC

Want to try indoor cycling? The instructor will assist you with bike set-up, demonstrate computer use, teach modifications and get you ready to make indoor cycling a part of your exercise routine.

CYCLE/CORE JSFC

A double whammy! Cycling workout that includes off-the-bike functional core training.

Cardio Fitness & Dance:

Features: Move and groove with us. 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.

Fit4U CARDIO BALL BSC

Light, low-impact cardio and core conditioning integrating exercise balls, chairs and light weights. Also includes a session of ball "drumming," known to help improve strength, coordination and general wellbeing.

CORE DE FORCE™ JSFC

High-energy, non-contact class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout. Cardio spikes burn major calories and your body weight provides resistance – no equipment needed.

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.

Fit4U 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.





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.

Fit 4U WALK WITH EASE - SEATED EXERCISES BSC

This class is tailored to people with mobility issues. All exercises will be in a seated position. Increase flexibility, gain strength and have fun!

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.

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 INTERMEDIATE 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

Class combines dance, martial arts and mindfulness. Each class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities.

Fit 4U DANCE THROUGH THE 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:

Features: Improve your day-to-day function with strength and conditioning! Burn calories at a higher rate through resistance training and use a variety of equipment to increase your muscle strength, metabolic rate, 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.

WEIGHT TRAINING & CARDIO 101 JSFC

Held in the Fitness Center, this session teaches best form in weight training and cardio machine programming, helping provide the foundation you need to develop your personal fitness center workout.

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Fit 40 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 40 FUNCTIONAL FITNESS JSFC BSC

Improve your daily function through a series of exercise routines emphasizing three specific areas: flexibility, balance and core and back strength. Focus is on proper mechanics, functional core work and exercises that mimic everyday activities.

PRACTICAL PLAY JSFC NEW

Fun, functional fitness! Cooperative and competitive activities, challenges, and games. Held in beautiful Juniper Park.

TOTAL BODY STRENGTH & CORE JSFC BSC

A total body strength workout, focusing on your core, using a variety of equipment.



TOTAL BODY BOOT CAMP CONDITIONING JSFC

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

TRX CIRCUIT JSFC

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

SUPER CIRCUIT JSFC NEW

Coached circuit-style workout progresses through a variety of stations using TRX straps, weights and Bosu® balance trainers.

Fit 40 STRENGTH, TONE & MIGHTIER BONE BSC

With weight-bearing exercises designed to help improve bone health and reduce risks of osteoporosis, this class may include light cardio-intensive movements for cardiovascular health while working to help improve bone strength, flexibility and balance.

Fit 40 FITNESS VARIETY BSC

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

Fit 40 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 40 STRENGTH & CONDITIONING BSC

Improve strength, flexibility, range of motion, balance and agility. Weights are used in sitting and standing positions with modifications if needed. Participants are encouraged to stand at times but may do exercises while seated in a chair.

Fit 40 BALANCE ESSENTIALS BSC

Combines Pilates, yoga and functional conditioning, preparing you for a variety of exercise by improving strength, balance, endurance and flexibility.



Mind & Body:

Features: Rooted in traditional practices, Mind & Body classes aim to improve your overall health and wellbeing through stretching, focused breathing, relaxation techniques, movements and poses that bring flexibility and strength together to develop joint mobility. Yoga, Pilates, Tai Chi, meditation and other practices are known to build on both physical and mental awareness and wellness.

All Levels

Fit 40 YOGA 101 JSFC

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 40 PILATES MAT 101 JSFC

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

Fit 40 PILATES MAT JSFC

Using the fundamentals of Pilates, class flows through a series of exercises to develop deep pelvic floor and posture stabilizing muscles. All fitness levels welcome.

Fit 40 PILATES FUNDAMENTALS JSFC BSC

A more personalized experience to learn the foundational Pilates exercises that can help you build into a more advanced practice.

Fit 40 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 40 GUIDED MEDITATION JSFC

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

Fit 40 GENTLE YOGA FOR MINDFULNESS JSFC BSC

This gentle yoga practice is designed to settle the mind, stretch and strengthen the body and cultivate mindfulness through meditation, breathing practices and relaxation techniques. Open to all levels.

Fit 40 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.

Need child care while you work out?

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



Fit 4U **YOGA FUNDAMENTALS** **BSC**

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

Fit 4U **RESTORATIVE YOGA** **JSFC**

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

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

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

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

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

Fit 4U **YIN YOGA** **JSFC**

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

Fit 4U **PRENATAL YOGA** **JSFC**

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

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

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

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

Slow, circular movements to gently exercise muscles and improve range of motion. Relies on 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 the yang style and also focuses on lower body and balance exercises to help improve core and leg strength, overall stability and balance.

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 Yoga

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**

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

VINYASA YOGA **JSFC**

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

VINYASA YOGA SOUND BATH **JSFC**

Connect to your breath as you build strength and flexibility, and move through your practice. Then, drop into an extended and deeply relaxing savasana, while being immersed in beautiful sounds that are healing to your body, mind and soul.

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.

Advanced Yoga

PIYO LIVE!® **JSFC**

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

POWER VINYASA YOGA **JSFC**

Heat up your practice! You'll challenge yourself and sweat in this faster-paced, workout-style yoga that is known to produce extraordinary physical results. In addition, practitioners often remark that they grow personally as they continue to build strength and flexibility. Six months prior practice of yoga fundamentals is recommended for this advanced class.

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 50 for more.

Need child care while you work out?

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

Learn more on page 20.



Water Fitness:

Features: Water is a great equalizer! Help rehabilitate an injury, cross train to enhance athletic performance or simply enjoy the feel-good nature of a warm water workout. The buoyancy and natural resistance of the water creates an optimal exercise environment with little to no impact on your joints while improving cardio fitness and strengthening muscles. No swimming skills are needed and classes held in deep water use floatation devices. Water shoes recommended.

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 floatation devices.

DEEP WATER WORKOUT **JSFC**

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

DEEP WATER WORKOUT & PRENATAL **JSFC**

Total body workout offering cardio, core strengthening, muscle toning and stretching. Classes held in the deep water use floatation 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 the water and create a challenging workout with directional changes. Run, ski and move through 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 floatation belt is anchored to a lane line, providing even greater resistance. Set to upbeat music, participants can work out harder, get their heart rates up higher and burn more calories than running on land. Not recommended for prenatal students.



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 54)

Deep Water Workout & Prenatal (page 55)

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 51)

Baby & Me Yoga (page 54)

Online schedules at bendparksandrec.org



TWO
SEASONS
WORTH
.....
**ADULT SOCCER
LEAGUE**
.....
PAGE 57

play 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.

Cornhole

PINTS N' PLAY: Adult Cornhole League

All Adults
The Pavilion

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

\$125.00 / team

Activity: 210200

Registration deadline: 6/23
or until full

Tu: 6:30 - 9:00 pm

Session: 7/7 - 8/25

Golf

Adult Golf League

All Adults

Lost Tracks Golf Club

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

\$659.00 / team

Activity: 203920

Registration deadline: 5/29
or until full

M: 4:00 - 6:15 pm

Season: 6/15 - 7/20

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



Kickball

Adult Kickball League

All Adults

Harmon Park

Get your team together and join the action! Teams play an eight-game schedule. All interested teams are encouraged to attend an organizational meeting on Wednesday, 5/20 at 5:30 pm at the BPRD office. Team registration only. twelve player minimum per team.

\$169.00 / team

Activity 203930

Registration deadline: 5/29
or until full

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

Season: 6/8 - 8/5

Softball

Adult Fall Softball

All Adults

Skyline Sports Complex

Get your team together! Teams play a seven-game schedule including a single elimination tournament at season's end. Teams play one or two games per week. Space is limited; Twelve players minimum per team.

\$479.00 / team

Activity: 203945

Registration deadline: 7/30
or until full

M: Women's

Tu/Th: Men's

W: Coed & Senior

Season Mid-August - mid-October

Tennis

Adult Tennis Lessons

All Adults

Juniper Park

Perfect for the novice tennis player, these small-group lessons are action-oriented and focus on rules, basic playing skills and court positioning. Smaller class size means players will receive the benefit of a more focused tennis experience. Get a private lesson feel for group lesson prices! Ideal for a group of friends wanting to learn the game together.

\$65.00 ID \$78.00 OD / session

Activity: 203960

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

Sessions 6/23 - 7/9 7/14 - 30
8/4 - 20



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

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

Adult Tennis Clinics NEW

All Adults

Juniper Park

For players with some tennis experience, these clinics focus on continued skill development and actual match experience. Players will review basic shot-making techniques, undertake more advanced drills, practice doubles and play matches. Whether you're getting ready for an upcoming tournament or prepping for your first match, these clinics will get you the court time you need to be ready!

\$65.00 ID \$78.00 OD / session

Activity: 203961

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

Sessions: 6/30 - 7/23
7/28 - 8/20



Soccer

Adult Recreational Soccer Leagues

All Adults

Get outside and play some soccer! For beginning to experienced soccer players, this league provides recreational soccer game opportunities emphasizing camaraderie, fitness and fun.

\$559.00 / team

SUMMER LEAGUE

Pacific Crest Middle School

Activity: 203900

Registration deadline: 5/31
or until full

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

Season: 6/16 - 8/20

FALL LEAGUE

Big Sky Sports Complex

Activity: 203901

Registration deadline: 8/30
or until full

Su: 11:45 am - 6:00 pm

Season: 9/13 - 11/1

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.

Summer Youth Camp Finder

Campy McCampface! Check out the new summer camp planner!

Designed to make finding the camps that fit your needs a breeze, the finder lets you search by category, age, hours and week to match up to all your summer activities.

HALF-DAY, FULL-DAY & OVERNIGHT CAMPS:

- All camps are held consecutive days each week.
- Half-day camps are for a minimum of three hours for at least four consecutive days.
- Full-day camps are for a minimum of six hours for at least four consecutive days.
- Overnight camps may be for two or more days.
- Art Station half-day camps can be combined for morning and afternoon and include care during the lunch hour.

PLAN WEEK BY WEEK



Search online too!

Go to our website for the same great Summer Camp Finder!

Visit <https://register.bendparksandrec.org/> and click on the Summer Camp Finder link under Quick Links.



CAMP	AGES	CATEGORY	HOURS	WEEK 1 6/15 - 21	WEEK 2 6/22 - 28	WEEK 3 6/29 - 7/5	WEEK 4 7/6 - 12	WEEK 5 7/13 - 19	WEEK 6 7/20 - 26	WEEK 7 7/27 - 8/2	WEEK 8 8/3 - 9	WEEK 9 8/10 - 16	WEEK 10 8/17 - 23	WEEK 11 8/24 - 30	WEEK 12 8/31 - 9/4	PAGE
ART & ADVENTURE	9-12	ART	9:00 am - 5:00 pm				☀️		☀️			☀️				79
ART AND JEWELRY BLISS	7-11	ART	9:00 am - 12:30 pm			☀️										84
ART AND ANIMALS	7-11	ART	9:00 am - 12:30 pm		☀️											84
CLICK! NATURE PHOTOGRAPHY CAMP	12-16	ART	9:00 am - 3:00 pm										☀️			89
THE HIDDEN WORLD AROUND US	8-12	ART	9:00 am - 3:00 pm			☀️										88
PREDATOR PREY PROJECT	8-12	ART	9:00 am - 3:00 pm							☀️						88
HISTORY OF ANIMATION	6-8	ART	9:00 am - 12:00 pm	☀️												76
HISTORY OF ANIMATION	8-12	ART	1:00 pm - 4:00 pm	☀️												76
UNIQUE YARD ART II	8-12	ART	9:00 am - 12:00 pm	☀️												76
UNIQUE YARD ART II	6-8	ART	1:00 pm - 4:00 pm	☀️												76
WACKY WAYS TO PAINT	6-8	ART	9:00 am - 12:00 pm		☀️											76
WACKY WAYS TO PAINT	8-12	ART	1:00 pm - 4:00 pm		☀️											76

CAMP	AGES	CATEGORY	HOURS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	PAGE
				6/15 - 21	6/22 - 28	6/29 - 7/5	7/6 - 12	7/13 - 19	7/20 - 26	7/27 - 8/2	8/3 - 9	8/10 - 16	8/17 - 23	8/24 - 30	8/31 - 9/4	
JUNGLE CREATURES	8-12	ART	9:00 am - 12:00 pm		☀											76
JUNGLE CREATURES	6-8	ART	1:00 pm - 4:00 pm		☀											76
MINI-MASTERPIECES	6-8	ART	9:00 am - 12:00 pm			☀										76
MINI-MASTERPIECES	8-12	ART	1:00 pm - 4:00 pm			☀										76
AWESOME OREGON	8-12	ART	9:00 am - 12:00 pm			☀										76
AWESOME OREGON	6-8	ART	1:00 pm - 4:00 pm			☀										76
CREATIVE STORM	6-8	ART	1:00 pm - 4:00 pm				☀									76
WIZARDLY CLAY	6-8	ART	9:00 am - 12:00 pm				☀									76
WIZARDLY CLAY	8-12	ART	1:00 pm - 4:00 pm				☀									76
UP UP & AWAY	6-8	ART	9:00 am - 12:00 pm					☀								77
UP UP & AWAY	8-12	ART	1:00 pm - 4:00 pm					☀								77
RAD REPTILES	8-12	ART	9:00 am - 12:00 pm					☀								77
RAD REPTILES	6-8	ART	1:00 pm - 4:00 pm					☀								77
COUNTY FAIR	6-8	ART	1:00 pm - 4:00 pm						☀							77
ABSTRACT SCULPTURE	6-8	ART	9:00 am - 12:00 pm						☀							77
ABSTRACT SCULPTURE	8-12	ART	1:00 pm - 4:00 pm						☀							77
PET INC.	6-8	ART	9:00 am - 12:00 pm							☀						77
PET INC.	8-12	ART	1:00 pm - 4:00 pm							☀						77
MAGICAL MEDIEVAL AGES	8-12	ART	9:00 am - 12:00 pm							☀						77
MAGICAL MEDIEVAL AGES	6-8	ART	1:00 pm - 4:00 pm							☀						77
POSITIVE & NEGATIVE SPACES	6-8	ART	9:00 am - 12:00 pm								☀					77
POSITIVE & NEGATIVE SPACES	8-12	ART	1:00 pm - 4:00 pm								☀					77
WHAT'S COOKIN' WITH CLAY II	8-12	ART	9:00 am - 12:00 pm								☀					77
WHAT'S COOKIN' WITH CLAY II	6-8	ART	1:00 pm - 4:00 pm								☀					77
CAMPING IN THE WOODS	6-8	ART	1:00 pm - 4:00 pm									☀				78
BIRDS OF A FEATHER	6-8	ART	9:00 am - 12:00 pm									☀				78
BIRDS OF A FEATHER	8-12	ART	1:00 pm - 4:00 pm									☀				78
SUPER HERO ART	6-8	ART	9:00 am - 12:00 pm										☀			78

CAMP	AGES	CATEGORY	HOURS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	PAGE
				6/15 - 21	6/22 - 28	6/29 - 7/5	7/6 - 12	7/13 - 19	7/20 - 26	7/27 - 8/2	8/3 - 9	8/10 - 16	8/17 - 23	8/24 - 30	8/31 - 9/4	
SUPER HERO ART	8-12	ART	1:00 pm - 4:00 pm										☀			78
GALACTIC CLAY	8-12	ART	9:00 am - 12:00 pm										☀			78
GALACTIC CLAY	6-8	ART	1:00 pm - 4:00 pm										☀			78
AMAZING ANIMALS	6-8	ART	9:00 am - 12:00 pm											☀		78
AMAZING ANIMALS	8-12	ART	1:00 pm - 4:00 pm											☀		78
WILD WEST	8-12	ART	9:00 am - 12:00 pm											☀		78
WILD WEST	6-8	ART	1:00 pm - 4:00 pm											☀		78
PLASTER CAST & FRESCO	6-8	ART	9:00 am - 12:00 pm												☀	78
PLASTER CAST & FRESCO	8-12	ART	1:00 pm - 4:00 pm												☀	78
CERAMIC SEA LIFE	8-12	ART	9:00 am - 12:00 pm												☀	78
CERAMIC SEA LIFE	6-8	ART	1:00 pm - 4:00 pm												☀	78
FUN AT THE BENTO SHOP	10-14	COOKING	9:00 am - 2:00 pm			☀										86
TAPAS PARTY	10-14	COOKING	9:00 am - 2:00 pm				☀									86
GET FIT & HAVE FUN CLUB!	10-14	FITNESS & SWIM	11:15 am - 1:15 pm		☀		☀		☀				☀			27
JUNIPER SWIM AND SPORTS CAMP	6-9	FITNESS & SWIM	9:00 am - 4:00 pm											☀	☀	26
COUGAR CAMP 1	8-10	OUTDOORS	9:00 am - 4:00 pm		☀		☀			☀		☀				96
COUGAR CAMP 2	10-12	OUTDOORS	9:00 am - 4:00 pm					☀			☀		☀			96
COUGAR CAMP 1 & 2	8-12	OUTDOORS	9:00 am - 4:00 pm	☀		☀								☀		96
ADVENTURE CAMP	11-14	OUTDOORS	8:30 am - 4:30 pm			☀			☀		☀	☀				95
ROCK! AND ROLL ADVENTURE	11-14	OUTDOORS	8:30 am - 5:30 pm					☀			☀					98
INTRO TO SURVIVAL CAMP	5-8	OUTDOORS	9:00 am - 4:00 pm	☀												96
INTRO TO SURVIVAL CAMP	6-9	OUTDOORS	9:00 am - 4:00 pm											☀	☀	96
INTERMEDIATE SURVIVAL CAMP	8-10	OUTDOORS	9:00 am - 4:00 pm			☀										96
ADVANCED SURVIVAL CAMP	10-14	OUTDOORS	9:00 am - 4:00 pm							☀						96
TREE TO TREE OBSTACLE/BEACH TRIP	12-14	OUTDOORS	8:00 am - 5:30 pm					☀		☀						98
JOHN DAY RIVER OVERNIGHT	11-14	OUTDOORS	8:00 am - 5:30 pm			☀										98
JOHN DAY RIVER OVERNIGHT	11-14	OUTDOORS	8:00 am - 5:30 pm										☀			98
MAZAMA ZIPLINE	12-14	OUTDOORS	8:00 am - 5:30 pm								☀		☀			98

CAMP	AGES	CATEGORY	HOURS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	PAGE
				6/15 - 21	6/22 - 28	6/29 - 7/5	7/6 - 12	7/13 - 19	7/20 - 26	7/27 - 8/2	8/3 - 9	8/10 - 16	8/17 - 23	8/24 - 30	8/31 - 9/4	
NINJA WARRIOR PARKOUR	9-14	OUTDOORS	9:00 am - 4:00 pm				☀									97
GIRLS EARTH SKILLS CAMP	9-14	OUTDOORS	9:00 am - 4:00 pm					☀								97
CRAFTER'S CAMP	8-12	OUTDOORS	9:00 am - 4:00 pm					☀								98
NATURE RX	3-5	OUTDOORS	9:00 am - 1:00 pm		☀											97
PADDLEPLAY WATERSPORTS CAMP	11-14	OUTDOORS	8:30 am - 4:30 pm				☀			☀						97
KIDS WHITEWATER KAYAK CAMP	10-15	OUTDOORS	9:00 am - 4:00 pm								☀					98
PADDLESPORTS ADVENTURE CAMP	8-15	OUTDOORS	9:00 am - 4:00 pm	☀										☀		95
ART & ADVENTURE	9-12	OUTDOORS	9:00 am - 5:00 pm				☀		☀			☀				97
SUMMER STRINGS MUSIC CAMP	10-15	PERFORMING ARTS	9:00 am - 12:00 pm			☀										87
SUMMER CHAMBER MUSIC CAMP	12-17	PERFORMING ARTS	1:00 pm - 4:00 pm			☀										87
OH MY ODYSSEY! GREEK MYTHS	7-11	PERFORMING ARTS	9:00 am - 2:00 pm		☀											89
MONSTERS IN THE SPOTLIGHT!	7-11	PERFORMING ARTS	9:00 am - 2:00 pm				☀									89
STORIES FROM OUTER SPACE	7-11	PERFORMING ARTS	9:00 am - 2:00 pm					☀								89
LEAP, SOAR, DANCE!	6-11	PERFORMING ARTS	9:00 am - 12:30 pm						☀							87
KPOV RADIO CAMP	10-14	PERFORMING ARTS	9:00 am - 12:00 pm		☀			☀				☀				87
GIRLS ONLY SCIENCE	6-11	SCIENCE	9:00 am - 1:00 pm		☀											90
SPACE EXPLORERS	6-10	SCIENCE	9:00 am - 1:00 pm				☀									90
DETECTIVE CAMP	7-11	SCIENCE	9:00 am - 1:00 pm							☀						90
DINOSAURS ADVENTURES	5-9	SCIENCE	9:00 am - 1:00 pm					☀								90
MAD SCIENCE: MINIONS!	6-10	SCIENCE	9:00 am - 3:00 pm										☀			90
MAD SCIENTISTS: MASTERMINDS!	7-11	SCIENCE	9:00 am - 3:00 pm											☀		90
THE SCIENCE OF BEING A SECRET AGENT	6-11	SCIENCE	9:00 am - 1:00 pm								☀					90
INTRO TO STEM WITH LEGO	5-7	SCIENCE	9:00 am - 12:00 pm						☀							92
FUN WORKS INTRO TO ENGINEERING/LEGO	5-7	SCIENCE	9:00 am - 12:00 pm				☀				☀					92
WIZARDING WORLD OF MAGIC & ENGINEERING	5-7	SCIENCE	9:00 am - 12:00 pm									☀				92
WIZARDING WORLD OF MAGIC & ENGINEERING	8-12	SCIENCE	1:00 pm - 4:00 pm									☀				93
GAMING AND CODING	6-12	SCIENCE	9:00 am - 2:00 pm		☀											91
THE GAMING ACADEMY	9-17	SCIENCE	9:00 am - 2:00 pm			☀										91

