your playbook

youth & adult recreation registration opens december 7

online preview edition

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

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:
Ariel Méndez, Board Chair • Debra Schoen, Vice-Chair • Zavier Borja • Nathan Hovekamp • Jason Kropf

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FOLLOW US:
Facebook - Bend Park & Recreation District, Servicios en Español de Bend Park and Recreation District, Juniper Swim & Fitness Center, Larkspur Community Center, The Pavilion, Bend Whitewater Park, Art Station and Bend Senior Center.

Instagram - bendparks, juniperswimandfitness and larkspurcommunitycenter

Twitter - Bend Park & Rec (@bendparksandrec)

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.
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“Life must be lived as play.”
- Plato
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 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.

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

The health and safety of our community is our top priority. Bend Park & Recreation District maintains high standards related to health and wellness and closely follows guidance from state and local health authorities.

Temporary rules and special requirements are in place for programs and activities. Be sure to visit the district’s website for your program or activity for up-to-date information.

FREQUENTLY ASKED QUESTIONS:

**Q: how do I know if a program can be offered?**

A: In general, most of our recreation programs are permitted to occur as mandated by the State of Oregon. Modifications to the program may occur as a result of the public health situation. If BPRD cancels a program, program fees will be credited to your account or refunded upon request.

**Q: are face coverings required? what about distancing?**

A: We are following local and national guidance as the public health situation changes. As of December 1, 2021, face coverings will be required for indoor programs - except for competitive sports. Details will be provided by recreation coordinators in advance of a registration activity if there is additional guidance for participants.

**Q: what if a program is cancelled?**

A: Credits will be automatically issued for any canceled or shortened classes and facility passes will be automatically paused for the duration of a closure. There is no need for patrons to request credits and extensions. Refunds are available upon request.

**Q: what if a participant or staff member tests positive?**

A: We work quickly with the Deschutes County Health Department on notification when a confirmed case occurs. This is why registration and check-in are key. Notification may be done by BPRD or the county for the safety of patrons, staff and volunteers.
LET’S GO!
Facility Fee & Pass Information

Bend Park & Recreation District offers three unique recreation facilities with multiple fee options and 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.

With our monthly and annual passes you can enjoy:

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

Pass Types

10-Visit Passes
10-visit passes may be used for facility access at all locations of equal or lesser value. Patrons may use visits for themselves or guests at the same entrance fee. This pass doesn’t expire.

Monthly & Annual Passes
Monthly 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.

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

Family Pass Special
Family passes include any adult, youth or senior family members living in the same household. Three member minimum required.

Partner Discount
Save 10% off monthly and annual passes when two people in the same household purchase a pass at the same time. Includes adults, youth and senior family members in the same household. Not applicable to Social Activities pass.

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

<table>
<thead>
<tr>
<th></th>
<th>JUNIPER SWIM &amp; FITNESS CENTER &amp; LARSPUR COMMUNITY CENTER</th>
<th>BEND SENIOR CENTER</th>
<th>THE PAVILION: ICE SEASON</th>
<th>THE PAVILION: ICE SEASON</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ONE PASS - TWO FACILITIES</td>
<td>Social Pass</td>
<td>Without Skates</td>
<td>With Skates</td>
</tr>
<tr>
<td></td>
<td>Unlimited access to over 100 weekly group fitness classes &amp; full facility use, including use of pools, fitness center, hot features, masters swim practices and Senior Center. See facility details on pages 46 - 47.</td>
<td>Includes participation in ongoing social activities, including games, billiards &amp; Senior Center events.</td>
<td>Admission to all public skate sessions. Ice Season: November - March</td>
<td>Admission to all public skate sessions. Includes skate rental. Ice Season: November - March</td>
</tr>
<tr>
<td><strong>Single Visit Admission</strong></td>
<td>Adult (19-60) $8.00 Older Adult* (61-79) $7.00 Youth (3-18)/Honored Citizens (80+) $6.00 Children under 3 with paying adult Free</td>
<td>$3.50 $1.50 $1.25</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>10-Visit Pass</strong></td>
<td>Adult (19-60) $68.00 Older Adult* (61-79) $59.00 Youth (3-18)/Honored Citizens (80+) $51.00</td>
<td>$29.00 $12.00 $10.00</td>
<td>$72.00 $64.00 $56.00</td>
<td>$96.00 $88.00 $80.00</td>
</tr>
<tr>
<td><strong>Monthly Pass</strong></td>
<td>Adult (19-60) $59.00 Older Adult* (61-79) $46.00 Youth (3-18)/Honored Citizens (80+) $32.00</td>
<td>$24.00 $16.00 $13.00</td>
<td>$298.00 $259.00 $220.00</td>
<td>$555.00</td>
</tr>
<tr>
<td><strong>Monthly Family Pass</strong></td>
<td>Any mix of three or more household members $110.00</td>
<td>N/A</td>
<td>N/A</td>
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</tr>
</tbody>
</table>

*Effective Jan. 1, 2022, the Older Adult age for recreation facility access passes begins at 61. Each year, the beginning age will increase one year until 2026 when the minimum age requirement reaches 65. Individuals born on or before December 31, 1961 will qualify as older adults throughout the transition.*
how to register

Registration Options
If you are not able to register online, you can register in person at Juniper Swim & Fitness Center, Larkspur Community Center, The Pavilion or Bend Senior Center. If you need further assistance, call Customer Service 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, Larkspur Community Center, The Pavilion or Bend Senior Center. The default password is your last name (first letter capitalized) unless you set it up differently.

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

4. You can select/search for activities in one of three ways:
   > Activity Number (Fastest) - Enter the activity number (first six digits) in the box. Click on the Search button. The activity numbers are printed in this guide.
   > Keyword Search - Just enter ONE word for the activity, such as part of the name or something about what it does. For example: Art, Lacrosse, Camp, Guitar, etc. Click on the Search button. Scroll down to display a list of programs linked to that keyword.
   > Type or Category - Simply click on the name for the types of programs that interest you. Scroll down to view all the programs offered.

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

**Simple & Sane Detox for the New Year**  
Ages: 16 & up  
Larkspur Community Center  
This class is about resting your body from heavy foods, processed foods and allergens, while eating lighter and healthier. It’s about making a minor change with major feel-good results. Learn what your body thrives on and how to get off the roller coaster of cravings and energy crashes. We’ll discuss some “simple and sane” guidelines to gently redirect our food choices. Expect handouts, recipes and several delicious dishes. Instructor: Suzanne Landry.  
$59.00 ID  $70.80 OD / session  
Activity: 102287  
Th: 5:00 - 7:30 pm  
Session: 1/20

**Chowder Basics**  
Ages: 16 & up  
Larkspur Community Center  
Learn to make hearty, delicious chowders, such as Midwestern Corn & Cheese Chowder and New England Chowder. You’ll learn the importance of making roux and layering flavors. Bring your aprons and containers.  
Instructor: Shannon Hodgen.  
$59.00 ID  $70.80 OD / session  
Activity: 102231  
Sa: 1:00 - 4:00 pm  
Session: 1/29

**Easy Soups and Stews**  
Ages: 16 & up  
Larkspur Community Center  
Soups and stews are hearty, easy-to-make and low-cost. Forget canned soups! Instead, learn the secrets of great build-as-you-go soup stocks. We’ll make delicious meal-in-one winter dinners by using fresh vegetables, herbs, spices, whole grains, beans and protein.  
Instructor: Suzanne Landry.  
$59.00 ID  $70.80 OD / session  
Activity: 102226  
Th: 5:00 - 7:30 pm  
Session: 2/10

**With Your Child: Pizza Made Together**  
Ages: 8 & up with adult  
Larkspur Community Center  
Grab your buddy and let’s make pizza together! We’ll start from the bottom up to create your own personal pizza. Your artisan bread baking instructor will walk you through each step, from perfect pizza dough to the finishing touches. Learn the dough basics from thick to thin crusts and achieving that authentic flavor. Bring an apron, rolling pin and pizza pan or cookie sheet - along with your appetite! Note: This is not a gluten- or dairy-free class.  
Instructor: Elizabeth Guerin.  
$59.00 ID  $70.80 OD / session  
Activity: 102248  
Sa: 1:00 - 3:00 pm  
Session: 2/5

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

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?
Northern African Flavors for Two
Ages: 16 & up
Larkspur Community Center
Moroccan cuisine is a reflection of the diverse cultures that come together in Northern Africa. Bring a friend or family member and work in pairs to learn about the culture and cuisine of Northern Africa as we combine bold spices, olives and fruits to build amazing flavor combinations. Learn how to use a traditional tagine to cook a meal that the class will eat together. Fee covers two registrations. Instructor: Shannon Hodgen.
$99.00 ID  $118.80 OD / session
Activity: 102215
Sa: 1:00 - 4:00 pm
Session: 2/26

DIY: Mosaic Garden Hearts
Ages: All Adults
Larkspur Community Center
Learn the basics of mosaic while creating a one-of-a-kind piece of outdoor art to adorn your own yard, or to give as a gift. Instructor: Jesica Carleton.
$69.00 ID  $82.80 OD / session
Activity: 102422
Sa: 12:30 - 5:00 pm
Session: 1/29

Technique versus Recipe Demonstration Class
Ages: 16 & up
Larkspur Community Center
Every recipe requires a technique in order to make a particular dish. Learning how to apply the correct technique allows for more flavor and creativity in your cooking. The class covers the techniques of sauté, poach and braise applied to chicken, beef, salmon and shrimp. Each dish features the technique with an accompanying sauce. It’s a fun afternoon learning about cooking techniques and enjoying a bite. Bring paper and a pen. Instructor: Chef Julian Darwin.
$59.00 ID  $70.80 OD / session
Activity: 102289
Sa: 1:00 - 4:00 pm
Session: 3/5

Pasta, Gnocchi & Special Sauce
Ages: 16 & up
Larkspur Community Center
Learn to make light, pillowy gnocchi (Italian potato pasta) and fresh tagliatelle and pappardelle pasta from scratch using fresh, local ingredients. We’ll explore how to create light and tasty sauces for your pastas using citrus and fresh herbs. Instructor: Shannon Hodgen.
$59.00 ID  $70.80 OD / session
Activity: 102256
Sa: 1:00 - 4:00 pm
Session: 3/19

DIY: Mosaic Stained Glass Mirror
Ages: All Adults
Larkspur Community Center
Learn the basics of mosaic art, while making a one-of-a-kind stained glass mosaic mirror. Attendees will create designs, as well as apply the materials and grout. All materials, aprons, gloves and safety glasses provided. Instructor: Jesica Carleton.
$69.00 ID  $82.80 OD / session
Activity: 102423
Sa: 12:30 - 5:00 pm
Session: 2/26

Cooking Strategy for Singles
Ages: 16 & up
Larkspur Community Center
Easy, simple shopping and cooking tips to make cooking for one fun! Turn leftovers into “makeovers” to stretch your food budget and your free time! Get tips on shopping wisely and saving time in the kitchen. We will enjoy several chicken, turkey, rice and veggies dishes turned into soups, casseroles, entrees, stir fries and burgers. Instructor: Suzanne Landry.
$59.00 ID  $70.80 OD / session
Activity: 102288
Th: 5:00 - 7:30 pm
Session: 3/10

Flavors for Two
Northern African Cooking Strategy
Larkspur Community Center
Baking in a group is so much fun! In this step-by-step class, we’ll share the basics of bread making, what makes different loaves unique, and how to bake what you like! Instructor: Alli Jorgensen.
$59.00 ID  $70.80 OD / session
Activity: 102731
M: 11:30 am - 12:30 pm
Sessions: 1/10 - 31 2/7 - 28

Go-Go Gadget Octagon Workout
Ages: 16 & up
Larkspur Community Center
Get a great functional workout using all the exercise gadgets you’ve been curious about, including TRX Straps, kettlebells, medicine balls, sandbags, core bags and more. Each week highlights different equipment and includes a workout plan, homework assignment and personalized instruction. Instructor: Alli Jorgensen.
$59.00 ID  $70.80 OD / session
Activity: 102731
M: 11:30 am - 12:30 pm
Sessions: 1/10 - 31 2/7 - 28

Better Brains
Ages: 50 & up
Larkspur Community Center
This class is designed for those wanting to improve their lives by keeping a sharp and active mind. Special activities and lessons help participants enhance the functioning of major areas of the brain, increase confidence and independence. Instructor: Alice Staley, MEd.
$59.00 ID  $70.80 OD / session
Activity: 102780
Th: 10:30 - 11:30 am
Session: 2/17 - 3/24

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee  • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
Parkinson’s Water Therapy
Ages: 16 & up
Larkspur Community Center
Enjoy the warm water pool as your instructor takes you through a variety of water exercises to help increase your mobility, balance and range of motion. You’re welcome to bring a support person or caregiver with you. No water shoes needed. Instructor: Carolyn Creedican.
$72.00 ID $86.40 OD / session
Activity: 102732
Tu/Th: 11:00 am - 11:50 pm
Session: 2/1-2/24 3/1-3/24

Music

Beginning Ukulele I
Ages: 16 & up
Larkspur Community Center
Learn to play the ukulele with basic chords, progressions and strumming patterns. You’ll even play popular songs at the first class. No experience? No problem! Ukuleles are available to rent. Baritone Ukuleles not covered. Instructor: Carl Ventis.
$49.00 ID $58.80 OD / session
Activity: 102100
W: 5:00 - 6:00 pm
Sessions: 1/5 - 26 2/3 - 24 3/3 - 23

Beginning Ukulele II
Ages: 16 & up
Larkspur Community Center
Expanding off Beginner Guitar, we’ll grow our knowledge base and learn to use different strum patterns. We will also incorporate picking and simple bar chords to expand our chord and song knowledge, along with music theory. Improve your guitar skills and build your confidence. Instructor: Carl Ventis.
$49.00 ID $58.80 OD / session
Activity: 102107
Th: 6:15 - 7:15 pm
Sessions: 1/6 - 27 2/3 - 24 3/3 - 24

