

JANUARY -  
MARCH PROGRAM  
REGISTRATION  
BEGINS DEC. 7  
@ 8:00 AM



# 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

*play for life*





## CONTACT US

phone: (541) 389-7275



email: [info@bendparksandrec.org](mailto:info@bendparksandrec.org)



website: [bendparksandrec.org](http://bendparksandrec.org)

### ADMINISTRATION & RECREATION SERVICES

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

Hours, holidays and more available online at:  
[bendparksandrec.org](http://bendparksandrec.org)

### ART STATION

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

Hours, holidays and more available online at:  
[bendparksandrec.org/artstation](http://bendparksandrec.org/artstation)

Facility details on page 48.

### JUNIPER SWIM & FITNESS CENTER

800 NE 6th St. • p. (541) 389-7665

Hours, holidays, fees and more available online at:  
[bendparksandrec.org/juniper](http://bendparksandrec.org/juniper)

Facility details on page 46.

### LARKSPUR COMMUNITY CENTER HOME OF THE BEND SENIOR CENTER

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

Hours, holidays, fees and more available online at:  
[bendparksandrec.org/larkspur](http://bendparksandrec.org/larkspur)

Facility details on page 47.

### PARK SERVICES

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

Hours, holidays and more available online at:  
[bendparksandrec.org](http://bendparksandrec.org)

### THE PAVILION

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

Hours, holidays, fees and more available online at:  
[bendparksandrec.org/pavilion](http://bendparksandrec.org/pavilion)

Facility details on page 49.



## winter 2022

Welcome to “Your Playbook.” You’re invited to play, learn and thrive in the many recreation programs, facilities, parks and trails available to you this season. Whether you are one, one hundred or somewhere in between, the Bend Park & Recreation District is your place for play.

Bienvenido a su Revista de Actividades Recreativas “Playbook.” Los invitamos a participar, aprender y crecer de manera sana en muchos de los programas de recreación, centros de recreación, parques y senderos disponibles durante esta estación del año. Bend Park & Recreation District es el lugar de recreación ya sea para una persona, cientos o menos.

**VISION STATEMENT:** To be a leader in building a community connected to nature, active lifestyles and one another.

**MISSION STATEMENT:** To strengthen community vitality and foster healthy, enriched lifestyles by providing exceptional park and recreation services.

#### BOARD OF DIRECTORS:

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

#### BUDGET COMMITTEE:

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

#### EXECUTIVE DIRECTOR:

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[don@bendparksandrec.org](mailto:don@bendparksandrec.org)

#### PLANNING & PARK SERVICES DIRECTOR:

Michelle Healy • (541) 706-6113  
[michelleh@bendparksandrec.org](mailto:michelleh@bendparksandrec.org)

#### RECREATION SERVICES DIRECTOR:

Matt Mercer • (541) 706-6103  
[matt@bendparksandrec.org](mailto:matt@bendparksandrec.org)

#### 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](https://www.instagram.com/bendparks), [juniperswimandfitness](https://www.instagram.com/juniperswimandfitness) and [larkspurcommunitycenter](https://www.instagram.com/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.

#### SERVICIOS DISPONIBLES PARA LA COMUNIDAD LATINA | LATINO

**OUTREACH SERVICES:** Comuníquese con Kathya al Tel. (541) 706-1212 | Contact: Kathya Avila p. (541) 706-1212



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# everyone can play

## Recreation Scholarships

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

### ABOUT SCHOLARSHIPS:

- Visit [bendparksandrec.org/scholarship](https://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.

CLICK TO  
LEARN MORE ABOUT  
& APPLY FOR  
RECREATION  
SCHOLARSHIPS



**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.

CLICK TO  
LEARN MORE ABOUT  
CURRENT HEALTH & SAFETY  
CONDITIONS  
& REQUIREMENTS

### 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

JUNIPER SWIM & FITNESS CENTER  
& LARKSPUR COMMUNITY CENTER

ONE PASS - TWO FACILITIES

Unlimited access to over 100 weekly group fitness classes & full facility use, including use of pools, fitness center, hot features, masters swim practices and Senior Center.

See facility details on pages 46 - 47.

BEND SENIOR  
CENTER

Social Pass

Includes participation in ongoing social activities, including games, billiards & Senior Center events.

THE PAVILION:  
ICE SEASON

Without Skates

Admission to all public skate sessions.