CAMP	AGES	CATEGORY	HOURS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	PAGE
				6/15 - 21	6/22 - 28	6/29 - 7/5	7/6 - 12	7/13 - 19	7/20 - 26	7/27 - 8/2	8/3 - 9	8/10 - 16	8/17 - 23	8/24 - 30	8/31 - 9/4	
FUN WORKS ENGINEERING/LEGO	8-11	SCIENCE	1:00 pm - 4:00 pm				☀				☀					92
SUPER HERO ENGINEERING WITH LEGO	5-7	SCIENCE	9:00 am - 12:00 pm		☀											92
SUPER HERO ENGINEERING WITH LEGO	8-12	SCIENCE	1:00 pm - 4:00 pm		☀											92
BASH'EN BOTS USING LEGO	8-12	SCIENCE	1:00 pm - 4:00 pm						☀							93
ALL SPORT CAMP WEEKLY	7-11	SPORTS	8:30 am - 12:30 pm	☀	☀		☀	☀	☀	☀	☀	☀	☀	☀		100
JORDAN KENT'S JUST KIDS SKILL CAMPS	6-12	SPORTS	9:00 am - 1:00 pm	☀			☀		☀			☀				102
JORDAN KENT'S JUST KIDS SKILL CAMPS	6-12	SPORTS	9:00 am - 3:00 pm	☀			☀		☀			☀				102
MOMENT ATHLETICS - ULTIMATE OUTDOOR	8-12	SPORTS	9:00 am - 1:00 pm	☀												100
MOMENT ATHLETICS - ULTIMATE OUTDOOR	8-12	SPORTS	9:00 am - 3:00 pm	☀												100
MOMENT ATHLETICS FIELD GAMES	8-12	SPORTS	9:00 am - 1:00 pm		☀			☀								102
MOMENT ATHLETICS FIELD GAMES	8-12	SPORTS	9:00 am - 3:00 pm		☀			☀								102
JORDAN KENT'S JUST KIDS BASEBALL	6-12	SPORTS	9:00 am - 3:00 pm								☀					102
LAVA BEARS ALL-SKILLS SOFTBALL CAMP	11-18	SPORTS	9:00 am - 2:00 pm				☀									102
GIRLS SOFTBALL CAMP	7-14	SPORTS	9:00 am - 12:00 pm	☀												102
BEND HIGH GIRLS BASKETBALL CAMP	8-14	SPORTS	1:00 pm - 4:00 pm	☀												103
BEND HIGH BOYS BASKETBALL CAMP	9-14	SPORTS	9:00 am - 12:00 pm	☀												103
COBO LITTLE DRIBBLERS CAMP	6-11	SPORTS	9:00 am - 12:00 pm		☀				☀		☀					103
COBO ADVANCED BASKETBALL CAMP	7-12	SPORTS	9:00 am - 12:00 pm					☀								103
COBO ADVANCED BASKETBALL CAMP	10-15	SPORTS	1:00 pm - 4:00 pm					☀								103
COBO MIDDLE SCHOOL BASKETBALL CAMP	9-15	SPORTS	1:00 pm - 4:00 pm		☀						☀					103
COBO MIDDLE SCHOOL BASKETBALL CAMP	9-15	SPORTS	10:00 am - 1:00 pm						☀							103
STORM BOYS LACROSSE CAMP	6-14	SPORTS	9:00 am - 12:00 pm				☀									105
BEND HIGH BOYS LACROSSE CAMP	7-14	SPORTS	9:00 am - 12:00 pm		☀											105
CHALLENGER SPORTS SOCCER HALF DAY	6-14	SPORTS	9:00 am - 12:00 pm						☀				☀			108
CHALLENGER SPORTS SOCCER HALF DAY	6-14	SPORTS	1:00 pm - 4:00 pm						☀				☀			108
CHALLENGER SPORTS SOCCER FULL DAY	8-14	SPORTS	9:00 am - 4:00 pm						☀				☀			108
UK INTERNATIONAL SOCCER HALF DAY	6-14	SPORTS	9:00 am - 12:00 pm				☀							☀		108
UK INTERNATIONAL SOCCER FULL DAY	6-14	SPORTS	9:00 am - 4:00 pm				☀							☀		108

CAMP	AGES	CATEGORY	HOURS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	PAGE
				6/15 - 21	6/22 - 28	6/29 - 7/5	7/6 - 12	7/13 - 19	7/20 - 26	7/27 - 8/2	8/3 - 9	8/10 - 16	8/17 - 23	8/24 - 30	8/31 - 9/4	
STORM GIRLS SOCCER CAMP	7-13	SPORTS	9:00 am - 12:00 pm								☀					108
STORM TRACK CAMP GRADES: 3 - 8	7-14	SPORTS	9:00 am - 12:00 pm	☀												110
TRINITY VOLLEYBALL CAMP	7-11	SPORTS	9:00 am - 12:00 pm				☀									111
TRINITY VOLLEYBALL CAMP	10-14	SPORTS	12:30 pm - 3:30 pm				☀									111
SKYHAWKS SOCCER	7-12	SPORTS	9:00 am - 3:00 pm										☀			101
SKYHAWKS MIGHTY HAWK SOCCER	5-9	SPORTS	1:00 pm - 4:00 pm		☀											101
SKYHAWKS MIGHTY HAWK SOCCER	5-9	SPORTS	9:00 am - 12:00 pm					☀					☀			101
SKYHAWKS MIGHTY HAWK FOOTBALL	5-9	SPORTS	8:00 am - 11:00 am								☀					101
SKYHAWKS MIGHTY HAWK HOOP	5-8	SPORTS	1:00 pm - 4:00 pm					☀								101
SKYHAWKS MIGHTY HAWK HOOP	5-8	SPORTS	11:30 am - 2:30 pm								☀					101
SKYHAWKS MIGHTY HAWK BASEBALL	5-8	SPORTS	9:00 am - 12:00 pm		☀											101
SKYHAWKS BASEBALL CAMP	6-12	SPORTS	9:00 am - 12:00 pm									☀				101
SKYHAWKS FOUR-SPORT SAMPLER	4-9	SPORTS	9:00 am - 12:00 pm	☀												101
SKYHAWKS MINI HAWK MULTI-SPORT	4-7	SPORTS	8:30 am - 11:30 am				☀									101
SKYHAWKS MINI HAWK MULTI-SPORT	4-7	SPORTS	9:00 am - 12:00 pm						☀							101
SKYHAWKS MINI HAWK MULTI-SPORT	6-12	SPORTS	9:00 am - 3:00 pm							☀						101
SKYHAWKS TWO-CAMP SPECIALS	5-9	SPORTS	9:00 am - 4:00 pm		☀			☀			☀					101
SKYHAWKS MIGHTY HAWK 3-SPORT CAMP	5-9	SPORTS	8:30 am - 11:30 pm											☀		101
SKATE & SWIM!	6-8	SPORTS	10:00 am - 3:30 pm				☀		☀		☀					107
SKATE & SWIM!	9-12	SPORTS	10:00 am - 3:30 pm					☀		☀		☀				107
INTRODUCTION TO SKATEBOARDING	8-12	SPORTS	10:00 am - 1:00 pm	☀			☀				☀					106
LITTLE MISS SKATE	5-12	SPORTS	10:00 am - 1:00 pm		☀				☀					☀		107
SCOOTERING CAMP	6-17	SPORTS	9:00 am - 1:00 pm	☀				☀					☀			106
OPERATION RECREATION	6-9	VARIETY	7:00 am - 6:00 pm	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀		81
THE PAC	8-13	VARIETY	7:00 am - 6:00 pm	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	82
ENDLESS SUMMER CAMP	6-8	VARIETY	7:00 am - 6:00 pm											☀	☀	81
WESTSIDE VILLAGE SUMMER CAMP	6-14	VARIETY	8:00 am - 5:00 pm	☀	☀		☀	☀		☀			☀	☀		81



**ADULT
THERAPEUTIC
RECREATION**
.....
PAGES 66 - 68

play it up

With Inclusion, Everybody Benefits!

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

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

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

Young Children Therapeutic Recreation

Puddle Jumpers **NEW**

Ages: 4 - 5

Harmon Park Hobby Hut

Join us for a new inclusive summer preschool program. We will put your child's talents and creativity to use through games, learning activities, art projects and local field trips. This program is designed to help your child prepare for the Stepping Stones school-year program and kindergarten.

\$200.00 ID \$240.00 OD / session

Activity: 204850

M/W: 9:00 - 11:30 am

Sessions: 7/13 - 29 8/3 - 19

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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

Tiny Tots **NEW**

Ages: 3 - 4

Harmon Park Hobby Hut

Join us for a new inclusive summer program for young children. Join us for games, learning activities, art projects and local field trips as we foster your child's talents and creativity. This program is designed to help your child prepare for school-year preschool program, such as Puddle Jumpers and Stepping Stones.

\$200.00 ID \$240.00 OD / session

Activity: 204851

Tu/Th: 9:00 - 11:30 am

Sessions: 7/14 - 30 8/4 - 20

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Youth Therapeutic Recreation

Camp G.R.O.

Ages: 6 - 12

Harmon Park

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

\$225.00 ID \$270.00 OD / session

Activity: 204820

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

Session: 6/22 - 26

G.R.O.

Ages: 6 - 12

Ponderosa Elementary

Let our highly trained staff take you on an adventure of recreation and exploration as you spend your summer swimming in Central Oregon lakes and rivers and making new friends! This program is for children with disabilities. This session of GRO is for individuals that require 1:1 assistance or who use a wheelchair. If you would like to be put on the waitlist for multiple sessions of GRO, contact Cheryl at (541) 706-6121.

\$225.00 / session

Activity: 204806

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

Session: 7/7 - 30

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

Session: 7/8 - 31



Camp Exploration

Ages: 8 - 14

Harmon Park

Looking for adventure? This camp will take new and exciting field trips around Central Oregon, including going to Crater Lake to tackle a kids' adventure course. This class is for youth with disabilities; participants must be able to perform all personal care and play well in a group. One-on-one support is not provided.

\$335.00 ID \$402.00 OD / session

Activity: 204824

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

Session: 8/4 - 20

Teens Therapeutic Recreation

Camp Excel

Ages: 13 - 21

Harmon Park

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

\$200.00 ID \$240.00 OD / session

Activity: 204821

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

Session: 6/29 - 7/2

Extended Adventures

Ages: 13 - 21

Harmon Park

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

\$225.00 / session

Activity: 204808

M: 9:00 am - 4:00 pm

Session: 7/6 - 27



Excel

Ages: 13 - 21

Ponderosa Elementary

Get ready for another EXCELlent summer! Pack your sunscreen, swimsuit and hiking shoes and prepare for afternoons filled with swimming, hiking, boating, hanging out in local parks and much more! This program is for teens with disabilities.

\$225.00 / session

Activity: 204807

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

Session: 7/7 - 30

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

Session: 7/8 - 31

Adventure Quest

Ages: 15 - 21

Harmon Park

Calling all teens who are up for adventure! This camp will take new and exciting field trips around Central Oregon, including going to Crater Lake to tackle an adventure course. This class is for teens with disabilities; participants must be able to perform all personal care and play well in a group. One-on-one support is not provided during this program.

\$335.00 ID \$402.00 OD / session

Activity: 204823

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

Session: 8/5 - 21

More programs available
for teens in Adult programs
on pages 66 - 68:

Art | Cooking | Outdoors



Summer Cookout NEW

Ages: 3 & up with family

Aspen Hall

Join us for the end-of-the-summer TR Division Barbecue. Families are invited to join the activities and celebrate a wonderful summer season.

\$25.00 ID \$30.00 OD
/ per person

Activity: 204511

Su: 4:00 - 6:30 pm

Session: 8/23

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, call (541) 706-6121.

Adult Therapeutic Recreation

Bowling Night

All Adults

Norton Avenue Apts

Join us for a night of bowling and fun with your friends.

\$40.00 ID \$48.00 OD / session

Activity: 204517

W: 4:30 - 7:00 pm

Session: 6/3

Sisters Rodeo

All Adults

Norton Avenue Apts

Yee-haw! Grab your boots and cowboy hats and head over to the Sisters Rodeo. Join us for an evening full of extreme bull riding. End time may vary depending on length of rodeo.

\$60.00 ID \$72.00 OD / session

Activity: 204513

W: 5:00 - 9:00 pm

Session: 6/10

Adult Therapeutic Recreation Summer Registration By Survey - Open Now

In an effort to make the registration process accessible to everyone, BPRD-TR is using a survey method to increase the likelihood that many participants will be able to register for their top program choices before all classes are filled. The process for summer registration for the adult-TR programs will be as follows:

- Now - May 1: Registration will be open via survey. The survey can be located on the BPRD website: www.bendparksandrec.org/TR/
- If you would like a paper copy please contact Cheryl Kelley at 541-706-6121 or email at Cheryl@bendparksandrec.org to get registration materials sent/faxed to you.
- May 15: The participant or parent/care-giver will be notified of the participant's classes and of any fees due. Every effort will be made to give each participant at least their top 2-3 choices in each category and 1 trip if participant selected overnight trips.
- May 20: Arrangements for payment must be received or your spot will be forfeited. After May 20, 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.



Dinner and a Movie

All Adults

Bend Senior Center

Join us for an evening out to enjoy a movie and dinner at McMenamins in downtown Bend. Participants should bring money for dinner.

\$55.00 ID \$66.00 OD / session

Activity: 204507

W: 4:00 - 8:00 pm

Session: 6/17

Bunco Game Night & Pizza Party

All Adults

Norton Avenue Apts

Shake, rattle and roll those dice! Join us for an evening of pizza and the popular dice game Bunco!

\$40.00 ID \$48.00 OD / session

Activity: 204510

F: 4:30 - 7:00 pm

Session: 6/19

Munch & Music

All Adults

Norton Avenue Apts

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

\$25.00 ID \$30.00 OD / session

Activity: 204515

Th: 6:00 - 9:00 pm

Session: 8/6

Bend Elks Baseball Game

All Adults

Norton Avenue Apts

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

\$25.00 ID \$30.00 OD / session

Activity: 204514

F: 5:30 - 9:30 pm

Session: 8/7

Scavenger Hunt

All Adults

Norton Avenue Apts

The hunt is on! Join us as we travel around Bend searching for clues to a hidden treasure.

\$40.00 ID \$48.00 OD / session

Activity: 204502

Th: 5:00 - 8:00 pm

Session: 8/13

Game Night & Karaoke

All Adults

Twin Knolls Trans

Warm up those singing voices! Join us for a night of Karaoke and board games with your friends.

\$25.00 ID \$30.00 OD / session

Activity: 204509

Th: 5:00 - 7:30 pm

Session: 8/20

Arts & Crafts

Outdoor Painting & Picnic NEW

Ages: 14 & up

Norton Avenue Apts

Art in the outdoors! Join us for an evening of painting and picnicking at Smith Rock State Park.

\$125.00 ID \$150.00 OD / session

Activity: 204416

W: 4:30 - 8:00 pm

Session: 6/24

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

Mountains to Sea Art **NEW**

All Adults

Twin Knolls Trans

Get creative as we explore different mediums to create mountain and ocean-themed projects.

\$100.00 ID 120.00 OD / session

Activity: 204417

W: 6:30 - 8:00 pm

Session: 7/8 - 29

Glass Art

All Adults

Twin Knolls Trans

Create sparkling art projects using the varieties of glass. We will make wind chimes, glass plates and more.

\$80.00 ID \$96.00 OD / session

Activity: 204418

W: 6:30 - 8:00 pm

Session: 8/5 - 19

Cooking

Light & Refreshing Meals

Ages: 14 & up

Twin Knolls Trans

Learn to cook energizing food to help keep you active all summer. Learn to make simple healthy dishes using fresh summer ingredients.

\$100.00 ID \$120.00 OD / session

Activity: 204311

W: 4:30 - 6:30 pm

Session: 7/8 - 29

Simple & Delicious Meals

All Adults

Twin Knolls Trans

Shazam! Food's ready! Come learn how to prepare quick and easy meals to spice up your everyday meal plans.

\$75.00 ID \$90.00 OD / session

Activity: 204317

W: 4:30 - 6:30 pm

Session: 8/5 - 19

Outdoor Adventures

Hiking Central Oregon

Ages: 14 & up

Norton Avenue Apts

Join your friends hiking throughout Central Oregon! Visit the beautiful Paulina Falls and enjoy hiking along the Obsidian Trail. Or, Visit the majestic Proxy Falls and enjoy hiking along the McKenzie River.

\$75.00 ID \$90 OD / session

Activity: 204706

Sa: 9:00 am - 5:00 pm

Sessions: 6/27: Paulina Falls Trails
7/11: Proxy Falls Trails

Day on the Deschutes

All Adults

Norton Avenue Apts

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

\$85.00 ID \$102.00 OD / session

Activity: 204704

Sa: 9:00 am - 4:30 pm

Session: 7/18

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



McKenzie Mayhem

All Adults

Norton Avenue Apts

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

\$100.00 ID \$120.00 OD / session

Activity: 204705

Sa: 8:00 am - 5:00 pm

Session: 7/25

Day at the Lake

All Adults

Norton Avenue Apts

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

\$75.00 ID \$90.00 OD / session

Activity: 204708

Sa: 10:00 am - 4:00 pm

Session: 8/1

Lower Deschutes Raft Trip

All Adults

Norton Avenue Apts

Enjoy a fantastic whitewater raft trip down the Lower Deschutes River with a day full of swimming, water fights and fun in the sun. Participants must be able to swim unattended for 25 yards.

\$120.00 ID \$144.00 OD / session

Activity: 204711

Sa: 8:00 am - 6:00 pm

Session: 8/15





Overnight Trips

John Day Overnight Camping Trip

All Adults

Norton Avenue Apts

Enjoy an overnight rafting trip on the John Day River. This is a rustic campout and participants must be able to walk 100 yards unassisted and attend to their own personal care.

\$225.00 ID \$270.00 OD / session

Activity: 204610

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

Session: 6/28 - 29

Cascade Locks NEW Boat Trip on the Columbia River

All Adults

Norton Avenue Apts

Join us on a river cruise on the Columbia River as we enjoy a ride on the Sternwheeler. We will take a 5-hour cruise along the Columbia River. During the cruise excursion, we will see Multnomah Falls, Bonneville Dam Locks, Bridge to the Gods and go through the Cascade Locks. Before the trip, we'll stay in cabins in Cottonwood Canyon and enjoy a hike along the John Day River and stargazing at night.

\$275.00 ID \$330.00 OD / session

Activity: 204613

Sa - Su: 3:00 - 10:00 pm

Session: 8/29 - 30

Oregon Coast Trip

All Adults

Norton Avenue Apts

For our popular annual beach trip, we've added another date! Join us for Devil's Lake State Park in Lincoln City or South Beach State Park in Newport. The Devils Lake trip will spend two nights in yurts camping, eating delicious seafood, and playing on the beach. This trip is for those individuals needing more assistance. The South Beach trip will spend one night at the Oregon Aquarium sleeping in the shark tunnels and one night camping at the South Beach State Park. The South Beach Trip is for individuals who do not require personal assistance.

\$325.00 ID \$390.00 OD / session

Activity: 204601

Sa - M: 2:00 - 3:00 pm

Session: 9/12 - 14

Devils Lake State Park

9/26 - 28

Oregon Aquarium/
South Beach State Park



Sports & Fitness

Zumba

All Adults

Hollinshead Barn

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

\$60.00 ID \$72.00 OD / session

Activity: 204100

Tu: 4:30 - 5:45 pm

Session: 6/2 - 23

Weight Room Workouts

Ages: 16 & up

Juniper Swim & Fitness Center

Be challenged to reach your personal fitness goals while working on strength and endurance using the equipment in the Fitness Center.

\$60.00 ID \$72.00 OD / session

Activity: 204104

Tu: 6:00 - 7:30 pm

Session: 6/2 - 23

Sports Spectacular

Ages: 14 & up

Norton Avenue Apts

Come learn to play a new sport or improve on your skills as learn a new skill each week.

\$60.00 ID \$72.00 OD / session

Activity: 204131

Th: 5:00 - 6:30 pm

Session: 6/4 - 25

Walking & Jogging Club

All Adults

Norton Avenue Apts

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

\$60.00 ID \$72.00 OD / session

Activity: 204140

Tu: 5:30 - 7:30 pm

Session: 7/7 - 28

Aqua Zumba

All Adults

Juniper Swim & Fitness Center

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

\$60.00 ID \$72.00 OD / session

Activity: 204110

Th: 5:00 - 6:30 pm

Session: 7/9 - 30

Floor/Field Hockey

All Adults

Norton Avenue Apts

Take your best shot. Learn to play floor and field hockey and enjoy a scrimmage at the end of a short lesson.

\$60.00 ID \$72.00 OD / session

Activity: 204141

Tu: 5:00 - 6:30 pm

Session: 8/4 - 18

Adapted Sports

Wheelchair Sports

Ages: 16 & up

Ensworth Elementary

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

\$50.00 ID \$60.00 OD / session

Activity: 204500

M: 6:00 - 8:00 pm

Session: 6/15 - 8/17

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Dance

Little Swans Ballet

Ages: 4 - 7

Academie De Ballet

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

\$90.00 ID \$108.00 OD / session

Activity: 206572

Tu: 9:00 - 9:50 am

Session: 6/23 - 8/18 (no class 7/21, adj. fee, \$80.00 ID \$96.00 OD)

Th: 5:30 - 6:25 pm

Session: 6/25 - 8/20

Born to Dance

Ages: 2.5 - 4

Academie De Ballet

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

\$65.00 ID \$78.00 OD / session

Activity: 206573

Tu: 10:00 - 10:30 am

- OR - 10:45 - 11:15 am

Session: 6/23 - 8/18 (no class 7/21)

Twinkle Toes Tap

Ages: 4 - 7

Academie De Ballet

What fun it is to make rhythm sounds with your feet. Parents love the coordination and ear training tap gives their children. Choreography develops the brain to improve retention skills. Kids just know they have loads of fun.

\$80.00 ID \$96.00 OD / session

Activity: 206585

W: 4:00 - 4:45 pm

Session: 7/1 - 8/19

Cinderella Dance Camp

Ages: 4 - 8

Academie De Ballet

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

\$72.00 ID \$86.40 OD / session

Activity: 206570

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

Session: 8/6 - 7

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Discovery through play.

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



Preschool Play

Summer Buddies

Includes daily swimming!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

\$95.00 ID \$114.00 OD / session

Activity 205600

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

Sessions: 6/22 - 7/8
7/13 - 29
8/3 - 19

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

Sessions: 6/23 - 7/9
7/14 - 30
8/4 - 20

Busy Buddies Preschool

Includes weekly swim lessons and yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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. Children must be potty trained. A daily snack is included. Limited availability.

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

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

Registration begins May 18.