Voice-Overs... Now is Your Time!
Ages: All Adults
Larkspur Community Center
Learn how to use your speaking voice for commercials, films, videos and more. In this introductory class, you will learn about this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time and with minimal overhead. Instructor: Lisa Foster.
$49.00 ID $58.80 OD / session
Activity: 102161
Sa: 10:00 am - 12:00 pm
Session: 4/9

Beginning Guitar I
Ages: 16 & up
Larkspur Community Center
Learn the basics of acoustic guitar including rhythm technique, chords, playing with others and music theory. We will ensure individual attention, a fun learning environment and opportunity to address questions. Guitars not provided. Instructor: Carl Ventis.
$49.00 ID $58.80 OD / session
Activity: 102106
Th: 5:00 - 6:00 pm
Sessions: 1/6 - 27 2/3 - 24 3/3 - 24

Beginning Guitar II
Ages: 16 & up
Larkspur Community Center
Expanding off Beginner Guitar, we’ll grow our knowledge base and learn to use different strum patterns. We will also incorporate picking and simple bar chords to expand our chord and song knowledge, along with music theory. Improve your guitar skills and build your confidence. Instructor: Carl Ventis.
$49.00 ID $58.80 OD / session
Activity: 102107
Th: 5:00 - 6:00 pm
Sessions: 1/6 - 27 2/3 - 24 3/3 - 24

iPhone for Beginners
Ages: All Adults
Larkspur Community Center
This series will help you decide what to buy, how to set up and customize your learning experience with your new phone. Instructor: Stace Rierson.
Fee: $19.00 ID $22.80 OD / session

WHAT TO CONSIDER BEFORE BUYING AN IPHONE
Ready to purchase your first iPhone? We will guide you through the Apple website, explain terminology, like “Retina HD” & “XDR,” and help you ask the right questions. Bring a mobile device to access the Internet.
Activity: 102501
M: 9:30 - 11:00 am
Session: 1/17
Th: 1:00 - 2:30 pm
Session: 1/20

UNBOXING YOUR NEW IPHONE
This class is geared for beginners, including those new to mobile devices or new to Apple devices. Learn to register an Apple ID, customize settings, set up your Home Screen, and send texts.
Activity: 102562
M: 9:30 - 11:00 am
Session: 1/24
Th: 1:00 - 2:30 pm
Session: 1/27

CONTACTS, CALENDAR & MORE
Learn how to fill out a contact form and add events to your calendar.
Activity: 102565
M: 9:30 - 11:00 am
Session: 2/14
Th: 1:00 - 2:30 pm
Session: 2/17

CAMERA AND PHOTOS
You’ll get step-by-step guidance on how to edit your images and manage your photos across devices.
Activity: 102566
M: 9:30 - 11:00 am
Session: 2/21
Th: 1:00 - 2:30 pm
Session: 2/24

SIRI, APPLE PAY, KEYCHAIN AND TIPS
Learn how to talk to Siri, set up Apple Pay, and keep passwords safe with Keychain.
Activity: 102567
M: 9:30 - 11:00 am
Session: 1/31
Th: 1:00 - 2:30 pm
Session: 2/28

Register at register.bendparksandrec.org • Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53
All activities follow current health and safety requirements. More information at bendparksandrec.org/COVID-19
Technology

**Apple Watch for Beginners: Unboxing Your New Watch**

**Ages:** All Adults  
**Larkspur Community Center**

You’ve purchased your first Apple Watch. Now what? This class is geared for beginners to learn how to customize watch faces, install apps, and set reminders and alarms. Ideal for those who learn best with step-by-step guidance and a small group setting. Instructor: Stace Rierson.

$19.00 ID  $22.80 OD / session  
**Activity:** 102568  
**W:** 1:00 - 2:30 pm  
**Session:** 1/26  2/23

**iPad for Beginners: Unboxing Your New iPad**

**Ages:** All Adults  
**Larkspur Community Center**


$49.00 ID  $58.80 OD / session  
**Activity:** 102571  
**W:** 1:00 - 3:00 pm  
**Session:** 1/19 - 2/2 (No class 1/26)

**Extended Travel**

**Normandy, Paris & the Seine River Cruise**

**Ages:** All Adults  

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

$4,995.00 each - Category D  
(dbl. occupancy, land/air/ tax from Portland)  
**Dates:** 4/26 - 5/4, 2022

**Majestic Canadian Rockies**

**Ages:** All Adults  

Spend five nights in one hotel in the heart of the Canadian Rockies - Banff. Your hotel is located in the town center with easy access to restaurants and shops. Enjoy daily site-seeing to take in the unparalleled beauty of the Majestic Canadian Rockies. Visit highlights, including Lake Louise, Moraine Lake, the Icefields Parkway, Yoho National Park and so much more!

$3,049.00 each - Category D  
(dbl. occupancy, land/air/ tax from Portland)  
**Dates:** 7/10 - 15, 2022

**Cape Cod & the Islands**

**Ages:** All Adults  

Lodge for six nights on The Cape to experience its beauty and history. Enjoy a tour of historic Boston and dinner at a local restaurant. Take a ferry ride to Martha’s Vineyard to see the colorful Victorian cottages of Oak Bluffs and Edgartown and view beautiful pristine beaches along the shore. Cruise to scenic and historic Nantucket Island, with a visit to the Nantucket Whaling Museum. In Newport, Rhode Island, enjoy a guided tour of The Breakers mansion and other exquisite mansions from the turn of the century along the “Ten Mile Drive.”

$2,725 each - Category D  
(dbl. occupancy, land/air/ tax from Portland)  
**Dates:** 9/10 – 16, 2022

**Treasures of Ireland**

**Ages:** All Adults  

Travel to Dublin for a wonderful ten-day trip around Ireland. Your trip begins in Belfast, Northern Ireland where you can take a history-focused tour, visit Giant’s Causeway and the Titanic Museum. Then we travel to the republic of Ireland where you’ll see the famed Cliff’s of Moher and dinner in a Castle with live entertainment. Take a ride on the Ring of Kerry and enjoy a full day of the spectacular scenery of Ireland. You’ll have an opportunity to kiss the Blarney stone before continuing to Dublin to take in all the Highlights of Ireland’s Capital city!

$4,045 each - Category D  
(dbl. occupancy, land/air/ tax from Portland)  
**Dates:** 10/11 – 20, 2022

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**GET CREATIVE WITH A CHILD!**

“With Your Child” art classes on pages 15.
**ADULT ART**

**Drawing**

**Intro to Calligraphy**

**Ages:** 16 & up  
**Art Station**

Calligraphy is an ancient writing technique using flat edged pens to create artistic lettering using thick and thin lines depending on the direction of the stroke. Learn the beginning tips and techniques all calligraphers can use to improve their letter forms and style.

$89.00 ID  $106.80 OD / session  
**Activity:** 111143  
**Tu:** 12:30 - 2:30 pm  
**Sessions:** 1/4 - 25  2/1 - 22

**Botanical Drawing**

**Ages:** 16 & up  
**Art Station**

Have a new eye for nature as we observe and draw plants with pastel chalk, charcoal and colored pencil. Learn to draw what you see while exploring a variety of techniques and mediums. Instructor Deena Newman.

$105.00 ID  $126.00 OD / session  
**Activity:** 111123  
**F:** 12:30 - 2:30 pm  
**Session:** 1/7 - 28

**Pen & Ink Trees**

**Ages:** 16 & up  
**Art Station**

Learn to use pen and ink (nibs and India ink) to create images. Start from a photograph of an object like a tree and learn to draw the image in ink. Instructor: Carolyn Parker.

$95.00 ID  $114.00 OD / session  
**Activity:** 111130  
**F:** 12:30 - 2:30 pm  
**Session:** 2/11 - 3/4

**Pastel Chalk Abstracts**

**Ages:** 16 & up  
**Art Station**

An amazing quality of pastel is that it retains its intensity on paper. Explore ways to create with soft pastel chalks and experiment with techniques including blending, dry wash, colored grounding and feathering. Instructor: Deena Newman.

$89.00 ID  $106.80 OD / session  
**Activity:** 111110  
**M:** 6:00 - 8:00 pm  
**Session:** 2/14 - 3/7

**Painting**

**Fun With Acrylics**

**Ages:** All Adults  
**Larkspur Community Center**

Learn the basics of acrylic painting with Certified Acrylic Instructor Carol Pickncl. Each two-hour class focuses on the techniques of color and composition. $20 supply fee due at class. All skill levels welcome.

$15.00 ID  $18.00 OD / session  
**Activity:** 102409  
**Th:** 1:00 - 3:30 pm  
**Sessions:** 1/20 Winter Moonlight  2/17 Sunset Sailing  3/17 Hawaiian Surf

**Beginning Watercolor**

**Ages:** All Adults  
**Larkspur Community Center**

Learn the basics of watercolor painting. With just two brushes and three colors, explore how to do washes, mix colors and make a color wheel. $10 supply fee due at class. Instructor: Jennifer Ware-Kempke.

$25.00 ID  $30.00 OD / session  
**Activity:** 102400  
**Th:** 1:00 - 3:30 pm  
**Session:** 3/3

Let’s Get Arty! Landscape Painting

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.
### Jewelry Basics

**Art Station**

**Ages:** 14 & up

Learn the tools and basics in these step-by-step classes and start creating your own jewelry. Each class focuses on a different jewelry format. Take one or take the whole series! Instructor: Kaia Seiffert.

- $59.00 ID  $70.80 OD / session
- Activity: 111146
- **Th:** 6:00 - 8:30 pm

**Jewelry Tools & Basics**

Want to learn how to make your own jewelry? In this class, you'll learn how to use jewelry tools, basic wire wrapping, and beading to create wearable art for yourself and family.

- **Session:** 2/2

**Polymer Clay Jewelry**

Want to spice up your wardrobe with some fun polymer clay earrings? In this class, you will learn how to choose the right polymer clay for your pieces, make your own cutout designs, and embellish them. You will walk away with two finished pieces of jewelry for yourself and friends.

- **Session:** 2/24

**Leather Jewelry**

Do you like the boldness and beauty of leather jewelry? Learn how to make lightweight and stunning jewelry out of leather and embellish is with paint. You will walk away with 2-3 new pieces of jewelry for yourself and friends.

- **Session:** 3/10

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### Intro to Chinese Brush Painting

**Ages:** All Adults

**Larkspur Community Center**

No experience necessary. Learn this age-old painting style with brush and ink to make a simple painting. $10 supply fee due to instructor at class. Instructor: Michelle Oberg.

- **$25.00 ID  $30.00 OD / session**
- **Activity:** 102405
- **Th:** 1:00 - 3:30 pm
- **Session:** 3/10

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### Clay

#### Day Clay

**Ages:** 16 & up

**Art Station**

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

- **$256.00 ID  $307.20 OD / session**
- **Activity:** 111100
- **W:** 11:00 am - 2:00 pm
  - **Sessions:** 1/5 - 2/2
  - 2/9 - 3/2 ($205.00 ID  $246.00 OD)
- **Th:** 11:00 am - 2:00 pm
  - **Sessions:** 1/6 - 2/3
  - 2/10 - 3/3 ($205.00 ID  $246.00 OD)
- **F:** 11:00 am - 2:00 pm
  - **Sessions:** 1/7 - 2/4
  - 2/11 - 3/4 ($205.00 ID  $246.00 OD)

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### Multimedia

#### Mastering the Quick Sketch

**Ages:** 16 & up

**Art Station**

Using a variety of drawing tools, such as pencil, charcoal and ink, we will explore various methods to quickly capture the essential elements of a scene. Techniques of drawing will include gesture, contour, modeling and memory sketches. We will follow the model set forth by Kimon Nicolaides in his how-to book, The Natural Way to Draw. Instructor: Ken Marunowski.

- **$179.00 ID  $214.80 OD / session**
- **Activity:** 111112
- **W:** 10:00 am - 12:00 pm
  - **Session:** 1/12 - 2/2

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### The Art of Felting

**Ages:** 16 & up

**Art Station**

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

- **$149.00 ID  $178.80 OD / session**
- **Activity:** 111181
- **Sa:** 9:00 am - 12:00 pm
  - **Session:** 3/5 - 12

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### All Skills Pottery

**Ages:** 16 & up

**Art Station**

Learn basic techniques, including hand-building and wheel-thrown stoneware pottery techniques as a beginner or experienced potter. Tools and the first ten pounds of clay provided; additional clay available to purchase. Instructor: Justin LeBart.

- **$256.00 ID  $307.20 OD / session**
- **Activity:** 111101
- **W:** 6:00 - 9:00 pm
  - **Sessions:** 1/5 - 2/2
  - 2/9 - 3/2 ($205.00 ID  $246.00 OD)

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### Jewelry Basics

**Art Station**

**Ages:** 14 & up

From one or take the whole series! Learn the tools and basics in these step-by-step classes and start creating your own jewelry. Each class focuses on a different jewelry format. Take one or take the whole series! Instructor: Kaia Seiffert.

- $59.00 ID  $70.80 OD / session
- Activity: 111146
- **Th:** 6:00 - 8:30 pm

**Jewelry Tools & Basics**

Want to learn how to make your own jewelry? In this class, you’ll learn how to use jewelry tools, basic wire wrapping, and beading to create wearable art for yourself and family.

- **Session:** 2/2

**Polymer Clay Jewelry**

Want to spice up your wardrobe with some fun polymer clay earrings? In this class, you will learn how to choose the right polymer clay for your pieces, make your own cutout designs, and embellish them. You will walk away with two finished pieces of jewelry for yourself and friends.

- **Session:** 2/24

**Leather Jewelry**

Do you like the boldness and beauty of leather jewelry? Learn how to make lightweight and stunning jewelry out of leather and embellish is with paint. You will walk away with 2-3 new pieces of jewelry for yourself and friends.