Ice Season:  
November -  
March

THE PAVILION:  
ICE SEASON

With Skates

Admission to all public skate sessions.

Includes skate rental.

Ice Season:  
November -  
March

Single  
Visit  
Admission

Adult (19-60)  
Older Adult\* (61-79)  
Youth (3-18)/Honored Citizens (80+)  
Children under 3 with paying adult

\$8.00  
\$7.00  
\$6.00  
Free

\$3.50  
\$1.50  
\$1.25  
N/A

\$9.00  
\$8.00  
\$7.00  
Free

\$12.00  
\$11.00  
\$10.00  
Free

10-Visit  
Pass

Save an  
average  
of 15%

Adult (19-60)  
Older Adult\* (61-79)  
Youth (3-18)/Honored Citizens (80+)

\$68.00  
\$59.00  
\$51.00

\$29.00  
\$12.00  
\$10.00

\$72.00  
\$64.00  
\$56.00

\$96.00  
\$88.00  
\$80.00

ICE SEASON PASSES:  
(without skates)

Monthly  
Pass

Unlimited  
Visits!

Adult (19-60)  
Older Adult\* (61-79)  
Youth (3-18)/Honored Citizens (80+)

\$59.00  
\$46.00  
\$32.00

\$24.00  
\$16.00  
\$13.00

\$298.00  
\$259.00  
\$220.00

Monthly  
Family  
Pass

Any mix of three or more household members

\$110.00

N/A

\$555.00

\*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.



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

Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53





# how to register

## REGISTER ONLINE:

<https://register.bendparksandrec.org>



## 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 the BPRD District Office. 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>

REGISTER

2. Enter your email and password. You already have an account if you have recently participated in a program or have a pass at Juniper Swim & Fitness Center, 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.



SO DELICIOUS!  
.....  
**BAKING  
& COOKING  
CLASSES**  
.....  
PAGES 9 - 10

# spice it up

## Cooking & Baking

### Simple & Sane Detox for the New Year **NEW**

**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 **NEW**

**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

## Technique versus Recipe Demonstration Class

NEW

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



## Cooking Strategy for Singles

NEW

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

## Fabulous French Bread and Other Loaves We Love

Ages: 12 & up

Larkspur Community Center

In this step-by-step class, we'll share how to bake great French bread, rolls and other yeast breads. We'll decode your baking choices of yeasts, sweeteners, enhancements and flours. Beyond theory, we'll put our hands to the dough to get baking. Instructor: Elizabeth Guerin.

\$59.00 ID \$70.80 OD / session

Activity: [102245](#)

Sa: 1:00 - 3:00 pm

Session: 3/12

## 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:

### DIY:

## Mosaic Garden Hearts

Ages: All Adults

Larkspur Community Center

Bling for your garden! Not a stepping stone, but a cement heart will be your base. You'll decorate it with stained glass pieces - lines, circles, swirls -, let your creativity flow! 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

## 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

## Fitness - Specialized

## 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



## 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 2/2 - 23  
3/2 - 23

### Beginning Ukulele II

**Ages:** 16 & up

**Larkspur Community Center**

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

\$49.00 ID \$58.80 OD / session

Activity: [102103](#)

**W:** 6:15 - 7:15 pm

Sessions: 1/5 - 26 2/2 - 23  
3/2 - 23

## 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:** 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

## 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 Rierison.

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

### DEEP DIVE INTO SETTINGS

Learn to make your iPhone more accessible for your needs. We'll examine accessibility for those with vision and hearing impairments and much more!

\$19.00 ID \$22.80 OD / session

Activity: [102563](#)

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

Session: 1/31

**Th:** 1:00 - 2:30 pm

Session: 2/3

### SKIMMING THE SURFACE OF THE APP STORE

Learn about the App Store, and how to download, delete, and organize your apps.

Activity: [102564](#)

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

Session: 2/7

**Th:** 1:00 - 2:30 pm

Session: 2/10

### 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

## Technology

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

NEW

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

You purchased your first iPad. Now what? In this two-part class, you'll learn to register an Apple ID, customize settings, set up your Home Screen and send text messages. Ideal for those who learn best with step-by-step guidance and a small group setting. Instructor: Stace Rierson.

\$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 sightseeing to take in the unparalleled beauty of the Majestic Canadian Rockies. Visit highlights, include 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

### GET CREATIVE WITH A CHILD!

"With Your Child" art classes  
on pages 15.