Activity: 405601

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

- or -

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

Dates: 9/14 - 6/11



Mermaid Dance Camp NEW

Ages: 4 - 8

Academie De Ballet

Dance under the sea! Boy and girl dances will take a fantastic journey as mermaids and mermen, fish and sea creatures. Learn ballet, tap and lyrical dances. Includes crafts and a performance on the last day. Bring a healthy snack to keep energy high.

\$72.00 ID \$86.40 OD / session

Activity: 206579

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

Session: 8/13 - 14

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

More programs for little guys and gals at:

Art, pages 73 - 79

Fitness, page 27

Swimming, pages 23 - 26

Sports, pages 100 - 114

Kindermusik™

Cascade School Music

Cascade School of Music's licensed Kindermusik™ educators use the power and joy of music-making to help children learn and grow during the years most critical to brain development in support of a lifetime love of learning.

Kindermusik™: NEW Toddlers

Ages: 1 - 3 with adult

Get ready to sing, play, and move with your little one in this high-energy music class designed to be just right for very young children. We focus on your child's beginning movement, helping to build the muscles your young toddler needs to walk, run and climb; and on vocal development, helping to nurture your child's speaking and singing voice.

\$100.00 ID \$120.00 OD / session

Activity: 206356

Tu: 9:30 - 10:15 am

Sessions: 7/7 - 28 8/4 - 25

Th: 9:30 - 10:15 am

Sessions: 7/9 - 30 8/6 - 27

Kindermusik™: NEW Preschoolers

Ages: 3 - 5 with adult

We combine your preschooler's natural love of music, storytelling, and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth, and self-control. Music and movement activities also promote language, social and emotional skills, early math and early literacy, physical coordination, creativity, and more.

\$100.00 ID \$120.00 OD / session

Activity: 206357

W: 9:30 - 10:15 am

Sessions: 7/8 - 29 8/5 - 26

Th: 10:45 - 11:30 am

Sessions: 7/9 - 30 8/6 - 27



Kindermusik™: NEW Families

Ages: 1 - 5 with adult

Cascade School Music & Blissful Heart Wellness Center Gardens

This music-filled class celebrates the unique joys of your growing child. Each week your child will love singing, dancing, and playing instruments with you and friends. Children practice a wide variety of abilities such as gross and fine motor skills, turn-taking, social skills, and active listening.

\$100.00 ID \$120.00 OD / session

Activity: 206358

Tu: 10:45 - 11:30 am

Sessions: 7/7 - 28 Cascade
8/4 - 25 Cascade

W: 10:45 - 11:30 am

Sessions: 7/8 - 29 Cascade
8/5 - 26 Cascade

Sa: 9:30 - 10:15 am

Sessions: 7/11 - 8/1 Blissful
8/8 - 29 Blissful

Kindermusik™: NEW Young Child

Ages: 5 - 7

This class offers children the opportunity to learn music concepts through listening, moving, singing, game-playing, visuals and imaginative play. Children learn to understand simple music notation and to play the glockenspiel and recorder. Learning beginning instruments helps create awareness of steady beat, meter and rhythm - essential musicianship skills with ties to physical development and coordination. Children develop their speaking and singing voices through listening, imitating and exploring. The class focuses on self-confidence, musicianship, collaboration and creativity through teamwork, peer interaction, and communication.

\$150.00 ID \$180.00 OD / session

Activity: 206359

Th: 2:00 - 2:45 pm

Session: 7/16 - 8/20





Young Children Therapeutic Recreation

Puddle Jumpers NEW

Ages: 4 - 5

Harmon Park Hobby Hut

Join us for a new inclusive summer preschool program. We will put your child's talents and creativity to use through games, learning activities, art projects and local field trips. This program is designed to help your child prepare for the Stepping Stones school-year program and kindergarten.

\$200.00 ID \$240.00 OD / session

Activity: 204850

M/W: 9:00 - 11:30 am

Sessions: 7/13 - 29 8/3 - 19

Tiny Tots NEW

Ages: 3 - 4

Harmon Park Hobby Hut

Join us for a new inclusive summer program for young children. Join us for games, learning activities, art projects and local field trips as we foster your child's talents and creativity. This program is designed to help your child prepare for school-year preschool program, such as Puddle Jumpers and Stepping Stones.

\$200.00 ID \$240.00 OD / session

Activity: 204851

Tu/Th: 9:00 - 11:30 am

Sessions: 7/14 - 30 8/4 - 20



Martial Arts

Lil'est Dragons

Ages: 3

Odyssey Martial Arts

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence and teamwork as well as develop motor skills. T-shirt included.

\$79.00 ID \$94.80 OD / session

Activity: 206752

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

Sessions: 6/2 - 25 7/7 - 30

8/4 - 9/1 (no class 8/13)

9/8 - 10/1

Intro to 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.

\$79.00 ID \$94.80 OD / session

Activity: 206750

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

Sessions: 6/2 - 25 7/7 - 30

8/4 - 9/1 (no class 8/13)

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

Session: 9/8 - 10/1

Performing Arts

Teeny BEAT Summer Camp NEW

Ages: 4 - 6

BEAT Studio

Do you have a young, budding performer anxious to try out the world of theatre? Come try Teeny BEAT, a camp designed to introduce young children to theatre basics through fun games and exciting story telling. It's the perfect way to get started exploring one's dramatic side!

\$90.00 ID \$108.00 OD / session

Activity: 206554

M - Th: 9:00 - 9:45 am

- OR - 10:00 - 10:45 am

Session: 7/27 - 30

With Your Child

classes:

Art & crafts, pages 73 - 75

Cooking, page 39

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



take shape

Clay

Intro to Youth Wheel Throwing

Ages: 7 - 13

Art Station

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

\$139.00 ID \$166.80 OD / session

Activity: 211415

Sa: 3:00 - 5:00 pm

Session: 8/1 - 22

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

Young Children

With Your Child: Art Play Group

Ages: 2 - 5 with adult

Art Station

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

\$19.00 ID \$22.80 OD / session

Activity: 211300

F: 9:00 - 10:00 am

- Or - 10:30 - 11:30 am

Sessions: 6/26 7/17
7/31 8/7
8/21

With Your Child: Clay

With Your Child: Coffee Cups c

Ages: 5 & up with adult

Art Station

These hand-built cups are fun and functional! Add texture, pattern, words and colorful glaze to personalize it. Instructor: Helen Bommarito

\$49.00 ID \$58.80 OD / session

Activity: 211500

Sa: 10:00 am - 12:00 pm

Session: 6/27



SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

creativity equals expression

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

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



Art Parties

All Ages

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

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

Guests: Adult Party:

10 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.

With Your Child: Unicorns

Ages: 5 & up with adult

Art Station

Bring your imagination to create a one of a kind clay unicorn! Learn to sculpt a horse using modeling tools and hand building methods. Then add a textured mane, facial features and a magical horn! Paint your unicorn with bright colors of your choice. Instructor: Amanda Krammes

\$49.00 ID \$58.80 OD / session

Activity: 211502

Sa: 10:00 am - 12:00 pm

Session: 7/11



With Your Child: Clay Foodie

NEW

Ages: 5 & up with adult

Art Station

Enjoy sculpting with your child and create a plate of scrumptious food! Sculpt your favorite meal while learning about hand building skills. Yum! Instructor: Amanda Krammes

\$49.00 ID \$58.80 OD / session

Activity: 211505

Sa: 10:00 am - 12:00 pm

Session: 7/25



With Your Child: Garden Gnomes

Ages: 5 & up with adult

Art Station

Enter the magical world of folklore. Using slab and hand building techniques sculpt a whimsical Gnome with a tall hat. Place your gnome outside to watch over your garden. Instructor: Amanda Krammes

\$49.00 ID \$58.80 OD / session

Activity: 211507

Sa: 10:00 am - 12:00 pm

Session: 8/15

With Your Child: Fish Tacos

NEW

Ages: 5 & up with adult

Art Station

Taco 'bout playing with your food! Come learn how to make a fun fish taco using clay and hand building skills. Then, paint your fish taco with colorful glazes. Instructor: Amanda Krammes

\$49.00 ID \$58.80 OD / session

Activity: 211508

Sa: 10:00 am - 12:00 pm

Session: 8/29

With Your Child: Glass

With Your Child: **NEW** Fireworks in Glass

Ages: 5 & up with adult

Art Station

Families will choose either to make a garden stake or a hanging sun catcher with a Fourth of July fireworks theme. Additional charge of \$20 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$39.00 ID \$46.80 OD / session

Activity: 211560

Sa: 10:00 am - 12:30 pm
- Or - 2:00 - 4:30 pm

Session: 6/20

With Your Child: **NEW** Wall Pockets

Ages: 5 & up with adult

Art Station

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

\$39.00 ID \$46.80 OD / session

Activity: 211561

Sa: 10:00 am - 12:30 pm
- Or - 2:00 - 4:30 pm

Session: 7/18



With Your Child: Butterfly Sun Catcher

Ages: 5 & up with adult

Bend Senior Center

No need to wing it, our instructor will guide you and your child to choose from an array of butterfly designs to hang in a window or outdoors. Instructor: Diane Burns

\$54.00 ID \$64.80 OD / session

Activity: 202414

Th: 5:30 - 7:30 pm

Session: 7/23



With Your Child: **NEW** Funny Fused Glass Faces

Ages: 5 & up with adult

Art Station

Make silly faces using glass on a 6x6" or 4x9" glass background. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

\$39.00 ID \$46.80 OD / session

Activity: 211562

Sa: 10:00 am - 12:30 pm
- Or - 2:00 - 4:30 pm

Session: 8/22



With Your Child: Painting

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 a 9x12 canvas and create amazing results while learning acrylic pouring technique and applications. Instructor: Michael Greene

\$59.00 ID \$70.80 OD / session

Activity: 211541

Sa: 10:00 am - 12:00 pm

Session: 7/11

Sa: 11:00 am - 12:30 pm

Session: 8/8

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 the Bend Senior Center

Instructor: Diane Burns

Activity: 202416

Th: 6:00 - 7:30 pm

Sessions:

6/4 Bear Love

7/16 Dogs in the Moonlight

8/6 Clown Fish

SUNDAY AFTERNOONS at the Art Station

Instructor: Kathleen Branch

Activity: 211546

Su: 2:30 - 4:00 pm

Sessions:

6/28 Camping Under the Stars

7/12 Believe in Sasquatch

8/2 Woodland Fox

8/23 Ice Cream Treat

Looking for more With Your Child classes?

Adult Activities,

page 39

Young Children,

page 70 - 71.

Art Camps at the Art Station

Ages: 6 - 12

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

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

\$119.00 ID \$142.80 OD / session

Session: Monday - Thursday each week
No program 7/3.

June 15 - 18

History of Animation NEW

Activity: 211210

Look at popular animated movies throughout history and discover how the creators made them with cell animation and how it has evolved to digital. Learn about the different animation styles through the years while making a thaumatrope, magic lantern, flipbook and other techniques. (This class is handmade animation, not digital.) Instructor: Julie Wilson

Ages: 6 - 8 9:00 am - 12:00 pm

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

Unique Yard Art II NEW

Activity: 211211

Step foot into the magical world of your own back yard with all new projects! Using clay and your imagination, create a cool toad stool stake, a nature mandala and a flower pot. Place your ceramic creations outside to enjoy in your garden all summer long. Instructor: Amanda Krammes

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

Ages: 6 - 8: 1:00 - 4:00 pm

What about Fridays?

See page 79 for Bend's best Friday creative fun!

June 22 - 25

Wacky Ways to Paint NEW

Activity: 211220

What's the craziest, wackiest, weirdest way to paint you can think of? Do you like to get messy? This camp is based on imaginative approaches and traditional painting methods. Wear clothes you can get grubby. Instructor: Julie Wilson

Ages: 6 - 8 9:00 am - 12:00 pm

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

Jungle Creatures NEW

Activity: 211221

Caution: Wild animals... Enter at your own risk! Join us as we create a wild animal wall pocket, a monkey bowl, a hanging sloth and more - all out of clay in this fun wild animal themed camp. Welcome to the jungle! Instructor: Amanda Krammes

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

Ages: 6 - 8 1:00 - 4:00 pm



June 29 - July 2

Mini-Masterpieces

Activity: 211230

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

Ages: 6 - 8 9:00 am - 12:00 pm

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

Awesome Oregon NEW

Activity: 211231

Celebrate the amazing state we call home with art! Use clay and your creativity to make colorful salmon, a snowy cascade mountain and other stately ceramics. Instructor: Amanda Krammes

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

Ages: 6 - 8 1:00 - 4:00 pm

July 6 - 9

Creative Storm NEW

Activity: 211250

Explore how to portray both the beauty and power of weather through art. Look at different weather events such as lightning storms and tornadoes, and create artwork using various materials to depict these natural phenomena. In addition, discuss how to show heat, cold, wind, rain and movement in artwork. Instructor: Kathy Schoderbek

Ages: 6 - 8 1:00 - 4:00 pm



Wizardly Clay NEW

Activity: 211251

Come join other Harry Potter fans and muggles! Make a wall hanging with your house sign, an owl wall pocket, and a container for potions. Instructor: Amanda Krammes

Ages: 6 - 8 9:00 am - 12:00 pm

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

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

Art Camps at the Art Station

\$119.00 ID \$142.80 OD / session

Session: Monday - Thursday each week

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

July 13 - 16

Up Up & Away

Activity: 211260

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

Instructor: Anne Rustand

Ages: 6 - 8 9:00 am - 12:00 pm

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

Rad Reptiles

NEW

Activity: 211261

Learn about coldblooded creatures and clay hand building while creating lizard wall hangings, turtle bowls, a reptile figure and more. Instructor: Amanda Krammes

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

Ages: 6 - 8 1:00 - 4:00 pm



July 20 - 23

County Fair

NEW

Activity: 211270

Use your artistic vision to lead you through this week of art inspired by the county fair. Create 3D farm animals, ice cream cone printmaking, foam paint a popcorn image and use pastels to draw farm animals.

Instructor: Kathleen Branch

Ages: 6 - 8 1:00 - 4:00 pm

Abstract Sculpture

NEW

Activity: 211271

Abstract sculpture breaks away from traditional representation of physical objects and allows for imagination and inventiveness. Use clay to create a mask, a wall hanging and other projects. Instructor: Michael Greene

Ages: 6 - 8 9:00 am - 12:00 pm

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

Looking for another program this week? Check out Art & Adventure Camps on page 79.

July 27 - 30

Pet Inc.

NEW

Activity: 211275

Take the week to let your pets be the influence of your art. Paint, draw, collage and create 3D paper mâché figures of your beloved furry friends. Instructor: Kathleen Branch

Ages: 6 - 8 9:00 am - 12:00 pm

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

Magical Medieval Ages

Activity: 211276

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

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

Ages: 6 - 8 1:00 - 4:00 pm

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

August 3 - 6

Positive & Negative Spaces

NEW

Activity: 211280

Positive and negative space can form an important part of overall composition to create a sense of balance and rhythm. Balance is one of the basic principles of design. Draw, paint, collage and print with negative and positive spaces being emphasized by color, shape and dominance. Instructor: Anne Rustand

Ages: 6 - 8 9:00 am - 12:00 pm

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

What's Cookin' with Clay II

NEW

Activity: 211281

All new food projects! Make clay food that looks good enough to eat! Learn and use good construction techniques to make a plate of your favorite meal, a melted ice cream cone and mini fimo food. Satisfy your clay creative appetite. Instructor: Amanda Krammes

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

Ages: 6 - 8 1:00 - 4:00 pm

Looking for another program this week? Check out Art & Adventure Camps on page 79.



Art Camps at the Art Station

\$119.00 ID \$142.80 OD / session

Session: Monday - Thursday each week

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

August 10 - 13

Camping in the Woods NEW

Activity: 211285

Use your enthusiasm of camping to create art forms. Craft a paper lantern, a nature mobile, collage fish in the lake and learn to draw forest animals. Instructor: Kathleen Branch

Ages: 6 - 8 1:00 - 4:00 pm

Birds of a Feather

Activity: 211286

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

Ages: 6 - 8 9:00 am - 12:00 pm

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



August 17 - 20

Super Hero Art NEW

Activity: 211290

Bam, Kapow, Blap! Do you love Super Heroes? Each day is themed for a set of popular superheroes and projects are related to the characters and their worlds. Make fun art inspired by Batman, Captain America, Wonder Woman and other popular characters. Instructor: Julie Wilson

Ages: 6 - 8 9:00 am - 12:00 pm

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



Galactic Clay NEW

Activity: 211291

Your imagination is as big as the expanse that exists beyond the Earth and between celestial bodies. Make an alien mask, a rocket and other outer space ceramics. Instructor: Amanda Krammes

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

Ages: 6 - 8 1:00 - 4:00 pm

August 24 - 27

Amazing Animals NEW

Activity: 211292

Let your love of animals spark your creativity! Draw, paint and print your way to original artwork and use paint and collage to create an amazing canvas piece. Instructor: Anne Rustand

Ages: 6 - 8 9:00 am - 12:00 pm

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

Wild West NEW

Activity: 211293

Join us for a journey through the world of the wild west with clay. Learn clay hand building techniques to create a cool horse shoe wall hanging, a horse figure and more! Instructor: Amanda Krammes

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

Ages: 6 - 8 1:00 - 4:00 pm



August 31 - September 3

Plaster Cast & Fresco NEW

Activity: 211294

Be a sculptor! Learn to make reliefs in clay using a variety of objects and tools. Experience building simple molds and casting the relief in plaster. Using fresco techniques, apply color to create masterpiece plaster casts! Instructor: Sean Purdy

Ages: 6 - 8 9:00 am - 12:00 pm

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

Ceramic Sea Life

Activity: 211295

Take a dive and make a splash into the wonderful world of the ocean. Craft a colorful fish, a sea turtle and a fish bowl plaque. A truly awesome aquatic art experience! Instructor: Amanda Krammes

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

Ages: 6 - 8 1:00 - 4:00 pm

What about Fridays?

See page 79 for Bend's best Friday creative fun!



Creative Fridays

Fabulous Art Fridays

Ages: 6 - 10

Art Station

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

\$65.00 ID \$78.00 OD / session

Activity: 211296

F: 9:00 am - 4:00 pm

Sessions: 7/24 7/31
8/7
8/14 8/21
8/28

Step by Step Animals

Ages: 6 - 10

Art Station

Learn how to fit shapes together to draw animals. We'll learn beginning drawing techniques and how to incorporate shading and value using graphite and pastels. Instructor: Kathleen Branch

\$65.00 ID \$78.00 OD / session

Activity: 211416

F: 9:00 am - 4:00 pm

Sessions: 6/19 7/10

Alcohol Ink Technique

Ages: 7 - 12

Art Station

These fast-drying, transparent inks create a colorful, polished stone effect. Learn the technique while decorating a set of coasters and a large tile. Instructor: Michaela Greene

\$35.00 ID \$42.00 OD / session

Activity: 211417

F: 1:30 - 3:30 pm

Session: 6/26

Terracotta Wall Vase

Ages: 6 - 12

Art Station

Construct beautiful wall vases and add your own personal touches with design, texture and pattern. Instructor: Michaela Greene

\$35.00 ID \$42.00 OD / session

Activity: 211408

F: 9:00 am - 12:00 pm

Session: 7/10

Clay Dragons NEW

Ages: 6 - 12

Art Station

These adorable, mystic characters are fun to make while using your imagination and creativity. Instructor: Helen Bommaritto

\$35.00 ID \$42.00 OD / session

Activity: 211410

F: 9:00 am - 12:00 pm

Session: 7/17

Found Object Sculpture NEW

Ages: 6 - 12

Art Station

Recycle, reuse, rethink! Using a variety of found objects and the freedom to create, assemble a sculpture of your own innovation. Instructor: Michaela Greene

\$35.00 ID \$42.00 OD / session

Activity: 211418

F: 1:00 - 4:00 pm

Session: 7/17



Acrylic Pour

Ages: 7 - 12

Art Station

Swirl, slip and slide acrylic paint across a canvas and create amazing results. Learn acrylic pouring technique and applications. Instructor: Michaela Greene

\$35.00 ID \$42.00 OD / session

Activity: 211419

F: 10:00 am - 12:00 pm

Session: 7/24

Inventive Weaving NEW

Ages: 8 - 12

Art Station

Learn to make simple looms and weave a small tapestry. Explore color, yarn, texture and design in this beginner class. Learn basic warping, weft, stitches and knots and how to create designs. Leave with a finished work of art for your walls. No experience needed, just bring ideas! Instructor: Julie Wilson

\$65.00 ID \$78.00 OD / session

Activity: 211420

F: 1:00 - 4:00 pm

Session: 8/21 - 28

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Art & Adventure Camps

Ages: 9 - 12

Art Station

Artwork inspired by outdoors adventures - it's ReCreative! Spend the morning making art, eat lunch and take off for a Central Oregon adventure. Instructor: Molly Alles

\$255.00 ID \$306.00 OD / session

Activity: 211205

Wild Bend

Nature is all around us, hidden in plain sight throughout our great city! Practicing awareness, we'll learn about the native plants and animals that call Bend home. Work with a variety of nature and art mediums to create art projects that showcase the birds, bees and wildflowers of Bend.

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

Session: 7/6 - 9

The River that Runs Through NEW

Journey along the path of the Deschutes River through different art mediums including watercolor, printmaking and sculpture. Each day we will learn about part of the river's journey from the headwaters, through Bend, to the Columbia.

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

Session: 7/20 - 23

Forests, Mountains & Lakes...Oh My! NEW

We'll learn about the different species of local forest, explore the creation of volcanoes and look closely at lake ecosystems as we capture their greatness through several art mediums.

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

Session: 8/10 - 13



SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



FREE



LOCATED AT A PARK NEAR YOU!

CRAFTS GAMES SPORTS PLAY

BROUGHT TO YOU BY:
BEND PARK & RECREATION FOUNDATION
 Crafts • Games • Sports • Play

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

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

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

Ages: 4 - 10

LOCATION:
 Rockridge Park

Pilot Butte Park

Kiwanis Park

Orchard Park

Sun Meadow Park

Al Moody Park

DAY/TIMES:

Mondays
 1:00 - 3:30 pm
 6/22 - 8/10

Tuesdays
 1:00 - 3:30 pm
 6/23 - 8/11

Tuesdays/Thursdays
 9:30 am - 12:00 pm
 6/23 - 8/13

Wednesdays
 9:30 am - 12:00 pm
 6/24 - 8/12

Thursdays
 1:00 - 3:30 pm
 6/25 - 8/13

Fridays
 9:30 am - 12:00 pm
 6/26 - 8/14

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



SUMMER DAY CAMP

Entering Grades: 1 - 3

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

\$225.00 ID \$270.00 OD / session

M - F: 7:00 am - 6:00 pm
Weekly: 6/18 - 8/21 (no program 7/3)

Lave Ridge: 201401
Pine Ridge: 201402

READY, SET, GO!