- **Session:** 3/10

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For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee • OD = Out-of-District Fee

Patron and staff safety is top priority; photos may be from prior to pandemic.
Painting

Acrylic Pouring
Ages: 14 & up
Art Station
Try the latest craze, Acrylic Pouring! Learn about the materials you need to create this fluid painting technique while creating two canvases in class. Instructor: Stephen Teater.
$65.00 ID  $78.00 OD / session
Activity: 111141
Tu: 6:30 - 8:30 pm
Sessions: 1/4 - 25 2/1 - 22
Sa: 4:30 - 6:30 pm
Sessions: 1/8 - 29 2/5 -26

Encaustic Painting
Ages: 16 & up
Art Station
Introduction to encaustic painting: perhaps the most beautiful of all artists' paints. Encaustic is a wax based paint composed of beeswax, resin, and pigment kept warm and liquid and applied in layers to a semi-absorbent surfaces, reheating each layer to fuse them. It can be polished, carved, scraped, layered, collaged, and modeled into a myriad of transparent and opaque colors. Instructor: Deena Newman.
$189.00 ID  $226.80 OD / session
Activity: 111125
W: 6:00 - 9:00 pm
Session: 1/5 - 26

Ease into Watercolor Painting
Ages: 14 & 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.
$139.00 ID  $166.80 OD / session
Activity: 111124
Tu: 6:30 - 8:30 pm
Sessions: 1/4 - 25 2/1 - 22

Painterly Portraits
Ages: 16 & up
Art Station
Design and develop a painterly portrait in oil utilizing luminous color, abstract shapes and layered creative brush strokes. We'll explore form through light and shadow, color balance and temperature. You'll learn how to fine tune and finesse painting with individual instruction and painting. Instructor: Stephen Teater.
$169.00 ID  $202.80 OD / session
Activity: 11120
W: 6:30 - 8:30 pm
Session: 1/7 - 28

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 & 2 adult chaperones

Fees: Art Party: 2 hours
$225.00 ID  $270.00 OD / session
Clay Party: 2 hours
$250.00 ID  $300.00 OD / session

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.

Parties are subject to availability and current health/safety requirements.
never stop playing

Curling

**Adult Curling League**

- Ages: All Adults
- The Pavilion
- Open to all levels of experience, this league gives curlers a chance to compete alongside your friends. We supply stones, brooms and all necessary equipment. Games are played on Sundays for a 7-game season. Register your team of 4 - 6 players and email completed rosters to DavidC@bendparksandrec.org.
- $400.00 / team
- Activity: 11031
- Su: 3:30 - 10:40 pm
- Season: 1/16 - 3/6 (No league 1/30)

Hockey

**Adult Skills & Drills**

- Ages: All Adults
- The Pavilion
- Both beginners and intermediate players are welcome. This program is designed to teach the fundamentals of the game, practice skills, promote physical fitness and, above all, have fun. Participants should have prior skating experience and basic gear including stick, helmet, gloves, elbow pads, shin pads and hockey pants.
- $105.00 ID / $126.00 OD / session
- Activity: 11032
- F: 9:30 - 10:30 pm
- Session: 1/14 - 3/4

**Lunchtime Hockey League**

- Ages: All Adults
- The Pavilion
- Looking for more hockey amidst a busy schedule? Come join us during your lunch break for an adult hockey league! Register as an individual; BPRD will organize teams. Game times will be either 10:45 am or 12:00 pm with an 8-game schedule. Full gear required.
- $140.00 ID / $168.00 OD / player
- Activity: 11035
- W: 10:45 am - 1:15 pm
- Season: 1/12 - 3/2

**Required Hockey Gear**

- **PLAYERS:** Helmet, mouth guard, elbow pads, hockey pants, athletic supporter, shin pads, hockey socks and hockey stick. Shoulder pads recommended but optional.
- **GOALIES:** Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove, goalie stick and athletic supporter.

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 exercise, make new friends and either learn a new skill or keep an old one alive. And that is the real fountain of youth.

Be a coach!

Volunteer coaches needed for youth sports.

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

For more information, call (541) 389-7275 • bendparksandrec.org • ID = In-District Resident Fee • OD = Out-of-District Fee

Patron and staff safety is top priority; photos may be from prior to pandemic.
Wally Wallace Cup Hockey Tournament
Ages: All Adults
The Pavilion
Come immerse yourself in great adult hockey action! This tournament honors Wally Wallace, one of the founders of local ice hockey in Bend. Spectators welcome; food and beverages available. Look for more details when registration opens on February 15.
$40.00 ID $48.00 OD / player
Activity: 110320
M - Sa: Times vary
Session: 3/28 - 4/2
Registration Opens: 2/15

Ice Skating

Learn to Skate: Adult Levels 1 - 3
Ages: All Adults
The Pavilion
Come learn how to skate! Discover (or re-discover) your love of ice skating. Practice balancing, stopping and skating techniques. Skate rental included.
$52.00 ID $62.40 OD / session
Activity: 110141
Th: 5:40 - 6:10 pm
Session: 1/6 - 27 2/3 - 24
3/3 - 31 (No class 3/24)

Learn to Skate: Adult Levels 4 - 6
Ages: All Adults
The Pavilion
Learn new moves on the ice! Advance your skating skills as we continue to learn proper techniques such as forward crossovers, two foot spins, and more. Skate rental included; figure skates only. Prerequisite: Successful completion of Level 3 lessons.
$52.00 ID $62.40 OD / session
Activity: 110143
Th: 5:40 - 6:10 pm
Session: 1/6 - 27 2/3 - 24
3/3 - 31 (No class 3/24)

Learn to Skate: Levels 7 - 8
Ages: All Ages
The Pavilion
Introduces basic jumps, spins and foundational skills including landing position, mohawks and edge transitions. Prerequisite: Successful completion of Level 6 lessons.
$52.00 ID $62.40 OD / session
Activity: 110117
Th: 5:40 - 6:10 pm
Session: 1/6 - 27 2/3 - 24
3/3 - 31 (No class 3/24)

Specialized Ice Sessions

Adult: $12.00 / session
Youth: $10.00 / session
MORE SESSIONS = MORE SAVINGS!
Purchase four sessions, get the fifth session for FREE!
Registration: Opens 72 hours prior to scheduled session. You must check-in with the front desk before the session.
Drop-in: If space is available. Check activity # status online prior to arrival.
Sessions: Times and days will vary. Check online schedule.

Volleyball

Indoor Volleyball Clinics
Ages: All Adults
Pilot Butte Middle School
Perfect for beginning and intermediate players. Learn the fundamentals of ball control, basic game play, offense and defense for standard 6-player indoor volleyball. Develop all the tools you’ll need to hold your own in a recreational or intermediate league or open gym. It’s a great way to get ready for our spring Volleyball leagues.
$85.00 ID $102.00 OD / session
Activity: 103194
Su: 4:30 - 6:00 p.m.
Sessions: 1/6 - 27 2/3 - 24
3/3 - 31 (No class 3/24)

Curling Time

Come and practice your curling skills during these pick-up sessions. All equipment is provided.
Activity: 410332 - Adult

Roller Hockey League

Dodgeball

Softball

Spring program registration is scheduled for Tuesday, Feb. 22, 2022 at 8:00 a.m.
Look for more details to come.

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. 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) 706-6115.

Extra Practice FREE

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

Make plans for:
DODGEBALL
ROLLER HOCKEY LEAGUE
SOFTBALL

Save the date for Spring 2022 Sports

Freestyle

Freestyle is a practice session designed for intermediate and advanced figure skaters to take advantage of the full ice surface to work on edgework, jumps, spins and choreography.
Activity: 410160 - Adult/Youth

Register at register.bendparksandrec.org • Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53
All activities follow current health and safety requirements. More information at bendparksandrec.org/COVID-19
Adult Swimming

Level 1 Adult Swim Instruction
Ages: 16 & up
Juniper Swim & Fitness Center
This class is designed for the adult swimmer with little to no experience in the water. We will help you conquer any intimidation or fear of swimming and introduce basic swim skills and water safety. Majority of class is in shallow water.
$67.50 ID  $81.00 OD / session
Activity: 10555
Tu: 5:30 - 6:15 pm
Session: 1/4 - 2/1  2/8 - 3/8
Sa: 7:45 - 8:30 am
Session: 1/8 - 2/5  2/19 - 3/19

Level 2 Adult Swim Instruction
Ages: 16 & up
Juniper Swim & Fitness Center
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.
$67.50 ID  $81.00 OD / session
Activity: 10555
Th: 5:30 - 6:15 pm
Session: 1/6 - 2/3  2/10 - 3/10

Level 3 Adult Swim Instruction
Ages: 16 & up
Juniper Swim & Fitness Center
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 attention to meet your goals.
Appropriate for adults who can swim 15 meters but not much more.
$67.50 ID  $81.00 OD / session
Activity: 10555
M: 11:00 - 11:45 am
Session: 1/3 - 31  2/7 - 3/7
W: 11:00 - 11:45 am
Session: 1/5 - 2/2  2/9 - 3/9

Masters Swimming
Bend’s Adult Swim Program
Ages: 18 & up
Juniper Swim & Fitness Center
Improve your skills and enjoy training in structured practices with experienced coaches. Masters Swimming emphasizes fitness, fellowship and fun for various ages and abilities, who can swim comfortably for 500 meters (20 lengths). Although not required, many choose to race.
Fee: Full-Access Pass or drop-in fee.
January 3 - March 18
M/W/F: 5:30 - 6:45 am
Tu/Th: 9:15 - 10:30 am
M/Tu/W/Th/F: 11:45 am - 1:00 pm
Sa/Su: 9:00 - 10:30 am

DID YOU KNOW?
Why learn to swim for your safety:
More than a third of adults in the United States can’t swim the length of a pool, according to the Centers for Disease Control and Prevention, which puts them at risk of being one of the 10 people who drown every day in this country.

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.

Enjoy the water?
Be a lifeguard.
Learn more at bendparksandrec.org/jobs
Youth & Teen Therapeutic Recreation

Kids Night at Sun Mountain Fun Center
Ages: 10 - 16
Sun Mountain Fun Center
Come enjoy a night of games with friends. We may bowl one round followed by some arcade time!
$40.00 ID  $48.00 OD / session
Activity: 104800
F: 6:00 - 8:00 pm
Session: 1/28

Kids’ Adventure Days
Ages: 6 - 12
Harmon Park
Kids, save the cartoons for later, and come join us for exciting activities in and around Bend. Activities may include sledding, adapted biking, accessible hiking, arts and crafts, and games. This program is available to kids with disabilities and their siblings/friends.
$45.00 ID  $54.00 OD / session
Activity: 104811
Sa: 9:30 am - 1:00 pm
Sessions: 2/26 3/12

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!

“it’s not our disabilities, it’s our abilities that count.” ~ Chris Burke

Work for play!
View BPRD jobs available at bendparksandrec.org/jobs.
Teen Adventure Club
Ages: 13 - 21
Harmon Park
Looking for an exciting, active afternoon of adventure and fun with your friends? Join the Teen Adventure Club. Come enjoy games, field trips around Central Oregon, and much more. Activities are dependent on weather. This program is designed for teens with disabilities.
$45.00 ID  $54.00 OD / session
Activity: 104805
Sa: 1:30 - 5:00 pm
Sessions: 2/26  3/12

Pizza and Games  NEW
Ages: 10 - 16
District Office
Join us for a fun-filled night out! Weather dependent, we will take a walk to Farewell Bend Park followed by games, activities and crafts. Pizza will be provided! This program is designed for kids with disabilities and their siblings or friends.
$35.00 ID  $42.00 OD / session
Activity: 104805
F: 6:00 - 8:00 pm
Session: 3/18

Arts & Crafts

Winter Wonders Art
Ages: 18 & up
Twin Knolls Transitional Co-Op
There are so many wonders in the winter landscape. Let’s channel the beauty of winter into artwork!
$80.00 ID  $96.00 OD / session
Activity: 104400
W: 6:30 - 8:00 pm
Session: 1/5 - 26

Endless Art Opportunities
Ages: 18 & up
Twin Knolls Transitional Co-Op
Creativity has no limits! Let’s explore a variety of art styles.
$80.00 ID  $96.00 OD / session
Activity: 104403
W: 6:30 - 8:00 pm
Session: 3/2 - 30

Cooking & Baking

Healthy Cooking Habits
Ages: 18 & up
Twin Knolls Transitional Co-Op
Let’s try out some healthy and delicious recipes! Each week learn more about healthy cooking and eating habits and ingredients to create exciting dinners.
$100.00 ID  $120.00 OD / session
Activity: 104301
W: 4:30 - 6:30 pm
Session: 3/2 - 30

Weekly Meal Prep 101
Ages: 18 & up
Twin Knolls Transitional Co-Op
With everyone’s busy schedules wouldn’t it be great to reheat a meal at the end of the day? Let’s learn to make meals that will last the week.
$100.00 ID  $120.00 OD / session
Activity: 104310
W: 4:30 - 6:30 pm
Session: 3/2 - 30

Fun & Games

Community Contributions
Ages: 18 & up
Norton Avenue Apartments
Let’s take some time to give back to the Bend community. We will either volunteer at a local organization, or use our artistic skills to create gifts to donate for those in need.
$45.00 ID  $54.00 OD / session
Activity: 104515
Sa: 10:00 am - 1:00 pm
Sessions: 1/8  2/5  3/5

Breakfast for Dinner
Ages: 18 & up
Twin Knolls Transitional Co-Op
Learn how to make a variety of delicious classic breakfast items, but enjoy them for dinner with friends!
$100.00 ID  $120.00 OD / session
Activity: 104308
W: 4:30 - 6:30 pm
Session: 2/2 - 23

Game Night
Ages: 18 & up
Norton Avenue Apartments
Join us for an evening of games and friendly competition. We will play a few old favorites as well as learn a couple of new games to enjoy with friends.
$30.00 ID  $36.00 OD / session
Activity: 104509
F: 5:30 - 7:30 pm
Session: 1/14