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

Week 1: June 18 - 19

Ready to kick off an exciting summer? We will get to know each other this week.

PLANET EARTH

Week 2: June 22 - 26

Let's take a closer look at the globe. From the northern lights to the birds in the sky, we will be exploring it all!

ONCE UPON A TIME

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

Week 3: June 29 - July 2

Folk lore, fairy tales and fantastical creatures will come to life as we spend the week telling stories and crafting our own mythical beasts and legends. No program July 3.

OVER THE RAINBOW

Week 4: July 6 - 10

It's a color explosion! No shade is off limits, and if you're lucky, you'll find the pot of gold at the end of the Rainbow.

#TRENDING

Week 5: July 13 - 17

Are you a pop-culture pro? Flex your skills and maybe you'll go viral!

SNOW MUCH FUN

Week 6: July 20 - 24

A blizzard during summer vacation... It might be hot outside, but it'll be snowing all week at Op Rec. Campers, do you want to build a snowman?

NATURE DETECTIVES

Week 7: July 27 - 31

Let's learn about the mysteries of the natural world. No plant or animals is too small to leave some clues. Lets find them!

AQUA ADVENTURES

Week 8: Aug. 3 - 7

Is it better, down where it's wetter? Let's 'sea!' Grab your scuba gear and dive into sea creatures, mermaids and more.

OUTSIDE THE BOX

Week 9: Aug. 10 - 14

Ready to expand your horizons and use your creativity to invent something new? You're only limited by imagination.

SPLISH SPLASH!

Week 10: Aug. 17 - 21

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

More Day Camps

Westside Village Summer Camp

Ages: 6 - 14

Westside Village
Magnet School

This camp is a week-long journey of adventure and creative arts. We'll get moving with daily walking adventures and trips to the parks. We'll also get creative with drama, singing, dancing and playing instruments. We'll create inspiring art, explore gardening, cook and play engaging games.

\$225.00 ID \$270.00 OD / session

Activity: 206510

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

Sessions: 6/15 - 19, 6/22 - 26
7/6 - 10, 7/13 - 17
7/27 - 31, 8/17 - 21
8/24 - 28

Endless Summer Camp

Ages: 6 - 8

Hollinshead Barn

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

\$225.00 ID \$270.00 OD / session

Activity: 206401

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

Sessions: 8/24 - 28, 8/31 - 9/4





SUMMER DAY CAMP AGES: 8 - 13

M - F: 6/15 - 9/4 (no program 7/3)

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

This summer, join the PAC at The Pavilion!

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

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

AGES: 8 - 10

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

AGES: 10 - 13

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

DAILY FIELD TRIPS OF AWESOMENESS

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

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

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

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

\$5 registration fee per trip.





IT'S YOUR SUMMER TO PLAY YOUR WAY!

PAC PASSES:

A variety of passes are available from full-season to single visit passes. Choose the option that is best for you. One day or bundle your days.

ABOUT PASSES: SPACE IS LIMITED - BUY NOW

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

MULTI-VISIT PASS

Buy one to 30 visits on your multi-day pass. Multi-visit passes are non-refundable and non-transferable except that the visits can be shared between siblings in the same household. Passes are valid June 15 - September 4.

2020 SEASON PASS

Season passes are good for PAC visits during June 15 - September 4, 2020. This pass is non-refundable, non-transferable and cannot be shared. There are 59 days this PAC season - think about the savings!

ALL-DAY GETAWAYS & SPECIAL EVENTS

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

HOW TO PURCHASE PAC PASSES ONLINE:

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

PAC SUMMER 2020 PAYMENT OPTIONS:

Payment is optional at time of registration.

SEASON PASSES:

Choose either installments or full fee. Three installments due on May 15, June 15 and July 15.

MULTI-VISIT PASSES:

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to pass start date.

SKATE FEATURES

Open skate with skatepark ramps and more. Skateboards, roller skating and scooters welcome.

ROCK CLIMBING WALL

SPORTS

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

OUTDOOR ACTIVITIES

- Swimming
- Floating the river
- Paddleboarding
- Biking

DAILY FIELD TRIPS

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

TOURNAMENTS

- Basketball
- Ping pong
- Foosball

CONTESTS & GAMES

- Lego & building
- Water play
- Cornhole
- Bocce ball

ART & MORE

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

2020 PASSES	In-District	Out-of-District
FULL SUMMER PASS	\$1,622.50 Save up to \$619!	\$1,947.00 Save up to \$743!
1 to 30 MULTI-VISIT PASSES	\$38.00/visit	\$45.60/visit

NOTE: Special events offered at The PAC may feature an additional fee.
Passes are valid June 15 - September

Cascade Camp with Diane Burns

Cascade Middle School

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



Adventures in Art

Ages: 7 - 11

Artist will discover their own creativity while we paint, sculpt, draw and use our imagination in this fun and exciting class.

\$55.00 ID \$66.00 OD / session

Activity: 206110

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

Session: 6/15 - 18

Art and Animals

Ages: 7 - 11

Does your child love art AND animals? This is the perfect class for animal lovers with a creative side. We will sculpt, paint, draw and create beautiful artwork all centered around our favorite animals.

\$159.00 ID \$190.80 OD / session

Activity: 206109

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

Sessions: 6/22 - 25

Art and Jewelry Bliss

Ages: 7 - 11

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

\$159.00 ID \$190.80 OD / session

Activity: 206107

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

Sessions: 6/29 - 7/2

Paint, Paint, Paint

Ages: 7 - 11

In this camp, students will come alive using different painting techniques and paint mediums. Campers will learn composition, perspective all while exploring acrylics, watercolors and more.

\$55.00 ID \$66.00 OD / session

Activity: 206106

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

Session: 7/6 - 9



Animals

Caring for Animals

Ages: 10 - 14

Harmon Hobby Hut

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

\$75.00 ID \$90.00 OD / session

Activity: 206201

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

Sessions: 6/29 - 7/1 7/20 - 22

Crafts

Kids Welding

Ages: 9 - 13

DIYcave

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

\$69.00 ID \$82.80 OD / session

Activity: 206145

Th: 5:00 - 7:00 pm

Sessions: 6/18 7/16
8/20 9/10

3D Printing

Ages: 9 - 17

DIYcave

Have you always wanted to try 3D printing, but have been too intimidated? Then, this class is for you. In this beginner's course, we'll demystify 3D printers, see them in action and see why they're so revolutionary! We'll cover how 3D printers works, how to add the proper software to your home computer, how to create files and print out custom designs. All material included.

\$69.00 ID \$82.80 OD / session

Activity: 206153

F: 5:30 - 8:30 pm

Sessions: 6/19 7/10
8/7 9/4



Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Sheet Metal Art

Ages: 10 - 17

DIYcave

Come learn how 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 & sculpture. All materials included.

\$69.00 ID \$82.80 OD / session

Activity: 206151

Th: 4:00 - 6:00 pm

Sessions: 6/25 7/23
8/13

Bath & Body

Boot Camp

NEW

Ages: 9 - 16

Miller Elementary

Learn to create your own products for a personal spa day! We will play with making bath salts, bath bombs, lip balm, body salve and lotion. These are easy and safe to make and are amazing gifts.

\$109.00 ID \$130.80 OD / session

Activity: 206105

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

Session: 7/6 - 9

Build a Chair

NEW

Ages: 10 - 17

DIYcave

Kids will learn to use several woodshop tools to shape and assemble a single board into a sturdy, portable chair to enjoy around a bonfire for summer outings. This is a wonderful first project to introduce kids to the joy of woodworking and create something to be proud of. All materials included.

\$99.00 ID \$118.80 OD / session

Activity: 206157

Sa: 11:00 am - 2:00 pm

Session: 7/11

Experiment with Art

Ages: 10 - 14

Cascade Middle School

Try your hand in a variety of art mediums and see what you like the best! Learn new techniques and bring home some incredible art projects.

\$80.00 ID \$96.00 OD / session

Activity: 206102

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

Session: 7/13 - 16

Wizards Camp

Ages: 7 - 12

Silver Rail Elementary

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

\$95.00 ID \$114.00 OD / session

Activity: 206140

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

Session: 7/13 - 16

Trebuchet DIY

Ages: 10 - 17

DIYcave

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

\$89.00 ID \$106.80 OD / session

Activity: 206155

F: 4:00 - 8:00 pm

Sessions: 7/24 8/21

**More Youth Art classes
on pages 73 - 79.**

SUMMER 2020 PAYMENT OPTION:

Payment is optional
at time of registration.

Choose your payment amount
from no money down
to full fee.

Any remaining fees are
due 30 days prior to
program start date.

Wood Burning Workshop

NEW

Ages: 9 - 16

Bend Senior Center

Wood burning, or pyrography, is the art of decorating wood with a heated pen. You'll learn basic techniques in fun and contemporary designs. We'll work on small pieces of wood, coaster and ornament size, to practice and eventually move on to your masterpiece - etching a custom design into a wood board.

\$109.00 ID \$130.80 OD / session

Activity: 206101

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

Session: 8/10 - 13

Capturing Nature: Casting Fresco Workshop

NEW

Ages: 10 - 14

Riley Ranch Nature Reserve

In this workshop, we'll gather and experiment with the interesting textures found in nature. Using clay molds, we will capture textures and make plaster casts. Finally, students will learn traditional fresco technique to apply color to plaster casts. Students will take home a completed plaster relief with wall hanger.

\$79.00 ID \$94.80 OD / session

Activity: 206114

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

Session: 8/3 - 6





Wanted! Teen Volunteers

Ages: 12 & up

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

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

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

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

It might just be your best summer too!



Cooking & Baking

Kids in the Kitchen

Ages: 7 - 11

Cascade Middle School

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

\$79.00 ID \$94.80 OD / session

Activity: 206220

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

Sessions: 6/15 - 18 7/6 - 9

Quick & Tasty Meals

Ages: 10 - 14

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

\$89.00 ID \$106.80 OD / session

Activity: 206223

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

Session: 6/22 - 25

Volunteer with kids!

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

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: 206226

F: 12:30 - 4:00 pm

Sessions: 6/26 7/10

Delightful Desserts

Ages: 10 - 14

Cascade Middle School

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

\$89.00 ID \$106.80 OD / session

Activity: 206225

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

Session: 6/29 - 7/2



Fun at the Bento Shop

Ages: 10 - 14

Mountain View High School

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

\$179.00 ID \$214.80 OD / session

Activity: 206235

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

Session: 6/29 - 7/2

Tapas Party

Ages: 10 - 14

Mountain View High School

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

\$179.00 ID \$214.80 OD / session

Activity: 206236

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

Session: 7/6 - 9

Dealing with Dough!

Ages: 10 - 14

Cascade Middle School

Learn how to handle dough to create sweet and savory dishes. Recipes will include pizzas, strudels, sweet rolls, monkey bread, pies and pretzels. Bring Containers for leftovers to take home to share with your family.

\$89.00 ID \$106.80 OD / session

Activity: 206224

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

Session: 7/13 - 16



Dance

Leap, Soar, Dance!

Ages: 6 - 11

Academie De Ballet

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

\$112.00 ID \$134.40 OD / session

Activity: 206577

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

Session: 7/20 - 23

Music & Voice

KPOV Radio Camp

Ages: 10 - 14

KPOV Radio

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

\$105.00 ID \$126.00 OD / session

Activity: 206650

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

Sessions: 6/22 - 26 7/13 - 17
8/10 - 14

Advanced Summer Strings Music Camp NEW

Ages: 10 - 15

Trinity Lutheran School

This camp is for advanced elementary or middle school string students. Led by the Central Oregon Youth Orchestra, students will work on string orchestra repertoire and perform a concert at the end of camp. Students must bring their own instrument.

\$100.00 ID \$120.00 OD / session

Activity: 206313

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

Session: 6/29 - 7/2

Advanced Summer Chamber Music Camp NEW

Ages: 12 - 17

Trinity Lutheran School

This camp is for advanced middle or high school band and orchestra students. Led by Central Oregon Youth Orchestra, students will play in small chamber groups, enhancing musical technique and exposure to new and different styles of music and culminating in a concert. Students must bring their own instrument. Placement audition required.

\$100.00 ID \$120.00 OD / session

Activity: 206314

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

Session: 6/29 - 7/2

Family Music Camp NEW

Ages: 6 - 17 with Adult

DIYcave

Learn to play the ukulele or guitar with your child in a small class setting. We will learn chords, strumming and songs. All the learning materials provided. You must provide your own ukulele. Parent/guardian fee included.

\$72.00 ID \$86.40 OD / session

Activity: 206376

Ages: 6 - 10

M - Th: 6:30 - 8:00 pm

Sessions: 7/6 - 9 7/20 - 23

Ages: 11 - 17

M - Th: 6:30 - 8:00 pm

Sessions: 7/13 - 16 7/27 - 30

Explore World Music

Ages: 6 - 8

Cascade School Music

Take an exciting musical journey of song and play across the globe! We will sing and play with kid-friendly instruments, dance, craft and journal during the class. We'll hold a short musical program on the final day of class.

\$100.00 ID \$120.00 OD / session

Activity: 206361

M - Th: 1:00 - 2:30 pm

Sessions: 7/13 - 16 7/20 - 23
7/27 - 30 8/3 - 6



SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



Explore Ukulele

Ages: 8 - 12

Cascade School Music

Learn to play the ukulele! Kids will learn chords, strums and picking notes while learning Hawaiian, folk, and contemporary songs. A performance will be held on the final day of class. Ukuleles are provided.

\$125.00 ID \$150.00 OD / session

Activity: 206368

M - F: 3:00 - 4:30 pm

Sessions: 7/13 - 17 7/20 - 24
8/3 - 7

Beginning Violin

Ages: 7 - 10

Cascade School Music

Beginning with the basic techniques, students will learn how to hold the bow and instrument along with basic rhythms and notes on the violin.

\$120.00 ID \$144.00 OD / session

Activity: 206371

Tu: 10:00 - 10:50 am

Session: 7/14 - 8/18

Summer Strings

Ages: 8 - 12

Cascade School Music

Summer Strings is designed for students with at least 9 months of experience playing the violin, viola, or cello. Playing fun, summery music, we'll work on note reading and reinforce fundamental skills such as bow grip and intonation.

\$120.00 ID \$144.00 OD / session

Activity: 206374

Tu: 4:30 - 5:20 pm

Session: 7/14 - 8/18

Beginning Guitar

Ages: 7 - 12

Cascade School Music

Learn the basics to get you strumming! We'll go over tuning, how to hold, strum and pick the guitar, chords, leads and some cool songs too.

\$120.00 ID \$144.00 OD / session

Activity: 206367

Ages: 7 - 9

W: 4:00 - 4:50 pm

Session: 7/15 - 8/19

Ages: 10 - 12

W: 5:00 - 5:50 pm

Session: 7/15 - 8/19

Beginning Piano

Ages: 7 - 12

Cascade School Music

In this solid introduction to the piano, you will be introduced to music theory, note reading, rhythms and musical symbols on a staff. We'll also learn a few simple songs on a keyboard.

\$120.00 ID \$144.00 OD / session

Activity: 206370

Ages: 7 - 9

W: 12:30 - 1:20 pm

Session: 7/15 - 8/19

Ages: 10 - 12

W: 1:30 - 2:20 pm

Session: 7/15 - 8/19

Beginning Drums

Ages: 8 - 10

Cascade School Music

Students will learn noted rhythmic patterns, as well as beginning beats on the drum set for a well-rounded introduction to the basics of rhythm, which is crucial for all musicians.

\$120.00 ID \$144.00 OD / session

Activity: 206373

Th: 4:30 - 5:20 pm

Session: 7/16 - 8/20

World Choir for Girls

Ages: 9 - 13

Cascade School Music

Singing with a choir gives children a forum to work together to bring the beauty of music to life. This process of ensemble music-making cultivates the sense of connection, teamwork, confidence and poise. Students will explore ways to find ease and comfort while singing music from around the world. Beginners welcome! No auditions are required.

\$120.00 ID \$144.00 OD / session

Activity: 206366

Th: 4:30 - 5:45 pm

Session: 7/16 - 8/20

Explore Percussion

Ages: 10 - 14

Cascade School Music

A beginning class for students to explore the variety of percussion instruments including marimba, glockenspiel, snare drums, tenors drums, bass drums, cymbals and more.

\$100.00 ID \$120.00 OD / session

Activity: 206363

M - Th: 12:30 - 2:00 pm

Sessions: 8/3 - 6 7/13 - 16

Nature

The Hidden World Around Us

Ages: 8 - 12

Riley Ranch Nature Reserve

Explore the natural habitat of Riley Ranch and sharpen your naturalist observation skills. Get to know the plants and animals that make the rivers and forest their home. Learn how these organisms adapt for survival and bring it all together with nature-inspired art projects and games. Bring lunch and a water bottle.

\$199.00 ID \$238.80 OD / session

Activity: 206128

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

Session: 6/29 - 7/2

Predator Prey Project

Ages: 8 - 12

Riley Ranch Nature Reserve

You will get hands-on experience with a variety of mammal skulls and learn key observation skills to identify if the animal was a meat eater or plant eater and what senses they relied on to find food or avoiding being food. We will also play games that highlight predator-prey relationships, adaptations and apply our new knowledge to art projects. Bring lunch and a water bottle.

\$199.00 ID \$238.80 OD / session

Activity: 206129

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

Session: 7/27 - 30

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

Click! Nature Photography Camp

Ages: 12 - 16

Riley Ranch Nature Reserve

Come wander in nature with your camera and local photographer, Natalie Stephenson, as we learn to photograph nature! In this camp, we will learning about camera terms like ISO, aperture and shutter speed. Then, we will get hands-on experience in the field. Class trips, include one of the cascade lakes and a hike to Riley Ranch Nature Reserve from Tumalo State Park. Cameras not provided. DSLR cameras preferred.

\$165.00 ID \$198.00 OD / session

Activity: 206127

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

Session: 8/18 - 20



Performing Arts

Oh My Odyssey! Greek Myths Take Stage

NEW

Ages: 7 - 11

BEAT Studio

Step back in time and learn all about theatre by telling the story of Odysseus of Ithaca. This week-long summer camp invites campers to become Greek gods, sirens or even sea beasts! Kids will get the chance to create their own costumes to make their characters come alive. No experience necessary.

\$215.00 ID \$258.00 OD / session

Activity: 206551

M - F: 9:00 am - 2:00 pm

Session: 6/22 - 26



Monsters in the Spotlight!

NEW

Ages: 7 - 11

BEAT Studio

The perfect camp for the creative monster in your life. We'll focus on character building and wacky masks to bring out the monster in your camper. We'll write an original play using monster characters we create. No experience necessary - all monsters welcome.

\$215.00 ID \$258.00 OD / session

Activity: 206552

M - F: 9:00 am - 2:00 pm

Session: 7/6 - 10

Stories from Outer Space

NEW

Ages: 7 - 11

BEAT Studio

Travel through space and time! This super-fun, week-long camp will focus on set and prop design and building as a way to bring imagination to life. Campers will write an original play and then build the planet(s) in which it takes place. No experience necessary. Come and have fun!

\$215.00 ID \$258.00 OD / session

Activity: 206553

M - F: 9:00 am - 2:00 pm

Session: 7/13 - 17

Junior BEAT Summer Camp

NEW

Ages: 7 - 9

BEAT Studio

Take your acting to the next level of storytelling with more theatre experience and by adding the fun of some singing and dancing. Junior BEAT is perfect for preparing a young actor for a bigger production experience. 6-year-old actors with Teeny BEAT experience may enroll.

\$95.00 ID \$114.00 OD / session

Activity: 206555

M - Th: 1:00 - 2:00 pm

Session: 7/27 - 30

M - Th: 2:30 - 3:30 pm

Session: 7/27 - 30

Is Acting For You?

Ages: 7 - 11

BEAT Studio

Are you new to the world of acting or maybe you've seen a wonderful show on stage and want to give it a try yourself? Then, this class is a perfect place to start! Join us and put on a short performance in just 4 days. You'll learn the basics of character and story and the fun of being on stage! No previous experience required.

\$120.00 ID \$144.00 OD / session

Activity: 206550

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

Session: 8/17 - 20

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

Session: 8/24 - 27

Let's Perform with Miss Lovely

Ages: 6 - 14

Westside Village
Magnet School

Miss Lovely's Art of Theater

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits or short play for family and friends will be held on Friday.

\$90.00 ID \$108.00 OD / session

Activity: 206511

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

Sessions: 6/15 - 19 8/24 - 28

Miss Lovely's Sing, Dance, Act

Learn to perform like the professionals do! Practice vocalizing techniques, enjoy fun choreography and move to international music. Work with a group to make up your own unique performance to showcase on Friday.

\$100.00 ID \$120.00 OD / session

Activity: 206512

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

Sessions: 6/22 - 26 7/6 - 10
8/17 - 21

Miss Lovely's Fairy Tale Theatre

Let's get creative and embark on a fabulous journey into the world of theatre and self-expression. You'll practice and perform a beautiful fairytale of your choice. Friends and family are welcome to our performance on Friday.

\$100.00 ID \$120.00 OD / session

Activity: 206513

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

Sessions: 7/13 - 17 7/27 - 31



**Brought to you
by the BPRD "Science Rocks"
Team of the Master & Dr. Nope.**

Bring your sense of fun and adventure along with a water bottle, lunch and healthy snack. And get ready to get messy!



Girls Only Science

Ages: 6 - 11

Elk Meadow Elementary

Meet other girls who like science! Join The Master and Dr. Nope for an exploration of chemistry, physics, paleontology and more! Prepare to have fun with just the girls!

\$139.00 ID \$166.80 OD / session

Activity: 206608

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

Session: 6/22 - 25

Dinosaur Adventures

Ages: 5 - 9

Elk Meadow Elementary

If you want to learn about paleontology, this camp is for you! The Master and Dr. Nope will take you back in time for some hands-on, pre-historic adventures. We'll examine fossils and learn how scientists find and determine what they came from. Be prepared to get messy.

\$139.00 ID \$166.80 OD / session

Activity: 206604

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

Session: 7/13 - 16

Space Explorers

Ages: 6 - 10

Elk Meadow Elementary

The Master and Dr. Nope will be your guides as we explore our solar system. We'll make rockets, a Mars probe and many other fun and challenging activities. Bring a 2-liter bottle, and be prepared to get messy!

\$139.00 ID \$166.80 OD / session

Activity: 206601

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

Session: 7/6 - 9

Detective Camp

Ages: 7 - 11

Elk Meadow Elementary

Learn about the science of fingerprints, trace evidence, chemistry, and blood splatter analysis. Join The Master and Dr. Nope as we use forensic science to solve a crime. Be prepared to get messy!

\$139.00 ID \$166.80 OD / session

Activity: 206603

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

Session: 7/27 - 30

The Science of Being a Secret Agent

Ages: 6 - 11

Elk Meadow Elementary

Come learn the science of stealth and disguise with The Master and Dr. Nope. Create a secret identity and make some cool spy gadgets. Be prepared to get messy.

\$139.00 ID \$166.80 OD / session

Activity: 206610

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

Session: 8/3 - 6

Mad Science: Minions!

Ages: 6 - 10

Elk Meadow Elementary

Dreaming of ruling the world but not sure where to begin? Join The Master and Dr. Nope for a crash course in the basics of biology and physics that you will need to make your plan. Bring a two-liter bottle.

\$199.00 ID \$238.80 OD / session

Activity: 206605

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

Session: 8/17 - 20



Mad Scientists: Masterminds!

Ages: 7 - 11

Hollinshead Barn

Expand your world domination skills with other "Mad Scientists." The Master and Dr. Nope will supply the materials and the challenge; you bring your creativity and talent! Bring a 2-liter bottle and be prepared to get messy.

\$199.00 ID \$238.80 OD / session

Activity: 206607

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

Session: 8/24 - 27



Technology: Coding & Programming

Coding 100/200

Ages: 6 - 12

Sylvan Learning Center NWX

Each student works with a netbook to create their own animated 3-D interactive projects and video games! This course inspires life-long 21st century skills like problem solving, logic, collaboration and more!

\$199.00 ID \$238.80 OD / session

Activity: 206651

M - F: 1:00 - 3:00 pm

Sessions: 6/22 - 26 7/20 - 24

iCode

Ages: 6 - 12

Miller Elementary

Students will take a fun, interactive look at coding by creating virtual apps and writing their own programs to share with friends and family. This course makes learning to code fun and explores problem solving and programming logic. Students will have access to their accounts so the learning does not end at the door. Students should be able to read prior to taking this course.

\$125.00 ID \$150.00 OD / session

Activity: 206667

M - Th: 9:00 - 11:00 am

Session: 6/22 - 25

Gaming & Coding

Ages: 6 - 12

Miller Elementary

This course combines two amazing experiences for students: gaming and coding. Students spend the morning taking an interactive look at coding and building virtual apps to share with friends. In the afternoon, students build simple video games combining the art of video game design and animation to create interactive characters. Students are encouraged to bring a sack lunch.

\$250.00 ID \$300.00 OD / session

Activity: 206671

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

Session: 6/22 - 25

The Gaming Academy

Ages: 9 - 17

Miller Elementary

The perfect academy for students who love games. During this all-day course students, will deep dive into the world of 2D and 3D game design. The academy is a combination of our basic, advanced and 3D game design courses. Students will receive a variety of hands-on experience designing and building their very own games. Students are encouraged to bring a sack lunch.

\$300.00 ID \$360.00 OD / session

Activity: 206672

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

Session: 6/29 - 7/2

iGame Creators

Ages: 6 - 10

Miller Elementary

Get creative with video games! In this introductory course, you'll learn to build simple video games. Combine the art of game design and animation to create fun, interactive games with characters that fly around the screen and amaze your friends and family.

\$125.00 ID \$150.00 OD / session

Activity: 206678

M - Th: 12:00 - 2:00 pm

Session: 6/22 - 25

M - Th: 9:00 - 11:00 am

Session: 7/13 - 16

Roblox Studio- Programming & Game Development

Ages: 9 - 15

Miller Elementary

Calling all Roblox users! Join millions of gamers using Roblox Studio, a 3D-based program that uses physics, LUA programming, and individual creativity to build an avatar and immersive world. We'll guide you through game development as you build and publish your games to share with friends and family!

\$150.00 ID \$180.00 OD / session

Activity: 206670

M - Th: 12:00 - 2:00 pm

Session: 6/29 - 7/2

M - Th: 9:00 - 11:00 am

Session: 7/20 - 23

Application Design

Ages: 9 - 15

Miller Elementary

Students take an interactive, hands-on look at the world of application design and development. Students will design their own app, which can be shared with friends and family member.

Fees: \$155.00 ID \$186.00 OD

Activity: 206665

M - Th: 11:30 am - 2:00 pm

Session: 7/6 - 9

Video Game Design

Ages: 9 - 17

Miller Elementary

Let's take a fun, interactive look at the world of video game design and development. Learn basics of video game design and produce several different interactive video games to share friends and family.

\$175.00 ID \$210.00 OD / session

Activity: 206663

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

Session: 6/29 - 7/2

M - Th: 11:30 am - 2:00 pm

Session: 7/13 - 16

Technology: Digital Animation & Film

Movie Makers

Ages: 9 - 15

Miller Elementary

Make a movie - beginning to end! This hands-on, interactive course will introduce you to the world of digital video design and production, including green screen and special effects work. You will film, direct and edit your own digital video creation to share with friends and family

\$150.00 ID \$180.00 OD / session

Activity: 206666

M - Th: 9:00 - 11:00 am

Session: 7/6 - 9

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Animation

Ages: 9 - 17

Miller Elementary

Learn the basics of animation and digital design. If you enjoy fun, interactive animations, you will love this course. Using award winning animation software, you will create fun, interactive animations that you can share.

\$160.00 ID \$192.00 OD / session

Activity: 206662

M - Th: 11:30 am - 2:00 pm

Session: 7/20 - 23

Technology: Engineering

Super Hero Engineering with LEGO® NEW

Ages: 5 - 7

Elk Meadow Elementary

Save the world with super heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only super heroes, but super hero engineers! An experienced Play-Well instructor guides young heroes as they design, build and save a city where ingenuity and imagination can solve any conflict.

\$175.00 ID \$210.00 OD / session

Activity: 206675

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

Session: 6/22 - 26

Volunteer with kids!

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



Super Hero Master Engineering with LEGO® NEW

Ages: 8 - 12

Elk Meadow Elementary

Super heroes need your help to defeat the destructive forces of evil arch-villains as they threaten LEGO@polis! Explore the tools and techniques of your favorite caped crusaders and learn what makes them not only super heroes, but super engineers. An engineering curriculum designed by Play-Well challenges heroes to design, build and save a city where ingenuity and imagination can solve any conflict.

\$175.00 ID \$210.00 OD / session

Activity: 206680

M - F: 1:00 - 4:00 pm

Session: 6/22 - 26

Fun Works Intro to Engineering/STEM with LEGO®

Ages: 5 - 7

Elk Meadow Elementary

Children are introduced to engineering concepts, STEM, building skills and techniques. Each project is modified and customized by students. LEGO® motorized gear drive cars, motorcycles and monorail are just a few of the amazing projects for campers.

\$140.00 ID \$168.00 OD / session

Activity: 206661

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

Sessions: 7/6 - 10 8/3 - 7

Fun Works Engineering/STEM with LEGO®

Ages: 8 - 11

Elk Meadow Elementary

Using motorized LEGO® projects, children are introduced to engineering concepts and develop their understanding of STEM with each project. Students typically build two projects per day. They'll modify the mechanics, add decorations and participate in friendly competitions. Projects include: a belt-drive motorcycle, a gear drive car and an epic monorail/battle.

\$140.00 ID \$168.00 OD / session

Activity: 206674

M - F: 1:00 - 4:00 pm

Sessions: 7/6 - 10 8/3 - 7

Engineering 100/200

Ages: 5 - 12

Sylvan Learning Center NWX

Use your engineering brain to plan, design, build and test simple machines and complex bridge structures. In this hands-on, interactive class, students learn key science, engineering and architectural concepts such as force, stress, tension, compression, suspension technology and cantilever construction. Explore the STEM world and discover the mechanics behind everyday machines.

\$199.00 ID \$238.80 OD / session

Activity: 206657

M - F: 1:00 - 3:00 pm

Sessions: 7/13 - 17 8/3 - 7

Intro to STEM with LEGO®

Ages: 5 - 7

Elk Meadow Elementary

Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as: trains, helicopters, treehouses and beam bridges. Design and build as never before, and explore your craziest ideas in a supportive environment. No experience needed.

\$175.00 ID \$210.00 OD / session

Activity: 206660

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

Session: 7/20 - 24

Wizarding World of Magic & Engineering using LEGO®

Ages: 5 - 7

Elk Meadow Elementary

Explore the magic of Harry Potter using LEGO®! Find Platform 9 3/4, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts.

\$175.00 ID \$210.00 OD / session

Activity: 206668

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

Session: 8/10 - 14

SUMMER 2020 PAYMENT OPTION:

Payment is optional
at time of registration.

Choose your payment amount
from no money down
to full fee.

Any remaining fees are
due 30 days prior to
program start date.

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

Wizarding World of Magic & Engineering using LEGO®

Ages: 8 - 12

Elk Meadow Elementary

Master the magic of Harry Potter using LEGO®! Build Diagon Alley in preparation for your trip to Hogwarts School of Witchcraft and Wizardry. Hop on your broomstick and play Quidditch, duel the evil Lord Voldemort, and hone your magical skills while learning about advanced Muggle (STEM) concepts.

\$175.00 ID \$210.00 OD / session

Activity: 206669

M - F: 1:00 - 4:00 pm

Session: 8/10 - 14

Technology: Robotics

Robotics & Engineering Combo

Ages: 5 - 12

Sylvan Learning Center: NWX

Explore the world of robotics and use your engineering brain! Develop your creativity and problem-solving skills to build innovative robots that come to life. You will explore everyday machines, work through planning, designing, building, and testing.

\$199.00 ID \$238.80 OD / session

Activity: 206655

M - F: 1:00 - 3:00 pm

Session: 6/29 - 7/3

Bash'em Bots using LEGO®

NEW

Ages: 8 - 12

Elk Meadow Elementary

Traverse challenging obstacles, battle against fellow bots and take on Play-Well instructor's colossal creations in the Battle Arena. Customize your chassis to become a Minerbot, a Juggernaut, or an Iron Elephant using tens of thousands of LEGO® parts. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

\$175.00 ID \$210.00 OD / session

Activity: 206676

M - F: 1:00 - 4:00 pm

Session: 7/20 - 24

Robotics Camp

Ages: 5 - 13

Sylvan Learning Center NWX

Create, animate and program complex LEGO® robots. Students use creativity and problem-solving skills while building awesome robots that come to life!

\$199.00 ID \$238.80 OD / session

Activity: 206652

M - F: 1:00 - 3:00 pm

Session: 8/17 - 21

ENRICHMENT

WEDNESDAYS

Plan for Fall: Afterschool Programs

Sign up for the new school year!

Grades: K - 5

\$70.00 ID \$84.00 OD / session

W: 2:00 - 3:30 pm

1st Session: 9/16 - 10/21

Each week, Bend-La Pine Schools have school improvement Wednesdays where kids end their school day at 1:00 pm! What to do? Don't fret, Enrichment Wednesdays are here for you! We host five enrichment offerings each year and they are all located at your child's school - how convenient! Each offering rotates every six to eight weeks depending on the school calendar year. Offerings include movement classes like dance, games or martial arts and a variety of art, science and foreign language options. Try something new or try them all!

BEAR CREEK

All Activities: 406601

Experiment with Art

Sessions: 9/16 - 10/21

BUCKINGHAM

All Activities: 406602

Intro to STEM with LEGOs

Sessions: 9/16 - 10/21

ELK MEADOW

All Activities: 406603

Children's Ki Aikido

Sessions: 9/16 - 10/21

HIGH LAKES

All Activities: 406605

Spanish Immersion

Sessions: 9/16 - 10/21

HIGHLAND

All Activities: 406606

Nature Discovery

Sessions: 9/16 - 10/21

JEWELL

All Activities: 406607

Fun, Funky Fresh Dance

Sessions: 9/16 - 10/21

JUNIPER

All Activities: 406608

Sportsters

Sessions: 9/16 - 10/21

LAVA RIDGE

All Activities: 406609

Intro to Karate

Sessions: 9/16 - 10/21

MILLER

All Activities: 406610

Future Filmmakers Experiment with Art

Sessions: 9/16 - 10/21

NORTHSTAR

All Activities: 406614

Sportsters

Sessions: 9/16 - 10/21

PINE RIDGE

All Activities: 406611

STEM Club

Sessions: 9/16 - 10/21

SILVER RAIL

All Activities: 406613

After School Movement: Movement, Art & Voice

Sessions: 9/16 - 10/21





Plan for Fall: 2020-21 Afterschool Programs



Grades: K - 5
Located at your school!

For more information:
Call (541) 389-7275.

Why KIDS INC?

CONVENIENT: Great program for working parents to meet your family's child care needs.

NO TRANSPORTATION NEEDED: Co-located program at school demonstrates close partnership between school district and park district to help children thrive.

ACTIVE LIFESTYLE: Games and play promote movement and fitness.

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

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



2020-21

School Locations:

BEAR CREEK
BUCKINGHAM
ELK MEADOW
ENSWORTH
HIGH LAKES
HIGHLAND
JEWELL
JUNIPER
LAVA RIDGE
MILLER
NORTH STAR
PINE RIDGE
PONDEROSA
SILVER RAIL

KIDS INC Hours:

Monday, Tuesday, Thursday & Friday
Afterschool: 2:30 - 6:00 pm
Early Release Wednesday:
1:00 - 6:00 pm

Registration & Fees:

Registration Fee: \$20.00 per child, non-refundable.
Monthly Fee: \$169.00 / month. Fee is single price regardless of number of days used.

Registration Opens: May 18 - 22

Reserve your child's spot this spring.

2020-21 KIDS INC registration dates/schools
all open at 8:00 am each day

May 18	May 20	May 22
Highland	Buckingham	Elk Meadow
Ensworth	Juniper	High Lakes
May 19	Silver Rail	Jewell
Ponderosa	May 21	
Bear Creek	Pine Ridge	
Miller	Lava Ridge	
	North Star	



MAKE
MEMORIES
.....
**RIVER
ADVENTURES**
.....
PAGES 97 - 98

play outside

Fishing

Jason Freiboth Fish Clinic

Ages: 5 - 11 with adult
Shevlin Park Pond

This clinic includes instruction, equipment and fun! The pond will be stocked with trout and volunteers will be on hand with donated equipment to help kids and their families learn about fishing. A parent or other adult must attend and participate with the child.

\$7.00 ID \$8.40 OD / session
Activity: 203130
Tu: 6:15 - 8:00 pm
Session: 6/16

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Camps

Paddlesports Adventure Camp

Ages: 8 - 15
Tumalo Creek Kayak & Canoe

For kids who want to try it all, Paddlesports Adventure week includes a day of standup paddle boarding, kayaking, rafting, and learning to sail Hobie Adventure Island trimaran kayaks on Elk Lake. Your child will learn about cooperation and team building in an active and engaged environment, while gaining a greater appreciation for Central Oregon waterways.

\$395.00 ID \$474.00 OD / session
Activity: 207946
M - Th: 9:00 am - 4:00 pm
Sessions: 6/15 - 18 8/24 - 27

Looking for more camps?

See pages 96 - 99 for more adventures!

Adventure Camp

Ages: 11 - 14
Harmon Park

Let's go adventure! Whitewater raft on a river, rock climb at Smith Rock State Park, mountain bike to a lake, swim, play and more! Meet new friends and challenge yourself with a variety of fun outdoor activities that make Central Oregon a great place to live and play. Each day is a different, active adventure. No experience required; all transportation and equipment provided.

\$308.00 ID \$369.60 OD / session
Activity: 207500
M - W: 8:30 am - 4:30 pm
Th: 8:00 am - 6:00 pm
Ages: 11 - 14
Sessions: 6/29 - 7/2 7/20 - 23
Ages: 12 - 14
Sessions: 8/10 - 13 8/24 - 27



Make
adventure
habit.

Follow a trail.
Go boating.
Camp under the stars. Observe animals in their habitat. Catch a fish. Play in a park. Explore Oregon's culture and history. Make this a summer of discovery and exploration. Be greater outdoors.

Outdoor Day Camps



Shevlin Park

Cougar Camp, located in beautiful Shevlin Park, is one of Bend's favorite summer camps! The unique camp setting, skits and games will keep your child in love with the great outdoors! Activities include: hiking, biking, swimming, games and nature exploration. The whole family shares a BBQ potluck and camp activities on Wednesday evening at 6:00 pm. The kids stay for an overnight in the tipis following the BBQ. Don't miss the fun!

\$210.00 ID \$252.00 OD / session

Camp Times:

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

W: 9:00 am - Th 12:00 pm (Overnight)

Cougar Camp 1

Entering Grades: 3 & 4

Activity: 207401

Sessions: 6/22 - 25 7/6 - 9 7/27 - 30
8/10 - 13

Cougar Camp 2

Entering Grades: 5 & 6

Activity: 207402

Sessions: 7/13 - 16 8/3 - 6 8/17 - 20

Cougar Camp 1 & 2

Entering Grades: 3 - 6

Activity: 207412

Sessions: 6/15 - 18 6/29 - 7/2 8/24 - 27



Survival Camps

Sawyer Park

INTRO SURVIVAL

Ages: 6 - 9

An exciting adventure in wilderness survival for "younger explorers!" Learn shelter building, traps, cordage, navigation, tracking, fire-building concepts (no actual fires built) and more. Experienced survival and primitive skills instructors use games and scenarios ("what would you do if?") typically seen on popular TV shows to introduce campers to common but fun and challenging skills. Students work on developing focus, cooperation and listening skills.

\$322.00 ID \$386.00 OD / session

Activity: 207511

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

Sessions: 6/15 - 19 8/24 - 28 8/31 - 9/4



INTERMEDIATE SURVIVAL

Ages: 8 - 10

Continue the journey with full days of building on survival skills and testing yourself against scenarios: shelters, fire building, wilderness medicine, teamwork, traps, orienteering, cordage, knots and primitive skills. We'll play survival-themed games and end the week with an exciting final scenario. Bring appropriate clothing, snacks and lunch. No prerequisites.

\$322.00 ID \$386.40 OD / session

Activity: 207512

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

Session: 6/29 - 7/3

ADVANCED SURVIVAL

Ages: 10 - 14

This course for "older explorers" takes nature exploration to a whole new level. Campers use increasingly complicated team scenarios such as being lost, accidents in remote places, dealing with natural disasters to develop survival, disaster response and primitive skills. Learn about shelters, traps, orienteering, primitive skills, tracking and fire-building concepts. Leadership, communication and decision-making skills are built through the week. No prerequisites.

\$322.00 ID \$386.40 OD / session

Activity: 207513

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

Session: 7/27 - 31

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

PaddlePLAY Watersports Camp

Ages: 11 - 14

Harmon Park

Spend summer days on the water! Run small rapids in tandem inflatable kayaks on the Deschutes River at Warm Springs. Explore the shoreline of a lake by paddleboard. Canoe on a quiet stretch of the Deschutes River and whitewater raft the McKenzie River. All gear and transportation provided. No previous experience required.

\$308.00 ID \$369.60 OD / session

Activity: 207900

M/Tu/W: 8:30 am - 4:30 pm

Th: 8:00 am - 6:00 pm

Sessions: 7/6 - 9 7/27 - 30



Ninja Warrior Parkour

Ages: 9 - 14

Pine Nursery Park

Jump, vault, tumble and spin your way under, over and through obstacles. Build strength, timing and balance as instructors take you through a challenging and rewarding progression of exercises, obstacles, martial art forms and acrobatic movements to choreograph key parkour and free running movements. Learn from expert instructors who teach and compete at the national level.

\$365.00 ID \$438.00 OD / session

Activity: 207816

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

Session: 7/6 - 10

Nature Rx

NEW

Ages: 3 - 5

Shevlin Park

Connect with the outdoors and natural world through free play in the forest and by the river. Participants are supervised by staff who guide their exploration of the park and its various mysteries while providing props, games and activities that prompt their imagination. Bring appropriate clothing, snacks and lunch.

\$236.00 ID \$283.20 OD / session

Activity: 207820

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

Session: 7/6 - 10

Girls

Earth Skills Camp

Ages: 9 - 14

Shevlin Park

Fun in nature! Work in teams to build communication, leadership skills, self-esteem and self-sufficiency by practicing an array of wilderness skills. Girls will learn shelter construction, fire building, tool and knife use, knots and ropes, navigation and plant identification. Instructors make it fun and challenging with creative team scenarios to problem solve in small groups. Bring appropriate clothing, snacks and lunch.

\$322.00 ID \$386.40 OD / session

Activity: 207818

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

Session: 7/13 - 17

SUMMER 2020 PAYMENT OPTION:

Payment is optional
at time of registration.

Choose your payment amount
from no money down
to full fee.

Any remaining fees are
due 30 days prior to
program start date.

Art & Adventure Camps



Ages: 9 - 12

Art Station

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

\$255.00 ID \$306.00 OD / session

Activity: 211205

Wild Bend

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

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

Session: 7/6 - 9

The River that Runs Through

NEW

Journey along the path of the Deschutes River through different art mediums including watercolor, printmaking and sculpture. Each day we will learn about part of the river's journey from the headwaters, through Bend, to where it meets the Columbia! We will create projects that show this great river and the creatures that make its watershed their home.

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

Session: 7/20 - 23

Forests, Mountains & Lakes...Oh My!

NEW

Visit the fabulous forests, majestic mountains and lovely lakes of the Cascade wilderness. We'll learn about the different species of trees that fill the forest, explore the creation of volcanoes, and look closely at lake ecosystems as we capture their greatness with a variety of art mediums.

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

Session: 8/10 - 13

Crafter's Camp

NEW

Ages: 8 - 12

Shevlin Park

Build. Cool. Stuff. This camp is all about tool use, creativity and engineering. Each day we will introduce a new building project that participants will work on throughout the week to bring home. Projects are generally themed for camping and outdoors. We even try to build the tools we will use to build the other things! Projects may include assembling a bushcraft knife, a bone awl, natural fiber cordage, hand-carved wooden spoon and bowl, paracord survival bracelets, feathersticks, leather pouches, bamboo walking sticks and more. Bring appropriate clothing, snacks and lunch.