Self-Care Creations
Ages: 18 & up
Twin Knolls Transitional Co-Op
Winter weather can be harsh so let’s spend some time creating self-care items to use at home. We’ll create anything from bath bombs to soap!
$80.00 ID  $96.00 OD / session
Activity: 104401
W: 6:30 - 8:00 pm
Session: 2/2 - 23

Work for play!
View BPRD jobs available at bendparksandrec.org/jobs.
Day Trips

Valentine’s Day Dinner & Dance
Ages: 18 & up
Hollinshead Barn
Hearts-a-fire, get out your dancing shoes! It’s time for the annual Valentine’s Day Dinner & Dance. Put on your finest outfit, and prepare yourself for a celebratory and exciting Valentine’s Day.
$30.00 ID $36.00 OD / session
Activity: 104501
F: 6:00 - 9:00 pm
Session: 2/11

Saturday Adventure
Ages: 18 & up
Norton Avenue Apartments
After a long winter, it’s time to get outside for an adventure. Join us for an outing with friends in or around Bend. The outing will be determined based on weather, but it will certainly be active and scenic!
$45.00 ID $54.00 OD / session
Activity: 104702
Sa: 10:00 am - 4:00 pm
Session: 3/19

Fitness & Sports

Lap Swimming
Ages: 18 & up
Juniper Swim & Fitness Center
Get a workout while you fine tune your swimming skills during lap swim.
$65.00 ID $78.00 OD / session
Activity: 104113
Tu: 4:00 - 5:45 pm
Session: 1/4 - 2/1

Moving to Music
NEW
Ages: 18 & up
Juniper Swim & Fitness Center
Get ready to shake, shimmy, and salsa your way to a healthier you! Dance away the winter with a fun, energetic blend of dance music. This is an easy and fun way to workout on your own or with friends.
$65.00 ID $78.00 OD / session
Activity: 104100
Th: 5:30 - 7:30 pm
Sessions: 1/6 - 27 3/3 - 31

Get Fit
Ages: 18 & up
Norton Avenue Apartments
Challenge yourself to reach your personal fitness goals and to live a healthier lifestyle. We’ll use a variety of training methods to increase your strength, flexibility, and endurance including swimming, circuit training, and weight lifting. Time may change.
$55.00 ID $66.00 OD / session
Activity: 104114
Tu: 4:00 - 6:00 pm
Session: 3/1 - 29

Adaptive Equipment
Bend Park & Recreation has adaptive equipment for people with physical disabilities. 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) 706-6115.
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.

**Art & Clay**

**Fun with Clay**

**Ages:** 6 - 12  
**Art Station**  
Create something new each class, including animals, imaginative creatures, bowls and so much more. Learn hand-building skills and techniques, and glaze your pieces with bright colors. Instructor:  
$95.00 ID  $114.00 OD / session  
Activity: 111216  
M: 3:30 - 5:30 pm  
Sessions: 1/3 - 2/21

**Art StART**

**Ages:** 2 - 5 with adult  
**Art Station**  
Inspire a love for art with beginning art fundamentals and mediums in a hands-on creative environment. Join us for play-based art explorations inspired by child friendly themes. Instructor: Anne Rustand.  
$75.00 ID  $90.00 OD / session  
Activity: 111302  
Tu: 9:00 - 10:00 am  
- OR -  10:30 - 11:30 am  
Sessions: 1/11 - 2/1  2/8 - 3/1

**Pre-Clay**

**Ages:** 3 - 5 with adult  
**Art Station**  
This is a clay starter class for little artists to squish, push, form, flatten and create a ceramic piece and decorate it with bright colored glazes. Instructor: Helen Bommarito.  
$19.00 ID  $22.80 OD / session  
Activity: 111304  
F: 9:45 - 10:45 am  
Sessions: 1/14  2/11

**Art Play Group**

**Ages:** 2 - 5 with adult  
**Art Station**  
It's a class for parents, family and caretakers get to connect with little one! Each session has a different play-based activity to develop creative thinking, spark curiosity and inspire experimentation. Instructor: Anne Rustand.  
$19.00 ID  $22.80 OD / session  
Activity: 111300  
Tu: 9:00 - 10:00 am  
- OR -  10:30 - 11:30 am  
Sessions: 1/7  1/21  2/11  2/25  3/11

With Your Child classes:  
Art, pages 15  
Cooking, page 9

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee  • OD = Out-of-District Fee  
Patron and staff safety is top priority; photos may be from prior to pandemic.
Dance

**Born to Dance**

**Age:** 3 with adult  
**Academie De Ballet**  
Little boys and girls will take imaginary journeys to the zoo, the sea, or maybe the moon! Budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Parents welcome. Dress code is required.

$84.00 ID $96.80 OD / session  
Activity: 106573  
**W:** 10:45 - 11:15 am  
Sessions: 1/5 - 2/16  
2/23 - 4/13 (No class 3/23)  
**Sa:** 9:30 - 10:00 am  
Sessions: 1/8 - 2/19  
2/26 - 4/16 (No class 3/26)

**Come Dance With Me**

**Ages:** 4  
**Academie De Ballet**  
Little boys and girls budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Learn jumps, leaps, and feet movement in an imaginary setting. Dress code is required; contact studio for more information.

$94.50 ID $113.40 OD / session  
Activity: 106570  
**F:** 3:30 - 4:15 pm  
Sessions: 1/7 - 2/18  
2/25 - 4/15

**Fantasy Ballet**

**Ages:** 5 - 6  
**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 snow-capped mountains and land lightly on a flower petal in this fun ballet series.

$105.00 ID $126.00 OD / session  
Activity: 106582  
**F:** 3:30 - 4:15 pm  
Sessions: 1/5 - 2/16  
2/23 - 4/13 (No class 3/23)

**Martial Arts**

**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.

$79.00 ID $94.80 OD / session  
Activity: 106750  
**M/W:** 3:20 - 3:50 pm  
Sessions: 1/31 - 2/23  
2/28 - 3/30 (No class 3/21 & 3/23)

**Preschool Play**

**Busy Buddies Preschool**

**Includes weekly swim lessons and yoga!**

**Ages:** 3 - 5  
**Juniper Swim & Fitness Center**  
Busy Buddies Preschool is designed to encourage the development of social skills and positive self-esteem through a variety of fun, creative and healthy activities. In a small group setting, children will enjoy arts and crafts, circle time, dramatic play and more. Basic educational concepts are introduced such as numbers, letters, phonics and more.

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

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

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

Activity: 405601  
**M/W:** 9:00 am - 12:00 pm  
**or**  
**Tu/Th:** 9:00 am - 12:00 pm  
Dates: now - June 11

**With Your Child:**

**Fun with Clay**

**Ages:** 5 & up with adult  
**Art Station**  
Create something new each class, including animals, imaginative creatures, bowls and so much more. Learn hand-building skills and techniques, and glaze your pieces with bright colors.

$55.00 ID $67.00 OD / session  
Activity: 111510  
**Sa:** 10:00 am - 12:00 pm  
- OR - 12:30 - 2:30 pm  
Sessions: 1/8 - 2/19  
Themes:  
1/8 Mini Food Plates  
1/15 Gnomes  
1/22 Cool Cacti  
1/29 Winter Wonderland  
2/5 V-Day Heart Bowls  
2/12 Clay Dragons  
2/19 Unicorns  
2/26 Spring Flowers

More programs for little guys & gals at:  
Art, pages 24 - 26  
Swimming, pages 38 - 42  
Sports, pages 31 - 37  
Skating, pages 32 - 33
**Cartooning & Drawing**

**Cartooning with Carolyn**

Ages: 7 - 12
Art Station
Become a cartoonist! Learn basic cartooning skills, draw using shape and volume and practice doodling amongst skills to build innovative and inventive cartoons. Instructor: Carolyn Parker.
$95.00 ID  $114.00 OD / session
Activity: 111209
F: 3:30 - 5:30 pm
Session: 1/7 - 28

**Clay**

**Youth Wheel Throwing**

Ages: 7 - 13
Art Station
All levels welcome! Learn how to throw pots on the wheel through the process of practice, trimming and glazing. Small class sizes allow more one-on-one instruction. Instructors: Justin LeBart and Amanda Krammes.
$139.00 ID  $166.80 OD / session
Activity: 111202
Tu: 3:30 - 5:30 pm
Session: 1/4 - 25 2/1 - 22
W: 3:30 - 5:30 pm
Session: 1/5 - 26 2/2 - 23
Th: 3:30 - 5:30 pm
Session: 1/6 - 27 2/3 - 24
Sa: 3:30 - 5:30 pm
Session: 1/8 - 29 2/5 - 26

**Fun with Clay**

Ages: 6 - 12
Art Station
Create something new each class! Including animals, imaginative creatures, bowls and so much more. Learn hand building skills and techniques, and glaze your pieces with bright colors.
$95.00 ID  $114.00 OD / session
Activity: 111216
M: 3:30 - 5:30 pm
Sessions: 1/3 - 24 1/31 - 2/21

**Drawing Animals**

Ages: 6 - 9
Art Station
Draw fuzzy and furry creatures! We'll start with basic shapes to outline our animals, then work on details and finish with color. We'll use a few mediums, learn light and dark tones. Instructor: Kathleen Branch.
$75.00 ID  $90.00 OD / session
Activity: 111210
F: 4:30 - 6:30 pm
Sessions: 2/25 - 3/11

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
Multimedia

**Wizardly Art**
Ages: 6 - 12
Art Station
Calling all muggles! Are you a young wizard lover? Have you dreamed of your own owl, wand or crazy plant from the greenhouses? Now is your opportunity to create some of your own! We will use different mediums to create pieces for your own magical world. Instructor: Anne Rustand.

$95.00 ID  $114.00 OD / session
Activity: 111212
Tu: 3:30 - 5:30 pm
Session: 1/11 - 2/1

**Puppetry Performance**
Ages: 7 - 14
Art Station
Learn to build puppets and then perform with your creation to bring it to life. You'll learn the basics of building a simple puppet from around-the-home materials.

$65.00 ID  $78.00 OD / session
Activity: 111218
Sa: 1:00 - 4:00 pm
Sessions: 1/8 2/5 3/5

**Puppetry**
Ages: 8 - 13
Art Station
Learn to build and to perform with puppets with Carolyn Parker! In this class you will learn to build a puppet from scratch, develop a character for your puppet, and learn how to perform with your puppet.

$95.00 ID  $114.00 OD / session
Activity: 111217
Th: 4:30 - 6:30 pm
Session: 1/27 - 2/17

**3D Sculpture**
Ages: 6 - 12
Art Station
Length, width and depth will be explored by using various mediums. Create animal portraits, landscapes and abstract art by building and layering. Instructor: Anne Rustand.

$95.00 ID  $114.00 OD / session
Activity: 111219
Tu: 3:30 - 5:30 pm
Session: 2/8 - 3/8

**Young Jewelers**
Ages: 8 - 13
Art Station
Learn beginner jewelry skills and make some razzle-dazzle to wear or share with friends. We'll cover basic beading skills and jewelry design. Instructor: Kaia Seiffert.

$95.00 ID  $114.00 OD / session
Activity: 111243
Th: 3:30 - 5:30 pm
Sessions: 1/6 - 20 2/24 - 3/10

**Artist Elements: Drawing Essentials**
Ages: 8 - 12
Art Station
Learn the basics of using value, line, texture, shape and space to improve your artwork. Understand the building blocks of drawing while exploring graphite, watercolor and pastels. Instructor: Kathleen Branch.

$95.00 ID  $114.00 OD / session
Activity: 111252
Sa: 1:00 - 3:00 pm
Session: 2/12 - 3/5

**Home School Academy: 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: Amanda Krammes.

$139.00 ID  $166.80 OD / session
Activity: 111260
M: 1:00 - 3:00 pm
Sessions: 1/3 - 24 1/31 - 2/21

**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 & 2 adult chaperones

Fees: Art Party: 2 hours
$225.00 ID  $270.00 OD / session
Clay Party: 2 hours
$250.00 ID  $300.00 OD / session

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.

Parties are subject to availability and current health/safety requirements.
Art & The Young Child

Art Play Group
Ages: 2 - 5 with Adult
Art Station
Parents, grandparents and family get to connect with their little one! Each session will have a different play-based activity to develop creative thinking, spark curiosity and inspire independence and experimentation. Instructor: Anne Rustand.
$19.00 ID  $22.80 OD / session
Activity: 111300
F: 9:00 - 10:00 am
- OR - 10:30 - 11:30 am
Sessions: 1/7  2/11  2/25  3/11

Art StART
Ages: 2 - 5 with Adult
Art Station
$75.00 ID  $90.00 OD / session
Activity: 111302
Tu: 9:00 - 10:00 am
- OR - 10:30 - 11:30 am
Sessions: 1/11  2/1  2/8 - 3/1

PreClay
Ages: 3 - 5 with Adult
Art Station
This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create a ceramic piece and decorate it with bright colored glazes. (Child must be accompanied by adult) Instructor: Helen Bommarito.
$19.00 ID  $22.80 OD / session
Activity: 111304
F: 9:45 - 10:45 am
Sessions: 1/14  2/11

Art-Rageous Camp
Ages: 6 - 12
Discover your creative side! Camp will offer a mix of painting, pastels, drawing, clay, sculpture and mixed media. The possibilities are endless! Let’s play and create in the studio.
Art Station
One-Day Sessions:
$65.00 ID  $78.00 OD / session
Activity: 111403
M-F: 9:00 am - 4:00 pm
Sessions: 1/11 - 2/1  2/8 - 3/1

Cascade Middle School
One-Day Sessions:
$65.00 ID  $78.00 OD / session
Activity: 111307
Su: 12:30 - 2:00 pm
Sessions: 1/9 Winter Wonderland

With Your Child:

With Your Child: Dual-Canvas Painting
Ages: 6 & up with Adult
Art Station
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 the painting. Instructor: Kathleen Branch
$55.00 ID  $66.00 OD / session
Activity: 111505
Su: 12:30 - 2:00 pm
- OR - 2:30 - 4:00 pm
Sessions: 1/9 Winter Wonderland
2/13 Abstract Hearts
2/27 Cactus & Succulents, Oh My!