\$322.00 ID \$386.40 OD / session

Activity: 207819

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

Session: 8/10 - 14

Kids Whitewater Kayak Camp

Ages: 10 - 15

Tumalo Creek Kayak & Canoe

This all-levels camp is designed to introduce kids to the exciting world of whitewater kayaking! We'll emphasize both safety and fun as we gradually introduce campers to moving water. Paddlers will gain confidence and awareness as they get ready for a lifetime of paddling the rivers of the great Northwest. Note: Camper's skill level and comfort will be assessed on day one to accommodate for all skill levels. All gear and transportation provided.

\$395.00 ID \$474.00 OD / session

Activity: 207942

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

Session: 8/3 - 6



Outdoor Overnight Camps

John Day River Overnights

Ages: 12 - 15

Harmon Park

The John Day is one-cool-corner of Oregon. The "IK Overnight" trip gets you on the John Day River in paddle-your-own tandem inflatable kayaks for an overnight adventure of abundant sun, swimming, numerous small rapids to splash through (one Class II) and a "semi-wilderness" overnight camp along the river.

The "Explore Overnight" takes you hunting for fossils, camping overnight riverside with an inner-tubing excursion on the lower-water North Fork, and then a visit to the Condon Paleontology Center with fossil displays of the three-toed-horses, bear-dogs and saber-toothed cats that once roamed ancient Oregon.

Meals, inflatable kayak/inner tubes, tents and other group gear provided. Great for beginner explorers. No experience necessary.

\$199.00 ID \$238.80 OD / session

Activity: 207518

M: 8:00 am - Tu 5:30 pm
(overnight)

Sessions: 7/1 - 2 IK overnight
8/17 - 18 Explore overnight

Tree to Tree Obstacle Course & Beach Trip

NEW

Ages: 12-14

Harmon Park

A multi-day adventure on the west side of the mountains, including a super-fun outdoor aerial obstacle course that's high in the trees at Tree to Tree Adventure Park. The obstacle course includes Tarzan swings, balance beams, ladders, wobbly bridges, tight ropes and more. Then a visit to the beach and two nights camping with evening campfire fun. Meals, tents, group gear and transportation provided. No experience necessary.

\$350.00 ID \$420.00 OD / session

Activity: 207516

M: 8:00 am - W 5:30 pm
(overnight)

Session: 7/13 - 15

Tu: 8:00 am - Th 5:30 pm
(overnight)

Session: 7/28 - 30

Rock! & Roll Adventure

Ages: 11 - 14

Harmon Park

Dive into the depth of summer! First day, rock climb at Smith Rock State Park. No previous climbing experience necessary. Next, roll down to the river for an overnight of rafting, swimming, laughing and camping on the Lower Deschutes River. Meals, tents gear and transportation provided.

\$253.00 ID \$303.60 OD / session

Activity: 207501

Tu: 8:30 am - 4:30 pm

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

Sessions: 7/14 - 16 8/4 - 6

Mazama Zipline

Ages: 12 - 14

Harmon Park

Go on a fast-flying adventure though Crater Lake country. We spend a day visiting Crater Lake before we dropping down into the Rogue River valley for a night of camping. Then get ready for some heart-pounding fun as we thrill to a 5-zipline tour across the hills. Zipline equipment, meals, tents, group gear and transportation provided. No previous experience necessary. Participants must weigh between 65 and 275 lbs., be in good physical condition, and be able to follow directions unassisted: not an ADA compliant or accessible facility).

\$297.00 ID \$356.40 OD / session

Activity: 207521

Tu: 8:00 am - W 5:30 pm
(overnight)

Sessions: 8/4 - 5 8/18 - 19

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



Outdoor Day Adventures

Archery

Ages: 11 - 14

Harmon Park

Learn the 10,000-year-old art of bows and arrows. A fun program that emphasizes safety and developing basic skills using recurve bows on our outdoor range outside of Tumalo. No experience necessary; all skill levels welcome. All archery equipment and transportation provided.

\$33.00 ID \$39.60 OD / session

Activity: 207710

Tu: 8:30 am - 12:30 pm

Sessions: 7/7 7/21

F: 8:30 am - 12:30 pm

Sessions: 7/10 7/24

8/7 8/14

8/21 8/28

Beginning Trail Biking

Ages: 11 - 14

Harmon Park

It's a rush! Pedal your way through forests and meadows while learning how to navigate round trees, through rock sections, over small obstacles, up/down hills and more. A morning of instruction and riding fun single- and double-track trails for those with little or no trail riding experience. Equipment provided or bring your own mountain bike. Transportation provided.

\$33.00 ID \$39.60 OD / session

Activity: 207536

Th: 8:30 am - 12:30 pm

Sessions: 7/9 7/23

8/13



Rock Climbing

Ages: 11 - 14

Harmon Park

Enjoy top-rope rock climbing at magnificent Smith Rock State Park. All skill levels welcome. All necessary equipment and transportation provided.

\$72.00 ID \$86.40 OD / session

Activity: 207530

M: 7:30 am - 3:00 pm

Session: 8/3

Th: 7:30 am - 3:00 pm

Session: 8/20

Need Help Selecting an Outdoor Program?

Our outdoor programs offer varying combinations of physical activity, challenge, engaging children with nature, time spent outdoors, environmental education and stewardship opportunities.

If you have questions about the best match for your child, please contact our Outdoor Program Coordinator (below) to discuss your child's interests, skill level and previous experience. We'll help you make the selection.

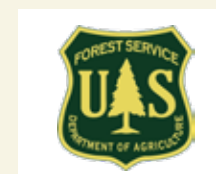
Eric Denzler
Outdoor Program Coordinator
(541) 706-6116
EricD@bendparksandrec.org

Outdoor Program Details

After you register your child, you can expect any important details on equipment needed, schedules and other information to be communicated to you directly via email. Ensure your account contact information is up-to-date so that you're in the loop.

Questions or concerns? Contact:

Eric Denzler
Outdoor Program Coordinator
(541) 706-6116
EricD@bendparksandrec.org



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

CAMPS
& MORE
.....
BASKETBALL
.....
PAGE 103



play with heart

Everybody wins.

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

Multisport Camps

All Sport Camp

Ages: 7 - 11

Cascade Indoor Sports

Come alone or join your friends! We'll play your favorite games such as soccer, kickball, tag, Ultimate Frisbee, flag football, dodgeball, Capture the Flag, floor hockey, volleyball, garbage ball, skating and more. It's fun above all else! Bring a water bottle and snack each day.

WEEKLY

\$160.00 ID \$192.00 OD / session

Activity: 203300

M - Th: 8:30 am - 12:30 pm

Sessions: 6/15 - 18	6/22 - 25	7/6 - 9
7/13 - 16	7/20 - 23	7/27 - 30
8/3 - 6	8/10 - 13	8/17 - 20
8/24 - 27		

DAILY

\$45.00 ID \$54.00 OD / session

Program: 203301

Daily: 8:30 am - 12:30 pm

Sessions: 6/15 - 8/27

SUMMER 2020

PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Moment Athletics Ultimate Outdoor Games Sports Camp NEW

Ages: 8 - 12

Discovery Park

Moment Athletics is locally owned and operated by Bend teacher and coach, CJ Colt. This camp offers ultimate, P.E. style outdoor games, traditional and non-traditional, appealing to all kids. Campers will participate in tag games, relays, invasion games (like Capture the Flag), and other modified field games. All games will be organized in an inclusive, exciting way that creates maximum engagement for all participants. Bring lunch and water bottle.

Activity: 203052

HALF DAY CAMP

\$135.00 ID \$162.00 OD / session

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

Session: 6/15 - 18

FULL DAY CAMP

\$179.00 ID \$214.80 OD / session

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

Session: 6/15 - 18

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

Four-Sport Sampler

Ages: 4 - 9

Skyline Sports Complex

A great way to start your summer fun, this camp allows you to try a variety of sports and activities all in one Skyhawk camp setting!

\$122.00 ID \$146.40 OD / session

Activity: 203357

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

Session: 6/15 - 18

Mighty Hawk Baseball

Ages: 5 - 8

Skyline Sports Complex

Participants learn lifelong skills in a great environment while practicing throwing, catching, hitting, running and defense.

\$137.00 ID \$164.40 OD / session

Activity: 203354

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

Session: 6/22 - 26

Mighty Hawk Soccer

Ages: 5 - 9

Not only do kids learn how to dribble, pass and shoot the ball, they also learn lifelong skills in a great environment. Includes camp t-shirt.

Activity: 203351

\$122.00 ID \$146.40 OD / session

M - F: 1:00 - 4:00 pm

Session: 6/22 - 26 Skyline
(Adj. Fee \$137.00 ID \$164.00 OD)

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

Sessions: 7/13 - 16 Pilot Butte MS
8/17 - 20 Skyline

Mighty Hawk Hoop

Ages: 5 - 8

The focus of this camp is on ball handling, passing, shooting, defense and rebounding. Great for kids!

\$122.00 ID \$146.40 OD / session

Activity: 203353

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

Session: 7/13 - 16 Pilot Butte MS

M - Th: 11:30 am - 2:30 pm

Session: 8/3 - 6 Highland Elem

Skyhawks Sports Camps

Mighty Hawk Flag Football

Ages: 5 - 9

Highland Elementary

Kids learn lifelong skills in a great environment, including how to pass, catch and run routes. Includes t-shirt.

\$122.00 ID \$146.40 OD / session

Activity: 203352

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

Session: 8/3 - 6

Skyhawks SoccerTots

Ages: 3 - 4

Pilot Butte Middle School

Kids will learn the basics of kicking, dribbling, foot-eye coordination, balance and following directions. Using props and games, they'll develop soccer and motor skills, and gain self-confidence.

\$50.00 ID \$60.00 OD / session

Activity: 203356

M - Th: 10:30 - 11:30 am

Sessions: 7/13 - 16 8/17 - 20

Baseball Camp

Ages: 6 - 12

Harmon Park

Catch some classic baseball action! This camp offers a fun training environment and features the core skills of throwing, catching, hitting and defensive skills.

\$122.00 ID \$146.40 OD / session

Activity: 203355

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

Session: 8/10 - 13

Soccer Camp

Ages: 7 - 12

Skyline Sports Complex

Not only do kids learn how to dribble, pass and shoot the ball, they also learn lifelong skills in a great environment. Includes camp t-shirt.

\$147.00 ID \$176.40 OD / session

Activity: 203350

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

Session: 8/17 - 20



Two-Camp Specials

Ages: 5 - 9

Skyline Sports Complex

Attend both camps during the week for one low price! Each week consists of a different combination of sports. Bring a lunch and snacks each day.

\$182.00 ID \$218.00 OD / session

Activity: 203359

Soccer & Baseball

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

Session: 6/22 - 26
(Adj. Fee \$192.00 ID \$230.40 OD)

Soccer & Basketball

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

Session: 7/13 - 16

Basketball & Flag Football

M - Th: 8:00 am - 2:30 pm

Session: 8/3 - 6)

Mini-Hawk Multisport Camp

This camp is ideal for introducing athletics, allowing your child to sample up to three different sports - soccer, baseball and basketball. It's designed to expose children to different sports at a young age.

Activity: 203358

Ages: 4 - 7

\$137.00 ID \$164.40 OD / session

M - F: 8:30 - 11:30 am

Session: 7/6 - 10 Miller Elem

Ages: 4 - 7

\$122.00 ID \$146.00 OD / session

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

Session: 7/20 - 23 Skyline

Ages: 6 - 12

\$182.00 ID \$218.40 OD / session

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

Session: 7/27 - 31 Skyline

Skyhawks Camp Schedule

WEEK 1: 6/15 - 28

Four-Sport Sampler

WEEK 2: 6/22 - 26

Mighty Hawk Baseball
Mighty Hawk Soccer
Two-Camp Special:
Soccer & Baseball

WEEK 3: 6/29 - 7/3 No camps

WEEK 4: 7/6 - 10

Mini-Hawk Multisport

WEEK 5: 7/13 - 16

Mighty Hawk Soccer
Mighty Hawk Hoop
Skyhawks Soccer Tots
Two-Camp Special:
Soccer & Basketball

WEEK 6: 7/20 - 23

Mini-Hawk Multisport

WEEK 7: 7/27 - 31

Mini-Hawk Multi Sport

WEEK 8: 8/3 - 6

Mighty Hawk Hoop
Mighty Hawk Flag Football
Two-Camp Special:
Basketball & Flag Football

WEEK 9: 8/10 - 13

Baseball Camp

WEEK 10: 8/17 - 20

Mighty Hawk Soccer
Soccer Camp
Skyhawks Soccer Tots

WEEK 11: 8/24 - 27

Mighty Hawk 3-Sport Camp

Mighty Hawk 3-Sport Camp

Ages: 5 - 9

Pacific Crest Middle School

We combine three sports into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages.

\$122.00 ID \$146.40 OD / session

Activity: 203351

M - Th: 8:30 - 11:30 am

Session: 8/24 - 27



Jordan Kent Just for Kids Skill Camps

Ages: 6 - 12

Founded by Jordan Kent, University of Oregon Hall of Fame three-sport athlete, this multi-sport skills camp is a week-long day camp offering fundamental training in football, soccer or basketball tailored to all abilities. Your camper will participate in skill training, agility training, games, life skills and nutrition education, all while basking in an exciting and engaging camp atmosphere. All campers will receive a camp t-shirt and post-camp goodie. Bring a lunch and water bottle.

Activity: 203050

HALF DAY CAMP

\$156.00 ID \$187.20 OD / session

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

Sessions: 6/15 - 18 Sky View MS
7/6 - 9 Sky View MS
7/20 - 23 Pacific Crest MS
8/10 - 13 Pacific Crest MS

FULL DAY CAMP

\$186.00 ID \$223.00 OD / session

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

Sessions: 6/15 - 18 Sky View MS
7/6 - 9 Sky View MS
7/20 - 23 Pacific Crest MS
8/10 - 13 Pacific Crest MS

Moment Athletics Field Games Camp NEW

Ages: 8 - 12

Discovery Park

Moment Athletics is locally owned and operated by Bend teacher and coach, CJ Colt. This multi-sport camp offers campers a chance to practice skills and play games such as soccer, flag football, kickball, rugby, and Ultimate Frisbee. Suited for the athletic-minded camper looking to play and improve more of the sports they love, while also learning new sports and games. Bring a lunch and water bottle.

Activity: 203053

HALF DAY CAMP

\$135.00 ID \$162.00 OD / session

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

Sessions: 6/22 - 25 7/13 - 16

FULL DAY CAMP

\$179.00 ID \$214.80 OD / session

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

Sessions: 6/22 - 25 7/13 - 16

Volunteer with youth sports and adaptive programs.

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

Baseball & Softball

Elks Baseball Camp

Ages: 7 - 14

Vince Genna Stadium

A great chance to improve your game with the Elks coaching staff and players, this camp is held at Genna Stadium, home of the Elks! Bring your baseball glove, water bottle and a snack each day.

\$75.00 ID \$90.00 OD / session

Activity: 203090

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

Sessions: 6/29 - 7/1 7/13 - 15
7/27 - 29

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

Session: 7/7 - 9

Jordan Kent Just for Kids Baseball Camp

Ages: 9 - 12

Pacific Crest Middle School

Founded by Jordan Kent, University of Oregon Hall of Fame three-sport athlete, this is a baseball specific camp where campers will build fundamental skills while participating in games, contests and nutrition education in our positive atmosphere. The perfect start for your developing slugger! Includes t-shirt and post-camp goodie.

\$99.95 ID \$119.94 OD / session

Activity: 203050

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

Session: 8/3 - 6

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Girls Softball Camp NEW

Ages: 7 - 14

Summit High School

Slide into summer with this awesome camp for girls. The camp stresses softball fundamentals in a fun and active atmosphere. Athletes will participate in a variety of fun and safe activities designed to build their skills in all areas of softball. This camp is geared towards athletes of all ability levels. Please bring a glove, cleats or good running shoes, weather-appropriate clothing and water bottle each day.

\$89.00 ID \$106.80 OD / session

Activity: 203250

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

Session: 6/15 - 18

Lava Bears All-Skills Softball Camp NEW

Girls, Grades: 7 - 12

Skyline Sports Complex

Presented by Bend High School coach Tom Mauldin and players, this girls-only softball camp is heavy on skills, strategies and actual games. Includes camp t-shirt.

\$99.00 ID \$118.80 OD / session

Activity: 203061

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

Session: 7/6 - 9



Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Basketball

Bend High Boys Basketball Camp

Grades: 4 - 9

Bend High School

Presented by Bend High School coaching staff and players, this boys-only basketball camp covers the fundamentals of shooting, passing, dribbling, rebounding and man-to-man defense. Includes camp t-shirt.

\$70.00 ID \$84.00 OD / session

Activity: 203063

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

Session: 6/15 - 18

Bend High Girls Basketball Camp

Grades: 3 - 9

Bend High School

Presented by Bend High School coaching staff and players, this girls-only basketball camp covers the fundamentals of shooting, passing, dribbling, rebounding and man-to-man defense. Includes camp t-shirt.

\$70.00 ID \$84.00 OD / session

Activity: 203062

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

Session: 6/15 - 18

COBO Basketball Camps

Start your off-season right with skill work under the direction of 10-time IMC Championship coach Craig Reid and his staff. Gain basketball knowledge and experience, develop individual skills and learn team concepts in a friendly environment.

LITTLE DRIBBLERS CAMP

Grades: 2 - 5

\$88.00 ID \$105.60 OD / session

Activity: 203070

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

Sessions: 6/22 - 25 Pilot Butte MS

7/20 - 23 Cascade MS

8/3 - 6 Pacific Crest MS

MIDDLE SCHOOL BASKETBALL CAMP

Grades: 5 - 9

\$88.00 ID \$105.60 OD / session

Activity: 203074

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

Sessions: 6/22 - 25 Pilot Butte MS

8/3 - 6 Pacific Crest MS

M - Th: 10:00 am - 1:00 pm

Session: 7/20 - 23 Cascade MS

ADVANCED BASKETBALL CAMP

\$109.00 ID \$130.80 OD / session

Activity: 203073

Grades: 3 - 6

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

Session: 7/13 - 16 Mtn. View HS

Grades: 7 - 9

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

Session: 7/13 - 16 Mtn. View HS

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.



BMX

Intro to Youth BMX Clinics

NEW

Ages: 6 - 16

Big Sky Sports Complex

Do you love riding your bike? Do you want to try BMX? If you can ride a bike, you can ride BMX! These four-week clinics are focused on the basic skills needed to safely navigate the track, the starting gate, corners and the bump section of the track and racing skills! Bring your bike and full-face helmet or we can provide a bike and helmet if needed. Wear closed toe shoes, long sleeve shirt and pants. Participants will need to purchase a USA BMX membership (fee: \$60.00) if not current members.

\$100.00 ID \$120.00 OD / session

Activity: 203138

W: 3:30 - 5:30 pm

Sessions: 6/3 - 24

7/1 - 22

Football

7-v-7 Football Skills Training

Grades: 6 - 8

Sky View Middle School

Join local high school and middle school coaches for skills, drills and 7-v-7 games! These training sessions are a great opportunity for players to advance their skills and prepare for their upcoming football season. This program will be comprised of skill development, instruction and game play. Includes a football t-shirt.

\$49.00 ID \$58.80 OD / session

Activity: 203150

W/Su: 6:00 - 7:30 pm

Session: 7/8 - 22

Storm Football Camp

Grades: 6 - 8

Summit High School

Join Summit High School football coach Corbin Hyatt and his outstanding staff for this fast-paced camp as a great way to start your season! Wear t-shirt, shorts and cleats each day. No helmets or pads will be used during this camp. Includes camp t-shirt.

\$50.00 ID \$60.00 OD / session

Activity: 203159

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

Session: 8/3 - 6

Storm Football Clinics

Grades: 2 - 5

Summit High School

Join Summit High School coach Corbin Hyatt and his staff to start your season right! Skills include passing, running, catching, agility drills and game concepts. Wear t-shirt, shorts and tennis shoes each day. No helmets or pads will be used during this camp. Includes camp t-shirt.

\$36.00 ID \$43.20 OD / session

Activity: 203161

Tu/W: 10:00 am - 12:00 pm

Session: 8/4 - 5



REGISTER NOW FOR FALL!

Fall Football Leagues

Youth Tackle Football

Boys & Girls, Grades 5 - 6 (2020-21 school year)

This 8-man rookie program serves as a bridge between flag football and traditional 11-man football played in grades 7 - 12. This league emphasizes skill development, participation, teamwork, sportsmanship and fun. School-based teams practice twice a week and play games on Sundays. All protective gear and jersey provided.

This program is dependent on volunteer coaches. Anyone interested in coaching, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Registration deadline: 7/5 or until full

Season: 8/12 - 10/18

Activity: 203460

Youth Flag Football

Boys & Girls, Grades 1 - 8 (2020-21 school year)

Flag football promotes physical fitness and teaches youngsters valuable life skills including teamwork, good work ethic and sportsmanship. Kids will learn basic football fundamentals, game play and, most importantly, have tons of fun. Teams practice twice a week and games are played on Sundays.

This program is dependent on volunteer coaches. Anyone interested in coaching a team, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

\$65.00 ID \$78.00 OD / season

Registration deadline: 7/31

Season: 9/8 - 11/1

Activity:	203451	Grades: 1 & 2
	203453	Grades: 3 & 4
	203455	Grades: 5 & 6
	203457	Grades: 7 & 8

Youth Tackle Football Camp

Grades: 5 - 6

Mountain View High School

Get ready for the coming season! The Mtn. View High School football staff and players lead this camp, stressing fundamentals in a fun atmosphere. Participants must be registered for BPRD Tackle Football League. Camp equipment issued 8/3, 4:00 - 6:00 pm ONLY, at the old fire station building next to Big Sky Park.

\$55.00 ID \$66.00 OD / session

Activity: 203154

Registration deadline: 8/1
or until full

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

Session: 8/4 - 6

7th & 8th Grade Full Contact Football Camp

Grades: 7 - 8

Mountain View High School

Come join us for a fast-paced, full-contact camp and get ready for the coming football season. Camp equipment issued by your middle school coaches on 8/3 ONLY at the school you attend.

\$65.00 ID \$78.00 OD / session

Activity: 203156

Registration deadline: 7/31
or until full

Tu - Th: 5:30 - 7:30 pm

Session: 8/4 - 6

Air Bear Football Camp

Grades: 4 - 8

Bend High School

This camp is a great way to start your season! Campers will receive quality instruction in the fundamentals of the game of football. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used during this camp. Includes camp t-shirt.