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

PARENTS CAN GET ARTSY TOO!
Adult Art classes on pages 13 - 15.

BUT WAIT, THERE’S MORE!
GET COOKING “WITH YOUR CHILD.”
“With Your Child” cooking classes on page 9.

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
play it forward

Cooking & Baking

Fun at the Ramen Shop
Ages: 10 - 14
Cascade Middle School
Join us as we learn to make yummy ramen noodles with toppings, chahan stir fried rice and gyoza (pot stickers) just like a ramen chef in Japan. Instructor: Chieko Saito.
$75.00 ID $90.00 OD / session
Activity: 106230
M: 9:00 am - 2:00 pm
Session: 1/17

Fun at the Bento Shop
Ages: 10 - 14
Cascade Middle School
Have fun making your own “bento” like a bento chef, including onigiri (rice balls), California rolls and tempura. Instructor: Chieko Saito.
$75.00 ID $90.00 OD / session
Activity: 106228
M: 9:00 am - 2:00 pm
Session: 1/17

DIY & Crafts

Kids Welding
Ages: 10 - 17
DIYcave
In this hands-on class, kids will cut steel with a torch and weld those pieces back together. They’ll learn amazing skills and take their creations home with them. This is a powerful experience for kids and won’t soon be forgotten! Repeated beginners/intermediate beginners are welcome and will improve and progress in their skill level. All materials included.
$69.00 ID $82.80 OD / session
Activity: 106151
Tu: 3:00 - 5:00 pm
Session: 1/11 2/2 3/8
W: 3:00 - 5:00 pm
Sessions: 1/5 2/2 3/16

3D Printing
Ages: 9 - 17
DIYcave
Have you wanted to try 3D printing or been curious about the process? Come learn how 3D printers work and demystify the process! We’ll cover how 3D printers work, how to create designs and print. And, you’ll leave with skills and the proper software to continue printing and learning. It’s a great class to take over and over to improve and progress. All materials included.
$79.00 ID $94.80 OD / session
Activity: 106153
W: 3:00 - 6:00 pm
Sessions: 1/5 1/19 2/2 2/16 3/2 3/30
F: 5:30 - 8:30 pm
Sessions: 1/7 1/21 2/4 2/18 3/4 3/18 4/1

Learn + play.

“Play is often talked about as it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.”
- Fred Rogers, aka Mister Rogers

Play is the focus of youth activities whether it’s crafts, dance or science. Because if you’re having fun, then discovery, development and friendships come easy!
Sheet Metal Art
Ages: 10 - 17
DIYaive
Learn how to use a torch to cut creative designs from sheet metal. Hammer the artwork into shape and braze on a hook to display your art. This exciting class is a great introduction to the world of metal art and sculpture. It’s a great class to take over and over to improve and progress. All materials included.
$69.00 ID  $82.80 OD / session
Activity: 106155
Tu: 3:00 - 5:00 pm
Sessions: 1/25  2/8  3/22
W: 3:00 - 5:00 pm
Sessions: 1/19  2/16  3/2

Kids Woodworking
Ages: 11 - 17
DIYaive
Make something you’re proud of and learn the joy of woodworking. In this two-day workshop, kids will use technical problem-solving skills and mathematics to craft, explore their creativity and tackle design challenges. We’ll focus on design, measurement and layout techniques. They’ll gain confidence to safely use power tools, such as the miter saw, drill press, sander, router, and hand tools. It’s a great class to take over and over to improve and progress. All materials included.
$149.00 ID  $178.80 OD / session
Activity: 106152
M-Tu: 5:00 - 7:00 pm

Fantasy Ballet
Ages: 5 - 6
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 snow-capped mountains and land lightly on a flower petal in this fun ballet series.
$105.00 ID  $126.00 OD / session
Activity: 106582
F: 3:30 - 4:15 pm
Sessions: 1/7 - 2/18  2/25 - 4/15

Come Dance With Me
Ages: 4
Academie De Ballet
Little boys and girls budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Learn jumps, leaps, and feet movement in an imaginary setting. Dress code is required; contact studio for more information.
$94.50 ID  $113.40 OD / session
Activity: 106570
Sa: 10:10 - 10:45 am
Sessions: 1/8 - 2/19  2/26 - 4/16 (No class 3/26)

Happy Hip Hop
Ages: 5 - 7
Academie De Ballet
Come and learn the latest dance style of today’s top choreographers. Utilizing moves from street dance and freestyle, dancers will incorporate moves into a vibrant dance combination that expresses their individuality. Dress code is required; contact studio for more information.
$106.75 ID  $128.10 OD / session
Activity: 106572
W: 2:30 - 3:15 pm
Sessions: 1/5 - 2/16  2/23 - 4/13 (No class 3/23)

Dance

Born to Dance
Ages: 2.5 - 3 with adult
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. This is a parent/child class.
$80.50 ID  $96.60 OD / session
Activity: 106573
W: 10:45 - 11:15 am
Sessions: 1/5 - 2/16  2/23 - 4/13 (No class 3/23)

KPOV Radio Camp
Ages: 10 - 14
KPOV Radio
KPOV will teach you how to be a DJ, interview a friend, tell a story with sound effects, music, and humor. The show produced will broadcast on 88.9 fm, and you’ll take a copy home!
$105.00 ID  $126.00 OD / session
Activity: 106650
M-F: 9:00 am - 12:00 pm
Session: 3/21 - 25

Work for play!
View BPRD jobs available at bendparksandrec.org/jobs.
Westside Village

**Spring Break Camp**

**Ages:** 5 - 14

**Westside Village**

Packed with adventures and creative arts! Get moving with outdoor activities, such as walking adventures (within two miles of WVMS), team-building games and playing at nearby parks. Tap into your creative side with drama, music, dancing, drumming, ukulele and art projects.

$225.00 ID  $270.00 OD / session

**Activity:** 106510

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

**Session:** 3/21 - 25

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**Spring Break Scootering Camp**

**Ages:** 6 - 17

**Ponderosa Skate Park**

Learn new skills and tricks while we have a blast with games and activities. Riders will be grouped by age and skill set. Pro riders Jake Clark and Matt Edleston will instruct with guest appearances from other pros! On the last day, we will show off our skills in a mini competition with prizes for the riders. Scooter, helmet and pads required. Bring a water bottle and sack lunch. Program is weather dependent.

$215.00 ID  $258.00 OD / session

**Activity:** 106778

**W-F:** 10:00 am - 2:00 pm

**Session:** 3/23 - 25

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**Volunteer with kids!**

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

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**Looking for more Spring Break options?:**

Art, pages 24 - 26

Sports, pages 31 - 37

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**No School Days**

**Grades:** K - 5

**Elk Meadow Elementary & Lava Ridge Elementary**

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

Serious fun that meets the serious needs of the working parent and the fun-seeking child, this program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities, crafts and games. Open to all elementary children throughout the school district.

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

**Space is limited - Sign up early!**

**Activity:** 107400

**Daily:** 7:30 am - 5:30 pm

$225.00 ID  $270.00 / session

**M - F:** 3/21 - 25

$45.00 ID  $54.00 OD / session

**F:** 2/4

**W:** 4/13

**Th:** 4/14

**F:** 4/15

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Register at [register.bendparksandrec.org](http://register.bendparksandrec.org)  •  Facility information on pages 44 - 49  •  Location/park lists on pages 50 - 53

All activities follow current health and safety requirements. More information at [bendparksandrec.org/COVID-19](http://bendparksandrec.org/COVID-19)
YOUTH ACTIVITIES

ENRICHMENT WEDNESDAYS

At Your School

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

Early Release Wednesdays:
12:30 - 2:00 pm

$80.00 ID $96.00 OD / session

Sessions: 1/5 - 2/9
2/16 - 3/30 (no class 3/23)

ELK MEADOW ELEMENTARY
All Programs: 406603

Nature Club
Grades: K - 5
Join a Sunriver Nature Center naturalist and explore nature in your schoolyard. Perform science experiments, learn about meet live animals, and create nature-themed art projects!
Session: 1/5 - 2/9

Intro to STEM with Fun Works Engineering
Grades: K - 5
Children are introduced to engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.
Session: 2/16 - 3/30

HIGH LAKES
All Programs: 406605

Fun, Funky, Fresh Dance
Grades: K - 5
Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games: limbo, freeze-dance, dance teacher and more!
Session: 1/5 - 2/9

Nature Club
Grades: K - 5
Join a Sunriver Nature Center naturalist and explore nature in your schoolyard. Perform science experiments, learn about meet live animals, and create nature-themed art projects!
Session: 2/16 - 3/30

HIGHLAND ELEMENTARY
All Programs: 406606

Intro to STEM with Fun Works Engineering
Grades: K - 5
Children are introduced to engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.
Session: 1/5 - 2/9

Spanish Immersion
Grades: K - 5
Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.
Session: 1/5 - 2/9

Juggling
Grades: K - 5
Starting with scarfs, then working up to bean bags, balls, rings, and potentially juggling clubs, participants will learn how to juggle up to 3-4 props and do various tricks.
Session: 2/16 - 3/30

LAVA RIDGE ELEMENTARY
All Programs: 406609

Fun, Funky, Fresh Dance
Grades: K - 5
Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!
Session: 1/5 - 2/9

Juggling
Grades: K - 5
Starting with scarfs, then working up to bean bags, balls, rings, and potentially juggling clubs, participants will learn how to juggle up to 3-4 props and do various tricks.
Session: 2/16 - 3/30

MILLER ELEMENTARY
All Programs: 406610

Spanish Immersion
Grades: K - 5
Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.
Session: 1/5 - 2/9

Juggling
Grades: K - 5
Starting with scarfs, then working up to bean bags, balls, rings, and potentially juggling clubs, participants will learn how to juggle up to 3-4 props and do various tricks.
Session: 2/16 - 3/30

PINE RIDGE ELEMENTARY
All Programs: 406611

Learn to Draw
Grades: K - 5
Learn how to draw and understand how to apply tones with pastels. A drawing with different tones will transform from a 2D view into 3D.
Session: 1/5 - 2/9

Work for play!
View BPRD jobs available at bendparksandrec.org/jobs.

Volunteer with kids!
Contact Kim at (541) 706-6127 for more information.

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
Basketball

**COBO Basketball Camps**

Grades: 3 - 5
Pilot Butte Middle School

No school? Cool, come play ball! This camp is geared towards grade-level skills under the direction of COBO Director Craig Reid and his staff.

$30.00 ID  $36.00 OD / session
Activity: 103055
M: 9:00 - 11:45 am
Sessions: 1/17 2/21
F: 9:00 - 11:45 am
Sessions: 2/4

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**COBO Advanced Basketball Training**

Grades: 4 - 9
Highland Elementary

Begin your offseason with small-group skill work with 10-time IMC championship coach Craig Reid. We’ll focus on shooting form, ball handling, passing, perimeter attack and defense.

$149.00 ID  $178.80 OD / session
Activity: 103060
Grades: 4 - 6
Tu/Th: 6:00 - 7:20 pm
Grades: 7 - 9
Tu/Th: 7:25 - 8:45 pm
Session: 1/21 - 2/25

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Flag Football

**Xtreme Flag Football: Friday Night Lights**

Grades: 3 - 8
Skyline Sports Park

Join the Xtreme Flag Football team! Xtreme - meaning, we play no matter what! Snow, rain, wind, cold - no big deal! Lace up for six weeks of outdoor skills, drills and games under the lights at Skyline Park. These non-contact training sessions allow players to advance their skills and have fun with friends. Designed for players of all ability levels. Includes an Xtreme Football t-shirt.

$89.00 ID  $106.80 OD / session
Activity: 103164
Grades: 3 - 5
F: 5:30 - 6:45 pm
Grades: 6 - 8
F: 6:00 - 7:15 pm
Session: 1/21 - 2/25

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**Adaptive Equipment**

Bend Park & Recreation has adaptive equipment for people with physical disabilities. 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) 706-6115.

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**Work for play at BPRD.**

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

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Scores one for fun.
Learn to Skate: Youth

**Ages: 4 - 15**

**The Pavilion**

This program offers progressive classes designed to increase your recreational skating experience and develop the basic skills that are fundamental to figure skating. Note: Skaters may be moved by coaches during the session to a level that is most appropriate. Rental skates included.

Our ice skating lessons are...

- **Age Appropriate:** Most classes grouped by ages 4 - 5, 6 - 11, 12 - 17 and 18+.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating or hockey.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

REGISTRATION TIP: Pre-requisites for each class are listed in the class description at [https://register.bendparksandrec.org/](https://register.bendparksandrec.org/). We encourage skaters to master each skill level before progressing to the next level.

For skaters Level 4 and above, we recommend Bend Ice Figure Skating Club to help continue with progressive development.

For more information, call (541) 389-7588.

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**Learn to Skate: Youth Levels 1 - 3**

**Ages: 6 - 11**

Learn how to ice skate! This program offers progressive classes designed to enhance your recreational skating experience and develop fundamental skills. Note: Skaters may be moved during the session to a level that is most appropriate. Helmets recommended. One previous ice skating experience preferred.

Activity: 110111

**Learn to Skate: Youth Levels 4 - 6**

**Ages: 6 - 11**

Find your strength and grace on the ice! This program offers progressive classes designed to enhance your recreational skating experience and develop the basic skills that are fundamental to figure skating. Figure skates only. Prerequisite: Successful completion of Level 3.

Activity: 110114

**Learn to Skate: Levels 7 - 8**

**Ages: 8 & up**

Introduces basic jumps, spins and foundational skills including landing position, mohawks and edge transitions. Figure skates only. Prerequisite: Successful completion of Level 6.

Activity: 110117

**Learn to Skate: Teen Levels 1 - 3**

**Ages: 12 - 17**

Come learn how to skate! Discover (or re-discover) your love of ice skating. Practice balancing, stopping and improving skating techniques. Figure or hockey skates welcome.

Activity: 110131

---

**Free Practice**

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

See session descriptions on page 49.

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

---

**Skate Lesson Assessment**

Unsure which class to register your child in? Take the guesswork out - come for a free skate skill assessment to ensure your child is in the right class. Call (541) 389-7588 to arrange an appointment.
Learn to Skate: Teen Levels 4 - 6
Ages: 12 - 17
Learn new moves on the ice! Advance in your skating skills as we continue to learn proper techniques such as forward crossovers, two foot spins, and more. Skate rental included; figure skates only. Prerequisite: Successful completion of Level 3 lessons.
Activity: 110133

Learn to Skate: Hockey 1
Ages: 6 - 11
Learn skating skills to be successful in hockey. We will practice stance, safe falling, swizzles and snowplow stops with fun games and drills. Hockey gear optional. Skate rental included. Prerequisite: Skaters should have basic ice skating experience before enrolling in this class.
Activity: 110120

Learn to Skate: Hockey 2
Ages: 6 - 11
Advance your hockey skating skills! Level 2 hockey skaters will work on C-Cuts, T-Pushes and 2 foot turns with fun games and drills. Hockey gear optional. Skate rental included; hockey skates only. Prerequisite: Successful completion of Learn to Skate Hockey Level 1. Following this course, your child will be prepared for the Learn to Play Hockey program (110201).
Activity: 110120

Learn to Play Hockey 1 & 2 on next page.

Youth Hockey Skills Progression

Pavilion programs are specifically designed for progressive learning and skill development. The following programs are suggested in order so that each young hockey player can build upon the fundamentals to thrive.

Learn to Skate: Youth Levels 1 - 3
Learn to Skate: Hockey 1
Learn to Skate: Hockey 2
Learn to Play Hockey 1
Learn to Play Hockey 2
Youth Leagues

ONE-DAY-A-WEEK SESSIONS

TUESDAYS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>110133</td>
<td>Jan. 4 - 25</td>
<td></td>
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<tr>
<td>110120</td>
<td>Feb. 1 - 22</td>
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<tr>
<td>110120</td>
<td>Mar. 1 - 29</td>
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</tbody>
</table>

About Bend Ice

Bend Ice is Bend Park & Recreation District’s community partner in helping promote and develop ice sports available at The Pavilion including hockey, curling and figure skating. Founded in 2010, Bend Ice traces its roots to a small group of ice sports enthusiasts dedicated to creating a culture of ice sports in Central Oregon. A non-profit, community-supported organization, Bend Ice has seven active Board members and a team of dedicated volunteers.

Bend Ice Figure Skating Club

Come meet new friends, develop your skating skills and have a blast! The Bend Ice Figure Skating Club is perfect for skaters who have mastered basic skating skills equivalent to level 4 and above. Club members get access to exclusive practice ice time to skate as a team and prepare for testing, competition and exhibition events. Joining the club helps take an individual sport to a team sport and gives skaters the opportunity to skate with like-minded athletes.

Bend Rapids Hockey Club

The mission of the Bend Rapids Hockey Club is to provide travel teams an instructional and competitive environment aimed at developing hockey players. The club’s philosophy is to provide both on-and-off-ice training using USA Hockey trained coaches for U8, U10, U12, U14 and high school teams. Adhering to USA Hockey safe sport policies, the club offers a competitive travel schedule designed to stretch players as they develop into excellent athletes and young people.

For more information, visit bendice.com
Hockey

Learn to Play Hockey 1 & 2
Ages: 5 - 14
The Pavilion
Level up! Our “Learn to Play” program is designed to introduce players to the sport of hockey. We will teach the fundamentals of the game, promote physical fitness and above all have fun. Full hockey gear is required; gear rental is available for $50. Level 2 prerequisite: Successful completion of Learn to Play Hockey 1.
$50.00 ID  $60.00 OD / session
Activity: 110201
HOCKEY 1
M: 4:45 - 5:45 pm
HOCKEY 2
M: 6:00 - 7:00 pm
Session: 1/10 - 2/21

Ice Skating

Parent & Seal Pup: Skate Together
Ages: 3 - 4 with adult
The Pavilion
Step onto the ice and help your young “Seal Pup” find his or her ice feet! Together you will learn how to skate by playing games and spending time together on the ice. Participants are welcome to stay for the Parent/Tot open skate session after class. Protective headgear required; skate rental included.
$36.00 ID  $43.20 OD / session
Activity: 110100
Tu: 9:50 - 10:20 am
Session: 1/4 - 2/25 2/28 - 3/30

Spring Youth Lacrosse League

Grades: 1 - 8
Locations to be determined
It’s no wonder why lacrosse is so popular - it’s exciting, fast-paced and great fun. A wonderful off-season complement to many other sports, this league emphasizes skill development, participation, teamwork, sportsmanship and fun. Teams will meet twice a week and play an eight-game schedule.
Helmets, sticks and mouth guards provided. All players on coed and boys teams must provide their own shoulder pads, arm pads and gloves.
This program is dependent on volunteer coaches. Anyone interested in coaching this season, please visit our website and complete a BPRD Volunteer Application.
$90.00 ID  $108.00 OD / season
Registration deadline: 3/1
Season: 4/11 - 6/3

COED  BOYS
Grades: 1 - 2  Grades: 3 - 4  Grades: 5 - 6  Grades: 7 - 8
Activity: 103401  103403  103407  103411

GIRLS
Grades: 1 - 2
Activity: 103404

Grades: 3 - 4
Activity: 103410

Grades: 5 - 6
Grades: 7 - 8

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
Pickleball

Moment Athletics
“Let’s Play” Pickleball
Ages: 10 - 15
Pine Nursery Park
Pickleball is one of the fastest growing sports in America - especially among children. This program lets kids play, improve their skills and enjoy some friendly competition. Once a week, players will practice and play games in an organized, engaging and inclusive way. Equipment provided. Bring a mask and water bottle. Instructor: Coach CJ Colt.
$64.00 ID  $76.80 OD / session
Activity: 103054
M/W: 5:15 - 6:30 pm
Session: 2/28 - 3/16

Soccer

Youth Spring Indoor Soccer League
Grades: K - 8
Cascade Indoor Sports Center
Get out of the cold weather and join an indoor soccer league! All skill levels welcome. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. League games are on Saturdays; one game a week for eight weeks. Team shirt included. Space is limited; registration available until the program is full.

COED
$120.00 ID  $144.00 OD / session
Grade: Saturdays:
  K  Mid-morning
  1 - 2  Late morning
  3 - 5  Early afternoon
  6 - 8  Late afternoon
Activity: 103340
Session: 1/8 - 2/26
Activity: 103341
Session: 3/5 - 4/30

SoccerTots

Cascade Indoor Sports
Using props and games to enhance your child’s soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence.

SoccerJrs - Teddies
Ages: 18 Months - 2 Years
Parents participate with the child as they learn soccer basics and fun activities.
$120.00 ID  $144.00 OD / session
Activity: 103310 1/4 - 2/26 session
$110.00 ID  $132.00 OD / session
Activity: 103313 3/1 - 4/30 session
(No program 3/21 - 26)
Register for one day/time below per session:

M: 5:00 - 5:55 pm
Tu: 10:00 - 10:55 am
- OR - 4:00 - 4:55 pm
W: 10:00 - 10:55 am
- OR - 4:00 - 4:55 pm
Th: 4:00 - 4:55 pm
- OR - 5:00 - 5:55 Pm
Sa: 9:00 - 9:55 am
- OR - 10:00 - 10:55 am

SoccerJrs - Bears
Ages: 5 - 6
Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.
$120.00 ID  $144.00 OD / session
Activity: 103311 1/3 - 2/24 session
$110.00 ID  $132.00 OD / session
Activity: 103314 2/28 - 4/28 session
(No program 3/21 - 26)
Register for one day/time below per session:

M: 4:00 - 4:55 pm
Tu: 5:00 - 5:55 pm
W: 3:00 - 3:55 pm
Th: 4:00 - 4:55 pm

Register at register.bendparksandrec.org • Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53
All activities follow current health and safety requirements. More information at bendparksandrec.org/COVID-19
Softball

**Girls Advanced Spring Softball Camp**
Ages: 14 - 18
Bend FieldHouse
Presented by local college and high school coaches, and local coaching legend Tom Mauldin. This girls-only camp is heavy on hitting and fielding with pitching and catching breakout sessions.
$79.00 ID  $94.80 OD / session
Activity: 103065
Su: 4:00 - 6:00 pm
Session: 1/30 - 2/13

**Girls Indoor Spring Softball Camp**
Ages: 9 - 14
Bend FieldHouse
Presented by local college and high school coaches, and local coaching legend Tom Mauldin. This girls-only camp is heavy on hitting and fielding with pitching and catching breakout sessions.
$79.00 ID  $94.80 OD / session
Activity: 103066
Su: 4:00 - 6:00 pm
Session: 2/27 - 3/13

Girls Softball League
Ages: 6 – 14 (as of 1/1/22)
Locations to be determined
What a great way to play, make friends and grow your game! The season swings into action with a players’ clinic. Teams practice twice a week; most games during the week. Includes uniform top, shorts and socks. This program depends on volunteer coaches. [Click here to complete a Volunteer Application.](#)
Registration deadline: 3/10 or until full
Season: 4/4 - 6/2
AGES: 8 & UNDER
$85.00 ID  $102.00 OD / season
Activity: 103450
AGES: 11 & UNDER
$93.00 ID  $111.60 OD / season
Activity: 103453
AGES: 14 & UNDER FAST PITCH
$99.00 ID  $118.80 OD / season
Activity: 103456

**Ultimate**

**Middle School Ultimate**
Grades: 5 - 8
Skyline Sports Park
Come out and play Ultimate disc! Participants will learn the game while working on skills and drills. Small-sided games played each night. Teams assigned based on age and school and change weekly. Designed for players of all ability and interest levels.
$89.00 ID  $106.80 OD / session
Activity: 103165
Tu/Th: 6:00 - 7:20 pm
Session: 3/29 - 4/14

**Volleyball**

**NPJ Spring Volleyball Clinics**
Grades: 4 - 8
Pilot Butte Middle School
These clinics are designed for players wanting to improve their skills as they prepare for the next level of volleyball. Lead by local club volleyball coaches, we split into two groups: grades 4 - 5 and grades 6 - 8.
$85.00 ID  $102.00 OD / session
Activity: 103192
Th: 6:30 - 8:00 pm
Session: 4/14 - 28 5/5 - 19

**Track**

**Middle School Track Clinics**
Grades: 6 - 8
Cascade Middle School
Get a jump on the upcoming track season! Join your friends and local middle school track coaches you try new events and improve your personal best. Emphasis is on individual improvement. Includes track cinch bag.
$48.00 ID  $57.60 OD / session
Activity: 103170
M/Tu/Th: 4:30 - 5:45 pm
Session: 3/7 - 17
Yo! Sports Fans!
Plan Ahead!
2022 Youth League Registration

Winter-Spring 2022 Registration

<table>
<thead>
<tr>
<th>Program/League</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bitty Basketball</td>
<td>Nov. - Dec.</td>
</tr>
<tr>
<td>Middle School Basketball - Boys</td>
<td>Nov. - Dec.</td>
</tr>
<tr>
<td>Youth Basketball League</td>
<td>Jan. - Mar.</td>
</tr>
<tr>
<td>Middle School Basketball - Girls</td>
<td>Jan. - Mar.</td>
</tr>
</tbody>
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Summer 2022 Registration

<table>
<thead>
<tr>
<th>Program/League</th>
<th>Season</th>
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</thead>
<tbody>
<tr>
<td>Fall Soccer League</td>
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<tr>
<td>Tackle Football League</td>
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<tr>
<td>Flag Football League</td>
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<tr>
<td>Kindergarten Soccer League</td>
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<tr>
<td>6th Grade Volleyball League</td>
<td></td>
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<tr>
<td>Middle School Tennis League</td>
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</tbody>
</table>

Fall 2022 Registration

<table>
<thead>
<tr>
<th>Program/League</th>
<th>Season</th>
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</thead>
<tbody>
<tr>
<td>Youth Volleyball</td>
<td></td>
</tr>
<tr>
<td>Youth Hockey League</td>
<td></td>
</tr>
<tr>
<td>Bitty Basketball</td>
<td></td>
</tr>
<tr>
<td>Middle School Basketball</td>
<td></td>
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</tbody>
</table>

Ready to Coach Youth Team Sports?
Make a difference for a group of kids!
Volunteers are essential to youth sports programs. We are currently seeking volunteer coaches for:
- Youth Volleyball
- Bitty Basketball
- Youth Basketball
- Middle School Basketball

Sport experience preferred, but mostly need to enjoy working with kids. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.

Cheers to Volunteer Coaches & Fall Sponsors
Youth sport programs rely on fabulous volunteers to coach teams and support players. If you enjoy sports and spending time with great kids, consider being a coach. We make it easy and we know it will be rewarding and fun!

Cheers to all of the great volunteers currently coaching fall sport programs. Enrollment is at an all-time high and the opportunity to play sports is more important than ever. Their support is making a difference for hundreds of kids and families.

Thanks Sponsors!
Sport program sponsors provide resources for recreation scholarships so everyone has a chance to play. Thank you to these amazing businesses for providing support to our community.