\$57.00 ID \$68.40 OD / session

Activity: 203158

M - Th: 9:00 - 11:00 am

Session: 8/10 - 13

Preseason Football Camps

Middle school football coaches will help you get a jump on the season and improve your game. Coaching emphasizes individual and team skills for both offense and defense with conditioning through scrimmage and game situations. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used. Register based on middle school attendance area. Includes camp t-shirt.

Activity: 203162

THREE RIVERS

Grades: 6 - 8

\$25.00 ID \$30.00 OD

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

Session: 8/17 - 20

PILOT BUTTE & SKY VIEW

Grades: 7 - 8

\$48.00 ID \$57.60 OD

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

Session: 8/24 - 27

Start Smart Football

Ages: 5 - 7 with adult

Big Sky Sports Complex

Get involved with your child while introducing them to the sport of football! We use soft equipment, teaching the basics of kicking, passing and catching. Equipment is provided for players to keep. Adult must attend and participate with their child.

\$54.00 ID \$64.80 OD / session

Activity: 203023

Su: 9:00 - 9:50 am

Session: 9/13 - 10/11

Volunteer with youth sports and adaptive programs.

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



Golf

Junior Golf Lessons

Ages: 6 - 15

River's Edge Golf Club

Introduce your child to this great lifelong sport! Taught by director of instruction Stuart Allison, these small-group lessons focus on the fundamentals and etiquette. Sessions will build knowledge and technique through experience. Clubs provided or bring your own. Choose multiple sessions throughout the summer and fall!

\$119.00 ID \$142.80 OD / session

Activity: 203170

Ages: 6 - 10

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

Sessions: 6/15 - 17 8/10 - 12

Ages: 7 - 15

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

Sessions: 6/22 - 24 6/29 - 7/1
7/13 - 15 7/27 - 29

M - W: 1:00 - 3:00 pm

Sessions: 6/15 - 17 7/20 - 22

W: 4:15 - 6:00 pm

Session: 9/9 - 23

Lacrosse

Bend High Boys Lacrosse Camp

Grades: 4 - 8

Big Sky Sports Complex

Led by Bend High School coach Dan Brostek and his players, this camp teaches individual and position-specific skills. Each session will build on the previous, culminating the basics of team offense and defense. Players will participate in small-sided games to work on team concepts and get a high number of reps.

Bring a water bottle and light snack each day. If needed, helmet, gloves and stick will be issued on Monday, 6/22 starting at 8:15 am at the old fire station building next to Big Sky Park. Players must provide their own shoulder and arm pads.

\$85.00 ID \$102.00 OD / session

Activity: 203195

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

Session: 6/22 - 25

Girls Lacrosse Camp

Grades: 3 - 8

Summit High School

Led by Summit High School girls lacrosse players and staff, this camp is geared toward players of any ability; from beginners to seasoned players. This camp is a great tune-up for the skills and techniques required to enjoy and learn lacrosse. Bring appropriate clothing, water bottle and snack each day. If needed, goggles and stick will be issued 30 minutes prior to first day of camp.

\$60.00 ID \$72.00 OD / session

Activity: 203194

M - Th: 5:30 - 7:00 pm

Session: 6/29 - 7/2



Storm Boys Lacrosse Camp

Grades: 2 - 8

Big Sky Sports Complex

Lacrosse coach Jeff Melville and players lead this energetic and positive novice camp, introducing game fundamentals. Bring a water bottle and snack each day. If needed, helmet, gloves and stick issued on Monday, 7/6, starting at 8:15 am, at the old fire station building next to Big Sky Park. Players must provide their own shoulder and arm pads.

\$85.00 ID \$102.00 OD / session

Activity: 203192

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

Session: 7/6 - 9

Mountain View NEW Boys Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex, Field 1

Led by Mountain View Lacrosse Club coaches, this camp will teach fundamental lacrosse skills such as cradling, passing, shooting and defensive drills. Come see why this is Bend's best camp value! Campers must provide own equipment. Loaner helmets and sticks are available to those who need them and will be issued starting at 8:15 am at the old fire station building next to Big Sky Park on the first day of camp.

\$70.00 ID \$84.00 OD / session

Activity: 203190

M - F: 8:30 - 10:30 am

Session: 7/20 - 24

Martial Arts

Lil'est Dragons

Ages: 3

Odyssey Martial Arts

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence, and teamwork as well as develop motor skills. Uniform included.

\$79.00 ID \$94.80 OD / session

Activity: 206752

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

Sessions: 6/2 - 25 7/7 - 30
8/4 - 9/1 (No class 8/13)
9/8 - 10/1

Intro to 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.

\$79.00 ID \$94.80 OD / session

Activity: 206750

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

Sessions: 6/2 - 6/25 7/7 - 7/30
8/4 - 9/1 (No class 8/13)
9/8 - 10/1

Beginning White Belt Karate

Ages: 6 - 14

Odyssey Martial Arts

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

\$79.00 ID \$94.80 OD / session

Activity: 206751

M/W: 4:30 - 5:00 pm

Sessions: 6/1 - 24 7/6 - 29
8/3 - 26
9/2 - 30 (No class 9/7)

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

Sessions: 6/2 - 25 7/7 - 30
8/4 - 9/1 9/8 - 10/1

Children's Ki Aikido

Ages: 5 - 13

Oregon Ki Society

By cultivating good habits at an early age, Ki-Aikido gives children a solid foundation for a lifetime of growth. While children's bodies are growing, so are their minds; develop them together in a physically active and cooperative learning environment. They'll learn how to apply these lessons to all activities: school, play, and sports.

\$94.00 ID \$112.80 OD / session

Activity: 206756

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

Sessions: 6/2 - 25 6/30 - 7/28
8/4 - 27 9/1 - 24



Roller Skating & Sports

Introduction to Roller Skating NEW

Ages: 5 - 17

Bearings Skateboard

In a safe and friendly environment, you will learn the basics of roller skating, including skating backward, turning around, starting and stopping. For experienced riders, we will work on transition, pumping and stance. Knee and elbow pads are encouraged. Helmets required. Bring your own roller skates, a lunch and water bottle. Class led by Willow Fraser

\$180.00 ID \$216.00 OD / session

Activity: 206771

M - W: 3:30 - 6:00 pm

Sessions: 6/15 - 17 7/6 - /8
8/3 - 5

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Youth Roller Derby Clinic NEW

Ages: 11 - 17

The Pavilion

Join this co-ed roller derby clinic, as Bend's own Lava City Roller Derby coaches teach you basic skating skills on quad skates and roller derby fundamentals. You'll learn stops, falls, derby stance, positional blocking (no contact), basic rules of play and the history of roller derby. We will also perform a mock jam off and have an open fun skate with the derby skaters. Roller derby promotes positive self-image; healthy lifestyles, team building, cooperation, sportsmanship, friendship as well as physical and mental well-being. Participants are welcome to stay after and watch a roller derby scrimmage from 11:30 am - 1:30 pm. Previous skating experience is good, but not required. Some equipment available.

\$25.00 ID \$30.00 OD / session

Activity: 210500

Sa: 9:30 - 11:30 am

Session: 7/11

Scootering & Skateboarding

Scootering Camp

Ages: 6 - 17

Ponderosa Skate Park

Learn new skills and tricks with pro instructors Jake Clark and Matt Edleston - and pro rider guest appearances! Riders will be divided into groups based on age and skill set for games and activities. On the last day, we will show off our skills in a mini competition with prizes. Scooter, helmet, pads and sack lunch required.

\$215.00 ID \$258.00 OD / session

Activity: 206778

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

Sessions: 6/15 - 18 7/13 - 16
8/17 - 20

Introduction to Skateboarding NEW

Ages: 8 - 12

Bearings Skateboard

This skate skills camp is for beginner and intermediate skateboarders, with all the fun and none of the intimidation. Our staff will take you step-by-step through everything you'll need to know. This is a safe way to get comfortable on your board with others who are interested in the sport. Bring a lunch and water bottle. Knee and elbow pads encouraged. Helmets required. Rentals available.

\$240.00 ID \$288.00 OD / session

Activity: 206770

M - Th: 10:00 am - 1:00 pm

Sessions: 6/15 - 18 7/6 - 9
8/3 - 6



Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Little Miss Ladies Skate

Ages: 5 - 12

Bearings Skateboard

Girls Rule! Join us for a girls-only skate camp at Bearings private skatepark with our professional skateboard coaches. Make new friends and learn new skills of stance, pushing, turning, and cool tricks in a positive environment. Skateboard, helmet, pads and sack lunch required.

\$240.00 ID \$288.00 OD / session

Activity: 206772

M - Th: 10:00 am - 1:00 pm

Sessions: 6/22 - 6/25 7/20 - 7/23
8/24 - 8/27

Skate & Swim!

Ages: 6 - 12

Ponderosa Skate Park

Calling all beginner skateboarders -- this camp is for you! Come improve your skills on the skateboard, get comfortable skating in the park, and skate to the swimming pool at the end of each day to cool off! Skateboard, helmet and backpack required. Bring a lunch and swimming suit each day.

\$205.00 ID \$246.00 OD / session

Activity: 206711

M - F: 10:00 am - 3:30 pm

Ages: 6 - 8

Sessions: 7/6 - 10 7/20 - 24
8/3 - 7

Ages: 9 - 12

Sessions: 7/13 - 17 7/27 - 31
8/10 - 14

SoccerJrs

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence.

SOCCERJRS - TEDDIES

Ages: 18 Months - 3 Years

Parents participate with the child as they learn soccer basics and fun activities.

\$110.00 ID \$132.00 OD / session

FOUR WEEKS: HARMON PARK

Activity: 203320

M/W: 9:00 - 9:55 am

Session: 6/22 - 7/15

EIGHT WEEKS: HARMON PARK

Activity: 203320

Th: 10:00 - 10:55 am

- OR - **5:00 - 5:55 pm**

Session: 6/25 - 8/13

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203321

Tu: 5:00 - 5:55 pm

Session: 6/23 - 8/11



Volunteer with youth sports and adaptive programs.

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



SOCCERJRS - CUBS

Ages: 3 - 4

This introductory class teaches the basics to kicking, dribbling, foot-eye coordination and balance, as well as listening and following directions.

\$110.00 ID \$132.00 OD / session

FOUR WEEKS: HARMON PARK

Activity: 203322

M/W: 10:00 - 10:55 am

Session: 6/22 - 7/15

EIGHT WEEKS: HARMON PARK

Activity: 203322

M: 5:00 - 5:55 pm

Session: 6/22 - 8/10

Tu: 10:00 - 10:55 am

- OR - **5:00 - 5:55 pm**

Session: 6/23 - 8/11

W: 5:00 - 5:55 pm

Session: 6/24 - 8/12

Th: 11:00 - 11:55 am

- OR - **4:00 - 4:55 pm**

Session: 6/25 - 8/13

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203323

M: 4:00 - 4:55 pm

Session: 6/22 - 8/10

Tu: 6:00 - 6:55 pm

Session: 6/23 - 8/11

W: 4:00 - 4:55 pm

Session: 6/24 - 8/12

Th: 5:00 - 5:55 pm

Session: 6/25 - 8/13

SOCCERJRS - BEARS

Ages: 5 - 6

This class is designed for kids with little or no soccer experience.

\$110.00 ID \$132.00 OD / session

FOUR WEEKS: HARMON PARK

Activity: 203324

M/W: 11:00 am - 11:55 pm

Session: 6/15 - 7/15

EIGHT WEEKS: HARMON PARK

Activity: 203324

M: 6:00 - 6:55 pm

Session: 6/22 - 8/10

Tu: 11:00 - 11:55 am

- OR - **4:00 - 4:55 pm**

Session: 6/23 - 8/11

W: 4:00 - 4:55 pm

Session: 6/24 - 8/12

Th: 6:00 - 6:55 pm

Session: 6/25 - 8/13

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203325

M: 5:00 - 5:55 pm

Session: 6/22 - 8/10

W: 5:00 - 5:55 pm

Session: 6/24 - 8/12

Th: 6:00 - 6:55 pm

Session: 6/25 - 8/13

REGISTER
NOW
FOR FALL!



Kindergarten Soccer League

Boys & Girls, Kindergarten
(2020 - 21 school year)

Skyline Sports Complex

Designed for the player too young to participate in our Youth Fall Soccer program, this league highlights soccer skill development, learning teamwork and sportsmanship, being active and having fun! Teams meet on Saturdays for 50 minutes - this includes practices and scrimmages - and play 3-v-3 on a short field without a goalie. Includes team t-shirt.

This program is dependent on volunteer coaches. If you are interested in coaching this season, please go to our website to complete a Volunteer Application.

\$49.00 ID \$58.80 OD / season

Activity: 203400

Registration deadline: 7/26
or until full

Sa: Times to be announced

Season: 9/12 - 10/17

Soccer

View FC Summer Soccer Academy **NEW**

Girls, Grades: 4 - 8

Mountain View Park

A great way to get out and enjoy the summer sun, this academy is designed for players wishing to take their soccer skills to the next level. Focus is on individual soccer techniques like dribbling, passing, shooting and more. No out of town travel needed! Led by 17-year veteran youth soccer coach, James Erickson.

\$99.00 ID \$118.80 OD / session

Activity: 203237

M/W: 6:00 - 7:30 pm

Session: 6/29 - 7/20

UK International Soccer Camp **NEW**

Ages: 6 - 14

Our program enhances players' technical development and skill building in a stimulating and positive environment. Players are challenged to consider basic tactical components at an age-appropriate level, including attacking and defending principles. The curriculum includes the UK Quiz, International Day, small-sided games and World Cup competition.

HALF DAY CAMP

\$189.00 ID \$226.80 OD / session

Activity: 203214

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

Sessions: 7/6 - 10 Pacific Crest MS
8/24 - 28 Big Sky

FULL DAY CAMP

A combination of the half day camp program along with additional developmental soccer practices, games, competitions, challenges and fun activities. Bring a lunch. All players will receive a camp t-shirt.

\$249.00 ID \$298.80 OD / session

Activity: 203215

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

Sessions: 7/6 - 10 Pacific Crest MS
8/24 - 28 Big Sky



Challenger Sports Soccer Camp

This is the largest soccer camp provider in the U.S. and Canada! Focused on learning and encouraging players to improve with maximum participation, maximum touches on the ball and on maximum fun. No line drills or long speeches!

TINY TYKES CAMP

Ages: 3 - 5

Specifically designed for the youngest players.

\$120.00 ID \$144.00 OD / session

Activity: 203210

M - F: 8:00 - 9:00 am

Sessions: 7/20 - 24 Big Sky
8/17 - 21 Pacific Crest MS

HALF DAY CAMP

Ages: 6 - 14

\$195.00 ID \$234.00 OD / session

Activity: 203211

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

Sessions: 7/20 - 24 Big Sky
8/17 - 21 Pacific Crest MS

M - F: 1:00 - 4:00 pm

Sessions: 7/20 - 24 Big Sky
8/17 - 21 Pacific Crest MS

FULL DAY CAMP

Ages: 8 - 14

Provides advanced training with game-related techniques, tactical development and match play.

\$249.00 ID \$298.80 OD / session

Activity: 203212

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

Sessions: 7/20 - 24 Big Sky
8/17 - 21 Pacific Crest MS



Storm Girls Soccer Camp

Grades: 3 - 8

Summit High School

Summit High School Soccer coach Jamie Brock and her staff lead this camp for girls of all ability levels, teaching the skills and techniques required in programs of all levels. Bring soccer ball, appropriate clothing, water bottle and snack each day.

\$99.00 ID \$118.80 OD / session

Activity: 203225

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

Session: 8/3 - 6

Bend High Girls Soccer Camp

Grades: 3 - 8

Hal Puddy Field at Ponderosa Park

The Bend High Women's Soccer team and its coaches will be hosting this girls-only soccer camp. The camp will support the development of fundamental soccer skills associated with field awareness and ball control. As a coaching staff, it is our goal to encourage and mentor your student to know the importance of teamwork, self-discipline and leadership through the challenges that they will face on the field as well as in life. Bring appropriate clothing, water bottle and snack each day.

\$78.00 ID \$93.60 OD / session

Activity: 203226

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

Session: 8/3 - 6

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.

Bend High Soccer Camp

Grades: 2 - 8

Hal Puddy Field
at Ponderosa Park

Bend High Soccer coach Nils Eriksson and his players lead this camp that is committed to teaching the skills and techniques required to participate in soccer programs of all levels. Coach Eriksson is considered one of the best youth soccer coaches in the state, so come join him for a fantastic camp! Bring a soccer ball, water bottle and snack each day. Camp will be split into two groups: grades 2 - 5 and grades 6 - 8.

\$69.00 ID \$82.80 OD / session

Activity: 203230

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

Session: 8/11 - 13

Cougar Girls Soccer Camp

NEW

Grades: 3 - 8

Mountain View High School

The Mountain View High School Girls Soccer program and its coaches will be hosting this girls-only developmental soccer camp. Campers will enjoy three days of dribbling, passing, shooting and defensive soccer skills to get ready for the fall soccer season. Start the season at the top of your game. Bring a soccer ball, appropriate clothing, water bottle and snack each day.

\$55.00 ID \$66.00 OD / session

Activity: 203235

Tu - Th: 6:00 - 7:30 pm

Session: 8/11 - 13

SUMMER 2020 PAYMENT OPTION:

Payment is optional
at time of registration.

Choose your payment amount
from no money down
to full fee.

Any remaining fees are
due 30 days prior to
program start date.



Youth Fall Soccer League

Boys & Girls, Grades 1 - 8 (2020 - 21 school year)

BPRD and Bend FC Timbers collaborate to offer this unified community-wide program. Both new and returning players are welcome in this developmental league. School-based and divided by grade, teams practice twice a week and play games on Saturdays. Instruction, number of players on teams and game field sizes are age-appropriate and grow incrementally. Each child receives their own jersey, shorts and socks.

Grades 1 & 2 Division: Fun in nature, this division emphasizes development of basic ball-handling and passing skills and understanding of the game.

\$65.00 ID \$78.00 OD / season

Grades 3 - 5 Division: With a focus on ball handling and passing skills, this refereed division establishes understanding of the game, strategy, sportsmanship, teamwork and individual player roles.

\$70.00 ID \$84.00 OD / season

Grades 6 - 8 Division: With games on the big fields, this refereed division emphasizes conditioning, advanced development of ball handling and passing skills, the importance of teamwork and game strategy.

\$75.00 ID \$90.00 OD / season

This program is dependent on volunteer coaches. If you are interested in coaching, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Registration Deadline: 6/19

Season: 8/24 - 10/24

COED		BOYS		GIRLS	
Activity:	Grade:	Activity	Grade:	Activity:	Grade:
203401	Grade 1	203403	Grade 2	203404	Grade 2
		203405	Grade 3	203406	Grade 3
		203407	Grade 4	203408	Grade 4
		203409	Grade 5	203410	Grade 5
		203411	Grade 6	203412	Grade 6
		203413	Grade 7	203414	Grade 7
		203415	Grade 8	203416	Grade 8



Bend FC Timbers

Soccer Summer Camp

Ages: 5 - 12

Season: July - August

A fun and interactive curriculum brought to you by our professional coaches. Each camp ensures players receive a multitude of touches on the ball in a fun environment. Camps focus on technical skills and small-sided games.

Junior Academy

Ages: 8 - 10

Year-round with breaks

For players looking for a more competitive environment, this program features teams that will train under the guidance of Bend FC Timbers professional coaching staff. Teams will train twice a week, play small-sided games, compete in the Mid-Valley League against statewide clubs and attend at least one tournament.

Academy Teams

Ages: 11 - 18

Year-round
with open enrollment

For highly committed players looking to train and play year-round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts in May.

For more information on Bend FC Timbers Academy programs, visit BendFCTimbers.com.



Tennis

QuickStart Tennis I

Juniper Park

An exciting play format for learning tennis. This class is designed to bring kids into the game of tennis by utilizing specialized equipment, shorter court dimensions and modified scoring. Tailored to age and size.

\$40.00 ID \$48.00 OD / session

Ages: 4 - 5

Activity: 203500

M - Th: 8:30 - 9:30 am

Ages: 6 - 7

Activity: 203501

M - Th: 8:30 - 9:30 am

Ages: 8 - 11

Activity: 203502

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

Sessions: 6/15 - 25 7/6 - 16
7/20 - 30 8/3 - 13

QuickStart Tennis II

Ages: 8 - 11

Juniper Park

Same great principles as QuickStart Tennis I, this class is designed for the child who has lessons experience.

\$40.00 ID \$48.00 OD / session

Activity: 203503

M - Th: 10:30 - 11:30 am

Sessions: 6/15 - 25 7/6 - 16
7/20 - 30 8/3 - 13

Tennis I

Ages: 12 - 14

Juniper Park

Instruction is geared towards the players' desire to learn the rules, basic playing skills, and court positioning as fast as possible and to see steady progress in their play. The sessions are action-oriented and lots of fun.

\$40.00 ID \$48.00 OD / session

Activity: 203504

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

Sessions: 6/15 - 25 7/6 - 16
7/20 - 30 8/3 - 13

Tennis II

Ages: 12 - 14

Juniper Park

Sessions are geared towards the intermediate player and will focus on skill development coupled with actual match experiences. Players will continue to refine shot making techniques, undertake more advanced drills, learn and practice doubles and play matches.

\$40.00 ID \$48.00 OD / session

Activity: 203505

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

Sessions: 6/15 - 25 7/6 - 16
7/20 - 30 8/3 - 13

Tennis Tournament Training

Ages: 10 - 17

Juniper Park

Get tournament tough! Improve your game through match play, advanced drills, strategies and conditioning! These sessions are a must whether or not you have years of tournament experience or are just getting started.

\$70.00 ID \$84.00 OD / session

Activity: 203510

M/W: 2:00 - 4:00 pm

Sessions: 6/15 - 7/15 (No sessions 6/29 - 7/3)
7/20 - 8/12

Middle School Tennis League

REGISTER NOW FOR FALL!

Grades: 6 - 8 (2020-21 school year)

Location TBD

This program emphasizes skill development, maximum participation, good sportsmanship and fun. This program is dependent on volunteer coaches. Anyone interested in coaching, visit BPRD website to complete a Volunteer Application.

\$50.00 ID \$60.00 OD / session

Activity: 203800

Registration deadline: 8/23
or until full

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

Season: 9/8 - 10/15

Summer High School Tennis League

NEW

Grades: 9 - 12 (2020-21 school year)

Location TBD

Court time, fun time, game time! Join us this summer for five weeks of tennis match play. Register for both the singles and doubles! Players will play in timed matches, playing as many games within the given time and may play in multiple matches each night. Results will be recorded and standings kept with championship prizes awarded. Doubles players can request their partner during registration or be paired with someone new each week using a hat draw.

NOTE: Graduating 2020 seniors will be allowed to participate this year.

Singles:

\$35.00 ID \$42.00 OD / season

Doubles:

\$29.00 ID \$34.80 OD / season

Registration deadline: 6/7
or until full

GIRLS

Activity: 203805

Tu: 4:00 - 8:30 pm

Season: 6/16 - 7/21

BOYS

Activity: 203806

Th: 4:00 - 8:30 pm

Season: 6/18 - 7/23

Track & Field

Storm Track Camp

Grades: 3 - 8

Summit High School

Summit High School track coach Dave Turnbull, his staff and athletes lead this camp for all ability levels. Our coaches aim to teach the best techniques and improve your skills. Bring running shoes, appropriate clothing, water bottle and snack each day.

\$75.00 ID \$90.00 OD / session

Activity: 203260

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

Session: 6/15 - 18

XC Running Camp

Grades: 5 - 8

Pilot Butte Middle School

Open to runners from all middle schools, this camp will be a pre-season base and injury prevention program to help runners become better, faster and smarter athletes. It's an educational and inspirational experience for all ages and abilities and a great way to prep for the upcoming cross country season. Includes camp t-shirt. Bring running shoes, appropriate clothing and water bottle each day.

\$40.00 ID \$48.00 OD / session

Activity: 203261

M - Th: 3:00 - 4:30 pm

Session: 8/17 - 20

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.

Choose your payment amount from no money down to full fee.

Any remaining fees are due 30 days prior to program start date.

Summer registration opens April 20 • Register online at register.bendparksandrec.org or by phone at (541) 389-7275.

Registration payment options include no money down, pay 30 days prior to program. • Registration information on page 15.



Volleyball

NPJ Summer Volleyball Training

Grades: 5 - 8

Pilot Butte Middle School

Take your skill and game to the next level with advanced player training sessions! Join local NPJ club coaches each Wednesday evening as we expose players to advanced techniques, build a foundation for future skill development and help the athlete prepare for the coming season. Bring knee pads each day.

\$64.00 ID \$76.80 OD / session

Activity: 203276

W: 6:00 - 7:30 pm

Session: 6/17 - 7/8

Junior Lava Bear Volleyball Camp

Bend High School

Bend High volleyball coach Kristin Cooper, her staff and players lead this camp for athletes of all ability levels. Learn passing, setting, hitting, digging and serving from a positive and enthusiastic staff. Bring your knee pads and water bottle each day. Includes camp t-shirt.

Activity: 203270

Grades: 2 - 6

\$60.00 ID \$72.00 OD / session

M - W: 8:00 - 10:00 am

Session: 6/29 - 7/1

Grades: 7 - 9

\$89.00 ID \$106.80 OD / session

M - Th: 11:00 am - 1:30 pm

Session: 6/29 - 7/2

Trinity Volleyball Camp

Grades: 3 - 8

Trinity Lutheran School

Join Trinity High School volleyball coach Greg Cliff and his staff as they teach game fundamentals through a system of demonstrations, guidance, repetition and correction in a fun atmosphere. Leave with a better understanding of the game, improved skills and the ability to take your game to a higher level. Bring your knee pads and water bottle each day.

\$69.00 ID \$82.80 OD / session

Activity: 203280

Grades: 3 - 5

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

Grades: 6 - 8

M - Th: 12:30 - 3:30 pm

Session: 7/6 - 9

NPJ Indoor Volleyball Camp

Grades: 5 - 8

Pilot Butte Middle School

This evening, indoor summer camp is designed for players wanting to take their skills and game to the next level! Join local NPJ club coaches as we expose players to advanced training techniques and drills that can provide a foundation for future skill development and help the athlete prepare for the coming season. Bring a water bottle each day.

\$69.00 ID \$82.80 OD / session

Activity: 203147

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

Sessions: 7/20 - 23

NPJ Sand Volleyball Camp

Grades: 5 - 8

Old Mill Sand Volleyball Courts

Take your game outdoors! Join the NPJ coaching staff for a camp that includes passing, serving, setting, hitting and agility drills. Please bring a water bottle each day.

\$65.00 ID \$78.00 OD / session

Activity: 203277

M - Th: 8:45 - 10:45 am

Session: 7/27 - 30

Cougar Volleyball Camps

Grades: 3 - 12

Mountain View High School

Directed by Mountain View volleyball coach Kate McBrien, her staff and players, these camps cover all the skills required to take your volleyball game to the next level -- passing, setting, hitting, digging and serving. Bring your knee pads and water bottle. Register by Friday, 7/17 to receive a camp t-shirt.

Activity: 203272

Registration deadline: 8/7
or until full

Grades: 3 - 8

\$75.00 ID \$90.00 OD / session

M - Th: 9:00 - 11:00 am

Grades: 9 - 12

\$50.00 ID \$60.00 OD / session

M - Th: 12:00 - 2:00 pm

Session: 8/10 - 13



Pre-Season Volleyball Clinics

Grades: 6 - 8

Pilot Butte Middle School

Get your game on! Join your local middle school coaches as we prepare for the coming season. Bring your knee pads each day.

\$40.00 ID \$48.00 OD / session

Activity: 203278

M - W: 5:30 - 7:30 pm

Session: 8/17 - 19

Looking for 6th Grade Volleyball League?

6th Grade Volleyball League is merging with the Youth Volleyball League. Register and learn more in the Fall 2020 Playbook!

Volunteer with youth sports and adaptive programs.

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



CLIP IT OUT!

 (RE) PLACE
 IT ON
 YOUR FRIDGE!

 DON'T MISS OUT
 ON THE
 ACTION!

Yo! Sports Fans!
Plan Ahead!
2020-21
Youth League
Registration Deadlines:

SUMMER 2020 REGISTRATION: Opens April 20

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	June 10
Youth Tackle Football League	August - October	July 7
Youth Flag Football League	September - November	July 29
Kindergarten Soccer League	September - October	July 28
Middle School Tennis League	September - October	Aug. 31

FALL 2020 REGISTRATION: Opens August 10

Program/League	Season	Registration Deadline
Youth Volleyball League	October - December	Sept., TBD
Bitty Basketball	November - December	Oct., TBD
Youth Hockey League	November - February	Oct., TBD
Middle School Basketball - Boys	November - December	Oct., TBD
High School Basketball League	December - March	Nov., TBD
Youth Basketball League	January - March	Nov., TBD
Middle School Basketball - Girls	January - March	Dec., TBD

WINTER-SPRING 2021 REGISTRATION: Opens Dec. 7

Program/League	Season	Registration Deadline
Youth Lacrosse League	March - June	March
Girls Softball League	March - June	March
Bitty Baseball	April - May	March
Middle School Flag Rugby League	April - May	March



Weight Training & Wrestling

Weight Training & Strength Camp

Grades: 6 - 9
Mountain View High School Weight Room
 Learn safe, effective weight and strength training techniques to increase your strength, stamina, speed and agility. After camp, participants will get to use the Mtn. View High School weight room free of charge under the direct supervision of our high school coaches in July and August.

\$42.00 ID \$50.40 OD / session
 Activity: 203290
M - Th: 9:00 - 11:00 am
 Session: 6/22 - 25

Wrestlenastics

Grades: K - 4
Bend High School Wrestling Room

Get your child active this summer! Introduce them to wrestling activities in a fun, safe atmosphere. Includes games and activities to enhance balance, coordination, strength and confidence. Led by high school coaches and athletes.
 \$64.00 ID \$76.80 OD / session
 Activity: 203295
M - Th: 3:00 - 5:00 pm
 Session: 8/10 - 13

Adapted Sports

Wheelchair Sports

Ages: 16 & up
Ensworth Elementary
 If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.
 \$50.00 ID \$60.00 OD / session
 Activity: 204500
M: 6:00 - 8:00 pm
 Session: 6/15 - 8/17

SUMMER 2020 PAYMENT OPTION:

Payment is optional at time of registration.
 Choose your payment amount from no money down to full fee.
 Any remaining fees are due 30 days prior to program start date.

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.



thanks, coach

Many thanks to every volunteer who generously contributed time as a coach for youth winter 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!

Bitty Basketball

Murat Alper	Luke DeMarco	Gabriel Goodman	Micah Johnson	Chris McCarty	Kyle Porteous	Shane Therrian
Lynn Marie Betts	Nathan Doudney	Adrienne Goodrich	Brandon Kearney	Gavin McFarland	Blake Quigley	Allen Tucker
Damien Bianchi	Mike Ells	Tony Gunsul	Christina Kekke	Duncan Merickel	Ryan Rudloff	Brian Vernon
Scott Bone	Rob Emerson	Matt Gylling	Shirley Kitchell	Mike Miller	Jenna Schnepf	Andrew Williams
Kevin Boss	Kyle Fetzer	Alan Harrelson	Matt Kittelson	Ty Miller	Cody Serbus	Logan Williams
Chad Brewer	Jon Frazier	Dustin Heusser	Kris Knight	Rick Mottern	Ross Silver	Nathan Wilson
Corey Bruhn	Brian George	Phill Hill	Jess LeBlanc	Erica Newton	Kelly Sproba	
Brianna Cadwell	Harvey Jr.	Will Hoover	Kim Martin	Ryan Paris	Jason Stinnett	
Auz Clement	Gonzales	Jason Humphrey	Patrick McBrien	Luke Perry	Joshua Strickland	

3rd - 5th Grade Youth Basketball

Jared Abell	Michael Chamberland	Brian George	Byron Jenson	Chris McCarty	Christy Perret	Jason Sexton
Daniel Alderete	Jim Chroninger	Dave Giessler	Matt Johnson	Doug McDonald	Bill Pfeiffer	Ken Shirtcliff
Max Arbow	Keith Clayton	Chris Goffrier	Mike Kane	Patrick McMullen	Eric Phillips	Jason Stinnett
Ethan Barrons	CJ Colt	Ryan Goldstein	Emily Kernen	Lareasa Mettler	Sam Rafail	David Stonich
Mark Bartlett	Ben Cottrell	Tony Gunsul	Andrew Ketsdever	Darci Michaud	Eric Ramoz	Shaleana Stout
Joshua Billeter	Chris Cox	Stacey Hall	Matt Killebrew	Brad Mooers	Evan Read-Mullins	Trebor Struble
Patrick Bluhm	Stacy Cox	Zack Hall	Jeff Klein	Benjamin Moore	Mike Redmond	James Taylor
Brandon Blumberg	Patrick Craig	Justin Hanson	Jonathan Klos	Bentley Morgan	Daniel Reesor	Shane Therrian
Galen Blyth	Russell Crawmer	Kevin Harris	Brian Korfhage	Mark Morical	Mara Richardson	Charissa Toney
Paul Boettcher	Ruth Crawmer	Mike Hawbecker	Ross Kranz	Rick Mottern	Trisha Russell	Allen Tucker
James Borges	David Crump	Richard Hawkins	Dale Kunce	Ned Myers	Kevin Samuel	Brandon Turley
Joshua Bowles	Chad Davis	Tyler Hayes	Brittany Lawber	Matt Nelson	Pete Sandgren	Marcus Umino
Ryan Boyle	Scott Deal	Mike Herzog	Hannah Lippke	Drew Norris	Maria Schwab	Micheal Unruh
Darren Brandon	Ryan Douglass	Andy High	Travis Lowe	Tame Obert	Ben Scott	Jon Vevia
Daron Brown	Jason Dylla	Tyler Honzel	Grant Ludwick	Laura O'Connell	Adam Sears	Kyle Watt
Corey Bruhn	Chris Errington	Mike Huff	Nick Lyman	Mark Oleson	Isabelle Senger	Logan Williams
Tonya Burkett	Trevor Flaherty	Trevor Janeck	John Machell	Lisa Panzarella	Francis Senger	Courtney Zachariasen
Shara Carnahan	Michael Gellner	Scott Jennrich	Lindy Maniscalco	Rosalynn Penfold	Cody Serbus	

Be a coach!

Youth sports programs rely on adult volunteers to coach the teams of kids who want to play. We organize the teams and provide the equipment, training and on-going support to help make it a successful season for everyone. Coaches get to select practice times and location and receive a lot of appreciation from staff, players and families!

Volunteers needed to coach:

Kindergarten Soccer

Youth Fall Soccer

Youth Flag Football

Youth Tackle Football

Middle School Tennis

Sport experience is preferred. Volunteer application is required, a background check is processed and all coaches do concussion awareness training.

For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.



**BIG
THANKS!**

**TO WINTER AND SPRING
SPORTS SPONSORS.**

These local businesses and individuals share their resources to help make healthy and enriching recreation opportunities available for children and families in our community. Your support makes a difference!

Bitty Ball Basketball Program Sponsor

**KRUEGER & LENOX ORAL &
MAXILLOFACIAL SURGERY**

Youth Basketball Program Sponsor

**THE CENTER ORTHOPEDIC &
NEUROSURGICAL CARE
& RESEARCH**

Middle School Basketball
Program Sponsor

BIGFOOT BEVERAGES

Youth Hockey Program Sponsor

**KRUEGER & LENOX ORAL &
MAXILLOFACIAL SURGERY**

Adult Hockey Program Sponsor

MILLER LUMBER

Adult Curling Program Sponsor

MILLER LUMBER

Aaron Adams
Michael Ahlman
Alan Bell
Greg Blackmore
Wes Brady
Rob Brown
Nicholas Brown
CJ Colt

Owen Dearing
Jesse Felder
George Garczynski
Brandon Grove
Yan Gurevich
Matt Gylling
Alex Holan
Andrew Holst

Youth Hockey

Paul Isreal
Tim Jarvis
Jeremy Jensen
Shirley Kitchell
John Komar
John Kromm
Liam Littrell
Emerson Mills

Amber Morbitzer
Rick Morton
Cooper Olson
Samantha Olson
David Ortlund
Joshua Peterson
Clint Peterson
Shaun Roland

Mike Steder
Bobby Stenrose
Kelly Strycharz
Ryan Taylor
Ryan Trout
Roger White
Katie Willis

3rd - 5th Grade Youth Volleyball

Nikki Bale
Juana Beede
Courtney Bledsoe
Breah Bollom
Kristin Bryan
Tonya Burkett
Terri Burton-Folliard
Shara Carnahan
Mindi Correa
Stacy Cox
Becky Crawford
Bo Deforest

Staci Demarco
Karen Doorn
Krista Eastes
Melissa Eckman
Pete Erickson
Jerry Everist
Dru Ezell
Nathan Fiedler
Courtney Flood
Candice Forsell
Tarra Ha
Amelia Haug

Julie Hockema
Rae Hollibaugh
Stephanie Howland
Kori Isfeld
Devon Johnson
Chris Keldsen
Christina Kennedy
Emily Kernan
Jenny Lynch
Jessica Malinowski
Mary Manfredi
Janice McDaniel

Emily McMahon
Brenda Mingus
Mercedes Mingus
Toni Myers
Misti Nelmes
Kevin Nelson
Jamie Nye
Michelle O'Connell
Suzy Olsen
Erin Prevatt-Rosen
Nicole Rodrigues
Gwen Rodrigues

Rory Rush
Tiffany Schreiber
Peter Schrey
Kelsey Schwartz
Sean Stafford
Amy Stafford
Eic Storzohann
Blair Struble
Meagan Waltosz
Chad Zirkle

Boys Middle School Basketball

Nate Augustine
Sarkis Baghoyan
Nick Baker
Andy Balyeat
Daniel Bayeat
Adam Beebe
Chad Brewer
Eric Calvert
Bruce Carmichael
Aaron Chambers
Tiffany Cordano
Kasey Corwin
Jason Cox
Dana Cox

Kevin Davidson
Travis Davis
Robert Dennis
Michael Dennis
Matt Dodson
Danny Ellis
Nick Fancher
Max Faulhaber
KC Flynn
Jeff Gautschi
Harvey Gonzalez
Brett Gorbett
Zeb Griffin
Holly Gullickson

Kevin Harris
Michelle Hart
Steve Hayes
Bill Higgins
Andy High
Phil Hill
Chris Holmes
Duane Hurst
Kris Karpstein
Kyle Kendall
Jeanette King
Wes Knapp
KC Lazzereschi
Walter Locke

Derk McCulley
Scott McIntyre
Emily McLarty
Ben Moore
Jared Neeser
Larry Nelson
Jen Newton
Greg Nores
Laura O'Connell
Alex Ormiston
Christie Otley
Will Pelayo
Tyler Pendergast
Joe Riedl

Anthony Rojas
Tucker Rurperti
Stephen Sehgal
Beverly Shipman
Paul Spencer
Kelly Sproda
Shalina Stout
Eric Tabert
Jason Urbach
David Vodak
Mike Walker
Matt Wells
Charlene Wells
Garrick Wells

Girls Middle School Basketball

John Audette
Scott Baker
John Brandon
Mike Carpenter
Niki Carpenter
Chris Cox
Todd Cox
Russell Crawmer
Ruth Crawmer
Colleen Cunningham
Justin Davis

Joel Ducharme
Rob Durfee
Chris Goffreir
Adrienne Goodrich
Frank Groundwater
Tim Halter
Dennis Haniford
Audrey Holmes
Chris Holmes
Ben Hough
John Howes

Tori Howes
Jennifer Johnstone
Kris Karpstein
Steve Kelly
Tim Kerns
Lisa Kerns
Jonathan Klos
Noah Lemas
Anna Martin
Rob McDonald
Kelly McKinney

Rick Melner
Craig Nelson
Sklya Newton
Thomas Nolin
Tessie Nolin
Jake Obrist
Tiffany Plagmann
Adrina Polanco
Rachel Preston
Jane Shein
Craig Simpson

Taron Spaulding
Eden Stahl
Shane Steffen
Davis Turner
Shawna Turner
Steve Turner
Michael Walker
Greg Welch
Robin Wetherbee
Nancy Wirth

Program Locations

Locations of all summer BPRD programs are in alphabetical order below.

Academie De Ballet Classique

162 NW Greenwood Ave, Bend, OR 97701

Academie De Ballet Classique

162 NW Greenwood Ave, Bend, OR 97701

Art Station

313 SW Shevlin Hixon Dr, Bend, OR 97702

Awbrey Glen Golf Club

2500 Awbrey Glen Dr, Bend, OR 97701

Bearings Skateboard Academy

615 SE Glenwood Dr, Bend, OR 97702

Bear Creek Elementary School

51 SE 13th St, Bend, OR 97702

Bend Fieldhouse

401 SE Roosevelt Ave, Bend, OR 97702

Bend Senior Center

1600 SE Reed Market Rd, Bend, OR 97702

Big Sky Sports Complex

21690 NE Neff Rd, Bend, OR 97701

BPRD District Office

799 SW Columbia St, Bend, OR 97702

Buckingham Elementary

62560 Hamby Rd, Bend, OR 97701

Cascade Indoor Sports

20775 High Desert Ln, Bend, OR 97701

Cascade Middle School

19619 Mountaineer Way, Bend, OR 97702

Cascade School of Music

510 NE 3rd St, Bend, OR 97701

Central Oregon Recording

61419 S Hwy 97, Suite N, Bend, OR 97702

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

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 Lakes Elementary School

2500 NW High Lakes Lp, Bend, OR 97701

Highland Elementary School at Kenwood

701 NW Newport Ave, Bend, OR 97701

Hollinshead Park & Barn

1235 NE Jones Rd, Bend, OR 97701

Jewell Elementary School

20550 Murphy Rd, Bend, OR 97702

Juniper Elementary School

1300 NE Norton, Bend, OR 97701

Juniper Park

800 NE 6th St, Bend, OR 97701

Juniper Swim & Fitness Center

800 NE 6th St, Bend, OR 97701

KPOV - High Desert Community Radio

501 NW Bond St, Bend, OR 97701

Lava Ridge Elementary School

20805 Cooley Rd, Bend, OR 97701

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

Oregon Ki Society

20685 Carmen Lp, Bend, OR 97702

The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

Pilot Butte Middle School

1501 NE Neff Rd, Bend, OR 97701

Pine Forest Grange

63214 Boyd Acres Rd, Bend, OR 97701

Pine Nursery Sports Complex

3750 NE Purcell Blvd, Bend, OR 97701

Pine Ridge Elementary School

19840 Hollygrape St, Bend, OR 97702

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

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

Silver Rail Elementary School

61530 SE Stone Creek St, Bend, OR 97702

Skyline Sports Complex

19617 Mountaineer Way, Bend, OR 97702

Sun Mountain Fun Center

300 NE Bend River Mall Dr, Bend, OR 97701

Sylvan Learning Center - Main

2150 NE Studio Rd, Bend, OR 97701

Sylvan Learning Center - Northwest Crossing

2863 NW Crossing Dr, Bend, OR 97701

Tumalo State Park

64170 O.B. Riley Rd, Tumalo, OR 97703

Twin Knolls Transition Co-op

2500 NE Twin Knolls Dr, Bend, OR 97702

Westside Village

1459 NW Albany Ave #43, Bend, OR 97701

This page intentionally left blank.

Pages 116 - 117 intentionally missing.

This page intentionally left blank.

Pages 116 - 117 intentionally missing.

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 Rd					•		•				•		•			
River Canyon Park	61005 Snowbrush Dr							•									
River Rim Park	19400 Charleswood Ln							•									•
Riverbend Park	799 SW Columbia St						•					•	•				•
Riverview Park	225 NE Division St								•								
Rockridge Park	20885 Egypt Dr			•					•	•	•	•	•				•
Sawyer Park	62999 O.B. Riley Rd						•		•				•				•
Sawyer Uplands Park	700 NW Yosemite Dr								•			•					
Shevlin Park	18920 NW Shevlin Park Rd					•	•		•			•	•				
Skyline Sports Complex Park	19617 Mountaineer Way	•										•	•	•			
Stone Creek Park	61531 Stone Creek Ln							•				•		•			
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•						•								•
Sun Meadow Park	61150 Dayspring Dr		•									•	•	•			
Sunset View Park	990 NW Stannium Rd								•								
Sylvan Park	2996 NW Three Sisters Dr								•			•					•
Three Pines Park	19089 Mt Hood Pl											•					
Wildflower Park	60955 River Rim Dr											•	•				
Woodriver Park	61690 Woodriver Dr		•									•		•			



Pine Nursery Park - Small Dog Off-Leash Area



Bend Heroes Memorial at Brooks Park



Alpine Park