- Krueger & Lenox Oral and Maxillofacial Surgery - sponsor for Youth tackle football, Kindergarten Soccer, Youth Volleyball & Bitty Basketball!
- The Center - sponsor for youth fall soccer

Don’t Miss Out On The Action!
Youth Swimming & Fitness

YOUTH SWIMMING & FITNESS

For more information, call (541) 389-7275 • bendparksandrec.org • ID = In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.

Youth Swimming

at Juniper Swim & Fitness Center

Busy Buddies Preschool
Includes weekly swim lessons & yoga!

Ages: 3 - 5
This program includes weekly swim lessons, yoga and movement play! Children will enjoy arts and crafts, dramatic play, and more. In a small group setting, children will be introduced to basic educational concepts such as numbers, letters and phonics. Daily snack included.

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

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

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

Activity: 405601
M/W: 9:00 am - 12:00 pm
- OR -
Tu/Th: 9:00 am - 12:00 pm
Dates: Now - 6/11

Enjoy the water? Like helping people? Be a lifeguard.
Learn more at bendparksandrec.org/jobs.

Dive into fitness and swimming.

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

Teen Fitness

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

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

See classes and schedules available online.

Busy Buddies Preschool
Includes weekly swim lessons & yoga!

Ages: 3 - 5
This program includes weekly swim lessons, yoga and movement play! Children will enjoy arts and crafts, dramatic play, and more. In a small group setting, children will be introduced to basic educational concepts such as numbers, letters and phonics. Daily snack included.

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YOUTH SWIMMING & FITNESS

For more information, call (541) 389-7275 • bendparksandrec.org • ID = In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
Youth Novice Swim Team
Grades: 1 - 5
Juniper Swim & Fitness Center
An introduction to competitive swimming and training designed to challenge and refine swimming skills. Participants must be able to swim 25 meters front crawl stroke using side breathing and 25 meters backstroke with level body position. We’ll teach the rest! Groups are divided by age and ability levels.
Activity: 105540
$220.00 ID $264.00 OD / session
M/W/F: 3:15 - 4:10 pm
Session: 1/3 - 2/25
$147.00 ID $176.40 OD / session
Tu/Th: 3:15 - 4:10 pm
Session: 1/4 - 2/24

Middle School Novice Swim Team
Grades: 6 - 8
Juniper Swim & Fitness Center
Continue to learn and refine competitive swimming skills and get stronger at the same time. Newcomers and veterans welcome. Participants must be able to swim 25 meters crawl stroke using side breathing and 25 meters backstroke with level body position.
Activity: 105541
$220.00 ID $264.00 OD / session
M/W/F: 6:30 - 7:25 pm*
T/Th: 5:15 - 6:10 pm*
(*Participants choose three days to attend; doesn’t need to be the same three days each week.)
Session: 1/3 - 2/25
$128.00 ID $153.60 OD / session
T/Th: 6:15 - 7:10 pm
Session: 1/4 - 2/17

Swim Squad
Ages: 14 & up
Juniper Swim & Fitness Center
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.
$73.00 ID $87.60 OD / session
Activity: 105542
Tu/Th: 6:35 - 7:35 pm
Session: 2/22 - 3/17

Springboard Diving
Ages: 9 - 12
Juniper Swim & Fitness Center
Learn the basics of how to dive from the 1-meter board. An instructor will lead you through the specifics of how to do an approach and hurdle as well as many other skills to make you become a confident and successful diver.
$52.50 ID $63.00 OD / session
Activity: 105570
W: 2:25 - 3:10 pm
Session: 1/5 - 2/2 2/9 - 3/9
W: 1:35 - 2:20 pm
Session: 1/3 - 2/25
F: 4:15 - 5:00 pm
Session: 1/7 - 1/2 2/18 - 3/18
F: 5:05 - 5:50 pm
Session: 1/7 - 2/1 2/18 - 3/18

Novice Water Polo Workshop
Ages: 7 - 14
Juniper Swim & Fitness Center
Have fun learning basic water polo skills and playing games. Participants must be able to swim 100 meters (4 lengths) continuously.
Activity: 105412
$82.50 ID $99.00 OD / session
M/W/F: 3:15 - 4:10 pm
- OR - 6:30 - 7:25 pm
Session: 2/28 - 3/18
$55.00 ID $66.00 OD / session
Tu/Th: 4:15 - 5:10 pm
- OR - 5:15 - 6:10 pm
Session: 3/1 - 17

Novice Swim Assessment
FREE
Schedule a swim assessment to talk with a coach and learn more about the programs.
Call (541) 706-6193 to arrange an appointment.

Family Swim Lessons
at Juniper Swim & Fitness Center
**Clases de Natación para Familias en español**

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

This class is designed for Latino families, but everyone is welcome! In this combined youth and adult class, we will teach a progressive swim lesson for the whole family! Small children's pool lessons available for preschool-age children. Lessons in the main indoor pool.
$64.00 ID $76.80 OD / session
Activity: 105260
Sa: 12:30 - 1:00 pm
Session: 1/8 - 2/5 2/19 - 3/19
Youth Swim Lessons

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

Swim lessons fill fast! How to register:

1. Based on your child’s age, select a lesson group:
   - 0 - 36 months: Parent-Tot
   - 30 - 36 months: Sea Stars
   - 3 - 5 years: Journey
   - 6 - 12 years: Level
   - 12 - 16 years: Teen Level

2. Review lesson descriptions and select level for your child’s skills and required class pre-requisites. Still not sure? Schedule a swim assessment (below right).

3. Determine preferred location.

4. Click on blue “View” hyperlinks to see offerings. Fees vary with session lengths.

5. Register for the class that matches your child’s level.

6. If the appropriate lessons are full, be sure to sign up on the waitlist.

---

**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.

**Parent Tot 1:** (6-18 months) Hands-on work, skill-oriented games and songs emphasize water adjustment and enjoyment.

**Parent Tot 2:** (19-36 months) More skill-building fun and games with an increased emphasis placed on basic swim skills and independence.

**Fees:**
- $48.75 - $70.00 ID
- $58.50 - $84.00 OD

**Frequency:** 1- and 2-day-a-week

**Locations:**
- Juniper Swim & Fitness Center
  View Parent-Tot 1-2 at Juniper
- Larkspur Community Center
  View Parent-Tot 1-2 at Larkspur

---

**Sea Stars Swim Lessons**

_Age: 2 1/2 - 3_

Has your child attended Parent Tot class and is 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.

**Fees:**
- $48.75 - $58.50 ID
- $58.50 - $70.20 OD

**Frequency:** 1- and 2-day-a-week

**Locations:**
- Juniper Swim & Fitness Center
  View Sea Stars at Juniper
- Larkspur Community Center
  View Sea Stars at Larkspur

---

**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:** Water adjustment, underwater exploration, floating on front, flutter kicking. Prerequisite: Ability to participate in a class environment.

**Journey 2:** Front and back floats, glides, kicks. Prerequisite: Float on front with face in water for 3-5 seconds.

**Journey 3:** Front crawl stroke and backstroke with big pool exposure. Prerequisite: Float and kick on front and back for 5 seconds.

**Journey 4:** Crawl stroke with side breathing, back crawl stroke and increased endurance with extensive work in the big pool. Prerequisite: Completion of Journey 3.

**Journey 5:** More advanced stroke work including technique and endurance with both crawl stroke and backstroke. Prerequisite: Front crawl with side breathing 20 feet and backstroke for 20 feet.

**Fees:**
- $48.75 - $70.00 ID
- $58.50 - $84.00 OD

**Frequency:** 1- and 2-day-a-week

**Locations:**
- Juniper Swim & Fitness Center
  View Journey 1 - 5 at Juniper
- Larkspur Community Center
  View Journey 1 - 5 at Larkspur

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For more information, call (541) 389-7665 • bendparksandrec.org • ID = In-District Resident Fee • OD = Out-of-District Fee

Patron and staff safety is top priority; photos may be from prior to pandemic.
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: Water adjustment, front and back floats and glides, flutter kick. Prerequisite: Age 6 years and older.

Level 2: Streamline kicking on front, back and side, basic crawl stroke, into back crawl stroke, deep water exposure. Prerequisite: Float, glide and kick comfortably on front and back for 5 seconds.

Level 3: Crawl stroke with side breathing and back crawl stroke for 45 feet. Prerequisite: Strong kick on front and back in proper body position for 10 seconds.

Level 4: Crawl stroke with rhythmic side breathing and back crawl stroke for 25 meters with increased emphasis on proper technique. Elementary backstroke and breast stroke and dolphin kick introduced. Prerequisite: Comfortably swim crawl stroke with side breathing and backstroke for 45 feet. Level 4 students are in the water with the instructor teaching from the deck.

Level 5: Refinement of crawl stroke, back stroke and elementary backstroke; introduce breast stroke, butterfly and open turns. Prerequisite: Comfortably swim crawl stroke with rhythmic side breathing, back stroke and elementary backstroke for 25 meters.

Level 6: Increased endurance and technique in all previously learned strokes including butterfly and breast stroke; flips turns and diving from starting blocks. Prerequisite: Completion of Level 5. Students are in the water with the instructor teaching from the deck.

Fees: $48.75 - $70.00 ID / $58.50 - $84.00 OD
Frequency: 1- and 2-day-a-week lessons available.

Locations:
Juniper Swim & Fitness Center
Larkspur Community Center

Teen Level Swim Lessons
Ages: 12 - 16
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.

Level 1 - 6 descriptions available above.

Location:
Juniper Swim & Fitness Center
Larkspur Community Center

Swim Lesson Assessment FREE
Not sure where to start? Take the guesswork out with a free swim assessment to ensure your child is in the right class. Come by the pools at:
Larkspur Community Ctr.: 1/3 - 3/17  T/Th: 3:45 pm
T/Th: 6:15 pm
Juniper Swim & Fitness Ctr.: 1/3 - 3/17  M-Th: 10:45 am
M/W: 3:15 & 7:00 pm
Call (541) 706-6183 to arrange an appointment to work with your schedule.

Frequently Asked Questions
When does registration begin?
Registration opens December 7 and is ongoing.

Where do I enter for swim lessons? How do I know where my class is?
Enter through the north lobby at Juniper and the main lobby at Larkspur, off the 15th Street entrance. Check in with receptionist and proceed to the pool deck to meet your class. There are signs on the deck that have the level of swim lesson at a meeting spot where you will meet each time.

What lesson level is my child is signed up for?
At your lesson, the deck supervisor has the information and can help you find the appropriate class.

I am on a waitlist, what should I do?
If there is room for additional swimmers, we will call the waitlist participants in the order it was received.

I don't remember what facility my lesson is at?
When you registered, you should have received an e-mail receipt with your class location listed with the activity.
You can also look up your registration information on the registration site, https://register.bendparksandrec.org. Once logged in, select “my account” in the top menu and select “Household Calendar” under “Reports”. Select one or all fields in the “Select Output” field and the applicable months in the “Select Months” field. Then, select “Yes” in the “Print Location/Extra Information Line:” field. You will then receive a report in your household’s e-mail account. If you still need assistance, customer service can assist you by e-mail or phone.

What do I do if I signed my child up for the wrong level?
Come to the level you have signed your child up for and let the deck supervisor know. Staff will make an assessment on the first day of all the lessons and move your child to the appropriate class.

I have multiple children and would like them in lessons at the same time.
Most of our lessons have the opportunity to occur at the same time. If you weren’t able to sign up for the same time due to the class being full, we encourage you to place your child on the waitlist for the time you like and sign up for the class closest to that time. If the class has an opening, you will have the opportunity to transfer.

My child is signed up for a level that they already passed.
Come to the level you have signed up for on the the first day and let the deck supervisor know. We will make an assessment of all the participants and move them to the appropriate class if we are able.

Register at register.bendparksandrec.org • Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53
All activities follow current health and safety requirements. More information at bendparksandrec.org/COVID-19
Open Recreation Swim
All ages
Recreation swim is open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older. Each facility has unique splash and play features.
Fee: Basic pass or drop-in fee
See online schedules for:
- Juniper Swim & Fitness Center
- Larkspur Community Center

No-School Day Recreation Swim & Family Swim
When school’s out, swimming is in! No-school 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
See online schedules for:
- Juniper Swim & Fitness Center
- Larkspur Community Center

Family Swim
All ages with adult
A perfect time for families to use the pools for recreating and swimming. All children must be accompanied by parent or guardian.
Fee: Basic pass or drop-in fee
See online schedules for:
- Juniper Swim & Fitness Center
- Larkspur Community Center

Parent-Child Swim
Ages: 6 & under with adult
A special time in the pool for parents and their young kids to explore the wonderful world of water and practice swimming skills. Adult supervision in the water is required. Swim diapers are required for those who are not toilet trained.
Fee: Basic pass or drop-in fee
See online schedules for:
- Juniper Swim & Fitness Center
- Larkspur Community Center

Lap Swimming & Water Work Out on Your Own
Ages: 16 & up
Swim for fitness! Swim for fun! Check the website for pool schedule, pool length, number of lanes and requirements.
Fee: Basic pass or drop-in fee
See online schedules for:
- Juniper Swim & Fitness Center
- Larkspur Community Center

Current Channel Workout On Your Own
Ages: 16 & up
Moderate levels of resistance for you to walk, stabilize, stretch and tone. Workout on your own; no instructor present. No swimming. Accommodates all levels; therapeutic exercisers to high intensity-seeking runners.
Fee: Basic pass or drop-in fee
See online schedules for:
- Larkspur Community Center

One pass - two facilities & hundreds of classes
The fitness and swim full-access pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to more than 180 weekly group exercise programs at both Juniper and Larkspur.
Learn more at bendparksandrec.org

RECREATION SWIM SPECIAL
Adults are $6 each when adult accompanies paid children.
Good for: Open Recreation Swim, Family Swim and Parent-Child Swim

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
now hiring

FULL-TIME, PART-TIME & SEASONAL
35+ Positions Available • Benefits

See details and apply online at bendparksandrec.org/jobs

Equal Opportunity Employer

an old fashioned holiday

Hollinshead Homestead Holiday Open House & Historical Tour
Saturday, December 11, 10:00 am - 3:00 pm • 1235 NE Jones Rd., Bend

Join us for a festive open house at Hollinshead Park. Enjoy a free tour and homemade holiday treats.

Register at register.bendparksandrec.org
Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53
Drop-In Swim Sessions
Juniper Swim & Fitness Center, Larkspur Community Center
Facility information on pages 46 - 48.

Lap Swimming & Water Work Out on Your Own
All ages
Swim for fitness! Swim for fun! Check the website for pool schedule, pool length, number of lanes and requirements.
More at: bendparksandrec.org/lapswim

Family Swim
All ages with adult
A perfect time for families to use the pools for recreating and swimming. All children must be accompanied by parent or guardian.
More at: bendparksandrec.org/recswim

Parent-Child Swim
Ages: 6 & under with adult
A special time in the pool for parents and their young kids to explore the wonderful world of water and practice swimming skills. Adult supervision in the water is required. Swim diapers are required for those who are not toilet trained.
More at: bendparksandrec.org/recswim

Open Recreation Swim
All ages
Recreation swim is open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older.
More at: bendparksandrec.org/recswim

COVID-19 Health & Safety Requirements
Health and safety are top priorities at Bend Park & Recreation District. For all art, skating, swimming and fitness activities, be sure to check the website for the latest requirements capacity, face coverings and more. bendparksandrec.org/COVID-19

Open Skate
All ages
Recreational ice skating for all ages and abilities. Children 6 years and under must be supervised by a responsible person 14 years or older. Sticks and pucks and ice skating maneuvers that would endanger others are not allowed. Regular fees apply. Not available on select days.
More at: bendparksandrec.org/pavilion

Parent-Tot Skate & Cheap Skates
All ages
Open Skate at a special discount fee. All children must be accompanied by parent/guardian during Parent-Tot.
More at: bendparksandrec.org/pavilion

For more information, call (541) 389-7275 • bendparksandrec.org • ID = In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
Adult Fitness

Juniper Swim & Fitness Center, Larkspur Community Center -
Facility information on pages 46 - 48.

CLASSES: All ages and fitness levels are welcome and you can start at any time. Classes are held on a weekly basis.

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

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

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.

More at: bendparksandrec.org/indoor-cycling/

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.

More at: bendparksandrec.org/cardio

Mind & Body

Features: Rooted in traditional practices, Mind & Body classes aim to improve your overall health and well-being 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 support both physical and mental awareness and wellness.

More at: bendparksandrec.org/mind-and-body

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.

More at: bendparksandrec.org/strength-and-conditioning

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.

More at: bendparksandrec.org/water-fitness

Fitness Center Use

Fitness Center Orientation: Designed to give you the basic skills to use the equipment safely and effectively. Orientations are strongly recommended prior to using the fitness center, and in some cases, it may be required.

Fitness Center & Under 18 Use: 16 – 17 year olds may use the fitness center without restriction although we recommend completing a Fitness Center Orientation. 11 – 15 year olds may workout in the fitness center under direct parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center.

More at: bendparksandrec.org/fitness-centers

Personal Training

Looking for something more? A BPRD personal trainer can help you:
- Focus on your personal goals.
- Prepare for an adventure, race or event.
- Make your fitness routine fresh and interesting.
- Meet your desired activity and fitness level.
- Take the next step in your recovery from an injury or surgery.
- Train as an individual or group.

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

More at: bendparksandrec.org/fitness-swim/personal-training/

Older Adult Social Activities

Larkspur Community Center - Home of the Bend Senior Center
Facility information on page 48.

Adult Activity programs on pages 8 - 12.

Bend Senior Center is proud to serve and welcome seniors to social activities, such as games and group gatherings. BPRD looks forward to expanding these offerings as available. Check the website regularly for updates.

More at: bendparksandrec.org/bend-senior-center

Virtual Fitness Classes

Let’s keep moving! BPRD online classes are brought to you using Zoom, a web-hosted video conference application.

If taking an online class is new for you - we'll provide step-by-step instructions to help you get connected.

More at: bendparksandrec.org/virtualfitness/
Juniper Swim & Fitness Center

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.

Location
800 NE 6th Street
Bend, OR 97701

Phone
p. (541) 389-7665 (POOL)

Website
bendparksandrec.org/juniper

Hours/Holidays
Facility hours online at bendparksandrec.org/juniper

Schedules, Fees & Information
Visit bendparksandrec.org/juniper for schedules, fees, rules and regulations.

Social Media
facebook.com/JuniperSwimandFitnessCenter
instagram.com/juniperswimandfitness

Activities
Fitness Classes
Fitness Center
Personal Training
Hot Features
Swimming
Swim Lessons

How to Get There
Juniper Swim & Fitness Center is centrally located in Bend within Juniper Park.
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:
Bike racks are located at each entrance. For public transportation, JSFC is located two blocks from the Hawthorne Street transit center of Cascade East Transit and a bus stop is located on Franklin Avenue.

Swimming Pools & Aquatic Facilities
Indoor/Outdoor Olympic 50-Meter Pool
With 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 83-degree water, 4’ - 12’ water depth, water basketball hoops and two one-meter diving boards.
Indoor Children’s Pool
The Indoor Children’s pool is 90 degrees the pool depth is 2’6” - 3’ with small slide and splash features.
Outdoor Activity Pool
Open June to early September.
The outdoor activity pool offers warm 85-degree water with slides, tumble buckets and a splash pad the pool depth is 0” - 3’6”.

Adult Swim Programs
on page 18
Youth Swim Programs
pages 38 - 42

Hot Tub / Steam Room / Sauna
The hot tub is coed and available only when indoor pool is open. Perfect after a workout. Ages: 16 & up.
Steam Room and Sauna are currently closed due to COVID.

Fitness Center, Studios & Equipment
Fitness Center & Weight Room
Juniper’s fitness center and weight room features state-of-the-art equipment and floor-to-ceiling windows and park views.

BPRD Fitness App
BPRD has an Advagym fitness app, developed with Precor and E-Gym, to provide you with a tool to track your workouts, provide connectivity for our cardio equipment and more at both Larkspur Community Center and Juniper Swim & Fitness Center.

Fitness Studios and Classes
Filled with natural light and offering more than 100 weekly classes, Juniper’s studios include: a Fit Studio for functional fitness, three Group Exercise Rooms – Cardio and Mind/Body Studios and an Indoor Cycling Studio.

For more information, call (541) 389-7275 • bendparksandrec.org • ID = In-District Resident Fee • OD = Out-of-District Fee
Patron and staff safety is top priority; photos may be from prior to pandemic.
Larkspur Community Center

Larkspur is a vibrant place where people of all ages, interests and abilities can gather for lifelong fitness, learning and recreation. Larkspur is Home of the Bend Senior Center.

Location
1600 SE Reed Market Road
Bend, OR 97702

Phone
p. (541) 388-1133

Website
bendparksandrec.org/larkspur

Hours/Holidays
Facility hours online at bendparksandrec.org/larkspur

Schedules, Fees & Information
Visit bendparksandrec.org/larkspur for schedules, fees, rules and regulations.

Social Media
facebook.com/Larkspur-Community-Center
instagram.com/larkspurcommunitycenter

Activities
Fitness Classes
Fitness Center
Personal Training
Swimming
Swim Lessons
Older Adult Activities

How to Get There
Larkspur Community Center - Home of 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 trails and bike routes. For public transportation, use Cascade East Transit routes #5 or 6.

Swimming Pool & Aquatic Facilities
4,000-Square-Foot Indoor Aquatics Center
The aquatic center features ADA-friendly showers, locker rooms, private changing areas and free public lockers.

135,000-Gallon Recreation & Leisure Pool
Set at a warm 87 to 89 degree temperature, the pool depth ranges from 2-foot-6-inches to 6-foot-3-inches with a soft-touch flooring.

Current Channel with Hydro Feature
The current channel is the perfect setting for therapeutic water fitness or a fun relaxing float. It’s great for exercise and play!

Accessible, ADA-friendly Features
ADA upgrades including accessible showers, grades, a chair lift and an elevator-style wheelchair lift for independent control.

Hot Tub, On-Deck Shower and More
The aquatic center also has a relaxing hot tub and an on-deck shower for a quick rinse before your swim.

Fitness Center, Walk/Jog Track, Studios & Equipment
Larkspur features two dedicated group fitness rooms, a 5,000-square-foot fitness center and walk/jog track with alcoves for functional workouts.

The fitness center includes:
• Precor fitness cardio equipment
• Three SciFit bikes with removable seats and wheelchair ramps.
• The Precor Resolute line of easy-to-use selectorized equipment.
• Free weights, balance equipment and cable-cross machines.
• Advagym by Sony fitness app integration.

Bend Senior Center
3,500-sq-ft Event Room and Kitchen
Senior Social Lounge and Billiards Room
Free Wi-Fi
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.

Location
313 SW Shevlin Hixon Drive
Bend, OR 97702

Phone
p. (541) 617-1317

Website
bendparksandrec.org/artstation

Schedules, Fees & Information
The Art Station is open during scheduled open studio and program times. Visit bendparksandrec.org/artstation for schedule, fees, rules and other information.

Social Media
facebook.com/BPRDArtStation

Activities
All activities are registration programs; there is no Open Studio at this time. Check the website for updates.
- Painting
- Drawing
- Printing
- Sculpture
- Jewelry
- Glass arts
- Ceramics
- Pottery
- Textiles
- Mixed media

Facility Features
Clay Studio
Our clay studio with large work tables, six pottery wheels and an 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.

Kiln Firing of Artist’s Pottery
Want to fire your own pottery in our kiln? Contact staff at (541) 617-1317 for pricing and availability.

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!

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

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

Art Parties
All Ages
The Art Station is a great place to hold private parties! Paint a masterpiece, create clay projects, make your own sculpture. 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.

Adult Party: 10 guests
Kids Party: 10 children & 2 adults
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.

Parties are subject to availability and current health/safety requirements.

Adult Art Classes
on pages 13 - 15

Youth Art Classes
pages 14 - 36

For more information, call (541) 389-7275 • bendparksandrec.org • ID= In-District Resident Fee • OD = Out-of-District Fee

Patron and staff safety is top priority; photos may be from prior to pandemic.
The Pavilion

Two kinds of play - The Pavilion has distinct personalities! 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.

Location
1001 SW Bradbury Way, Bend Oregon 97702

Phone
p. (541) 389-7588 (SK8T)

Website
bendparksandrec.org/pavilion

Facility Features

The Ice Sheet (Late October - April)
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 conditions even in marginal weather.

Roller Sports Flooring (April - September)
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. Each summer, The Pavilion also hosts a popular all-day summer camp.

Activities

Late October - April
Ice Skating  Hockey
Curling  Skate Lessons

April - September
Roller Skating & Hockey
Skateboarding & Scootering
Adult Sports Leagues
Youth Summer Camps

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.

Drop-in
Ice Skating
Sessions
page 44

Curling, Hockey, & Ice Skating
Lessons
Adult Sports on pages 16 - 17
Youth Sports on pages 31 - 37

Register at register.bendparksandrec.org • Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53
All activities follow current health and safety requirements. More information at bendparksandrec.org/COVID-19
Winter 2022 Program Locations

Locations of all seasonal 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

Aspen Hall
18920 Shevlin Park Rd, Bend, OR 97703

Bend Fieldhouse
401 SE Roosevelt Ave, Bend, OR 97702

Bend Senior Center
1600 SE Reed Market Rd, Bend, OR 97702

BPRD District Office
799 SW Columbia St, Bend, OR 97702

Cascade Indoor Sports Center
20775 High Desert Ln, Bend, OR 97701

DIYCave
444 SE 9th St #150, Bend, OR 97702

Elk Meadow Elementary School
60880 Brookwood Blvd, Bend, OR 97702

Harmon Park, Hobby Hut & Outdoor Center
1100 NW Harmon Blvd, Bend, OR 97701

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

Juniper Swim & Fitness Center
800 NE 6th St, Bend, OR 97701

KPOV - High Desert Community Radio
501 NW Bond St, Bend, OR 97701

Larkspur Community Center - Home of the Bend Senior Center
1600 SE Reed Market Rd, Bend, OR 97702

Lava Ridge Elementary School
20805 Cooley Rd, Bend, OR 97701

Miller Elementary School
300 NW Crosby Dr, Bend, OR 97701

Norton Ave Apartments
415 NE Norton Ave, Bend, OR 97701

Odyssey Martial Arts
924 B SE Wilson Ave, Bend, OR 97702

The Pavilion
1001 SW Bradbury Way, Bend, OR 97702

Pilot Butte Middle School
1501 NE Neff Rd, Bend, OR 97701

Pine Nursery Park & Sports Complex
3750 NE Purcell Blvd, Bend, OR 97701

Ponderosa Skate Park
1411 SE Wilson Ave, Bend, OR 97702

Riverbend Community Room - BPRD District Office
799 SW Columbia 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 97703

The Pavilion
1001 SW Bradbury Way, Bend, OR 97702

Twin Knolls Transition Co-op
2500 NE Twin Knolls Dr, Bend, OR 97702

Westside Village School
1459 NW Albany Ave #43, Bend, OR 97701
Park & Facility Rentals:

For Your Next Event

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

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

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

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

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

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

**PARK PICNIC SHELTERS** are a great option for a variety of events, including company picnics, family gatherings, weddings, receptions and more. And bonus! Because shelters are outdoors, the requirements during the pandemic are more lenient. Fees are based on the size of your group and type of function.

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

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**About renting during the pandemic:**

Rentals are subject to applicable health and safety guidelines. Please be sure to inquire with BPRD rental staff about details.

Register at [register.bendparksandrec.org](http://register.bendparksandrec.org)

Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53
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.
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<th>BALL FIELDS</th>
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Register at register.bendparksandrec.org
Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53
make memories
with Bend Park & Recreation District

play for life