### Cape Cod & the Islands

NEW

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."

\$2725 each - Category D  
(dbl. occupancy, land/air/ tax from Portland)

Dates: 9/10 - 16, 2022

### Treasures of Ireland

NEW

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 diner 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!

\$4045 each - Category D  
(dbl. occupancy, land/air/ tax from Portland)

Dates: 10/11 - 20, 2022





## 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) Learn the basics of contour link drawing and gestural drawing 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: [111230](#)

**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 Picknel. 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

**create  
yourself.**

Whether you're taking classes for the first time or have been creating for years, art is more than just a learned practice, a skill or a form of recreation. It's about connecting and discovering yourself.



## 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 it with paint. You will walk away with 2-3 new pieces of jewelry for yourself and friends.

Session: 3/10



## 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



## Get creative with your kiddos!

"With Your Child" art classes  
on page 15.

## 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)

### 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 (\$205.00 ID \$246.00 OD)  
2/9 - 3/2

## 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

### 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

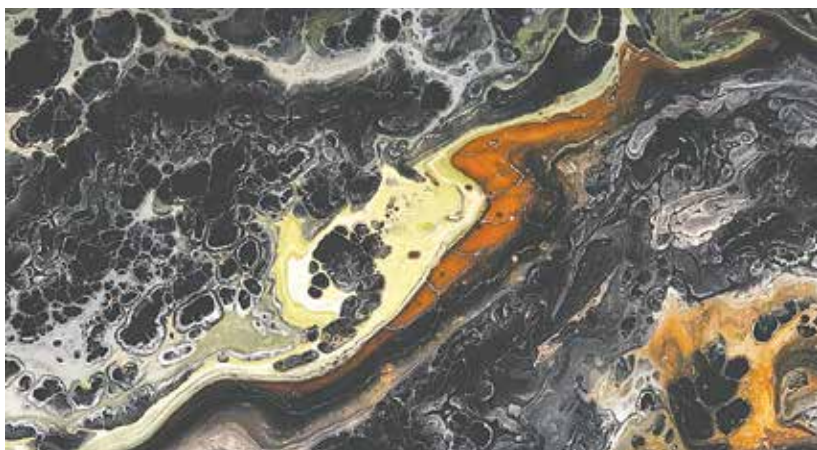
Activity: [111181](#)

**Sa:** 9:00 am - 12:00 pm

Session: 3/5 - 12







## 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](#)

**Th:** 9:00 - 11:00 am

Sessions: 1/6 - 20 (No class 1/17)

### 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: [111120](#)

**F:** 6:30 - 8:30 pm

Session: 1/7 - 28

## Painting the Central Oregon Landscape in Oils

**Ages:** 16 & up

#### Art Station

Bring in your favorite landscape photo of Central Oregon, or elsewhere, and learn to transform your photograph into an oil painting. We'll work through a drawing, sketch painting and a finished piece while considering elements of design, like composition, value, hue and temperature. No experience needed. Instructor: Ken Marunowski.

\$189.00 ID \$226.80 OD / session

Activity: [111121](#)

**W:** 10:00 am - 12:00 pm

Session: 2/16 - 3/9

## 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 your painting's creation. 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!

## 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](http://bendparksandrec.org).

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



PLAY LIKE  
A KID!  
.....  
**ADULT  
SPORTS  
LEAGUES**  
.....  
PAGES 16 - 17

## Game time.

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

## 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](mailto:DavidC@bendparksandrec.org).

\$400.00 / team

Activity: [110331](#)

Su: 3:30 - 10:40 pm

Season: 1/16 - 3/6 (No league 1/30)

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

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

## 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: [110321](#)

F: 9:30 - 10:30 pm

Session: 1/14 - 3/4

## 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.

## 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: [110325](#)

W: 10:45 am - 1:15 pm

Season: 1/12 - 3/2



## 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)

### 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.

### 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)

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

More on page 33

### 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

Sessions: 1/6 - 27 2/3 - 24  
3/3 - 31 (No class 3/24)

### 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](http://thepavilioninbend.com).



## 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: 1/23 - 3/6 (No class 2/13)

### Save the date for Spring 2022 Sports

Make plans for:

**DODGEBALL**  
**ROLLER HOCKEY LEAGUE**  
**SOFTBALL**

**Spring program registration is scheduled for Tuesday, Feb. 22, 2022 at 8:00 a.m.**

**Look for more details to come.**

## Specialized Ice Sessions

Adult: \$12.00 / session

Youth: \$10.00 / session

**MORE SESSIONS = MORE SAVINGS!**

**Purchase four sessions, get the fifth session for FREE!**

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

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

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

### Stick Time

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

Activity: [410402](#) - Adult  
[410401](#) - Youth

### Pick-up Hockey

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

Activity: [410403](#) - Adult

### Curling Time

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

Activity: [410332](#) - Adult

### Freestyle

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

Activity: [410160](#) - Adult/Youth



# making waves

## 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.

### 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.

## 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: [105554](#)

**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: [105555](#)

**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: [105556](#)

**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

CLICK TO LEARN  
ABOUT LAP SWIMMING  
OFFERINGS



**Enjoy the water?  
Be a lifeguard.**

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

For more information, call (541) 389-7275 • [bendparksandrec.org](https://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  
THERAPEUTIC  
RECREATION

PAGES 19 - 21

## make your play

Youth & Teen  
Therapeutic  
RecreationKids 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

## Work for play!

View BPRD jobs available at  
[bendparksandrec.org/jobs](https://bendparksandrec.org/jobs).

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



## 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: [104820](#)

**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

### Work for play!

View BPRD jobs available at [bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).

## 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



### 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

## 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: 1/5 - 26

### 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



## 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 NEW 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

### 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





## Snow Sport Saturday

**Ages:** 18 & up

**Norton Avenue Apartments**

Depending on snow conditions, we will either go sledding or snowshoeing, and maybe even build a snowman! Time may change based on activity.

\$50.00 ID \$60.00 OD / session

Activity: [104705](#)

**Sa:** 8:30 am - 2:30 pm

Session: 1/22

## Kahoot! NEW

**Ages:** 18 & up

**Norton Avenue Apartments**

Competition will be fierce as we test our trivia skills with fun and engaging activities in the game of Kahoot! Trivia may range from Disney to pop culture.

\$60.00 ID \$72.00 OD / session

Activity: [104115](#)

**Th:** 5:30 - 7:30 pm

Session: 2/3 - 24

## Bowling Nights

**Ages:** 18 & up

**Norton Avenue Apartments**

Three Tuesday nights in a row to work on your bowling skills and get competitive with your friends!

\$110.00 ID \$132.00 OD / session

Activity: [104703](#)

**Tu:** 4:30 - 6:30 pm

Session: 2/8 - 22

## 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: [104511](#)

**F:** 6:00 - 9:00 pm

Session: 2/11

## Ice Skating & Hot Chocolate

**Ages:** 14 & up

**The Pavilion**

Join us for an evening of ice skating at The Pavilion, followed by hot chocolate by the fire pit. Time may change based on open skate times.

\$35.00 ID \$42.00 OD / session

Activity: [104701](#)

**F:** 6:00 - 8:00 pm

Session: 2/18

## Day Trips

### Winterfest

**Ages:** 18 & up

**Norton Avenue Apartments**

Join us as we explore the festivities at Winterfest in its new location at the Deschutes County Expo Center.

\$55.00 ID \$66.00 OD / session

Activity: [104501](#)

**Su:** 10:00 am - 3:00 pm

Session: 2/19

### 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



## 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.



## 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



## 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 - 24 1/31 - 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](#)

**F:** 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





## 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)



### 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)

## 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

### 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

LET'S  
GET ARTY!  
.....  
WITH YOUR  
CHILD  
.....  
PAGE 26.

# play together

## creativity equals expression

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

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

### 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

### Work for play!

View BPRD jobs available at  
[bendparksandrec.org/jobs](https://bendparksandrec.org/jobs).





## 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: [111261](#)

**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](https://bendparksandrec.org).

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



## Painting

### Watercolor Techniques

**Ages:** 8 - 13

#### Art Station

Learn the many basic techniques used to create watercolor paintings and then apply them to your own pieces. Practice washes, value scale, wet on wet and dry brush techniques. Instructor: Kathleen Branch.

\$95.00 ID \$114.00 OD / session

Activity: [111221](#)

**M:** 4:30 - 6:30 pm

Sessions: 1/24 - 2/14

### Awesome Acrylic Painting

**Ages:** 6 - 12

#### Art Station

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

\$95.00 ID \$114.00 OD / session

Activity: [111242](#)

**Sa:** 10:00 am - 12:00 pm

Sessions: 1/8 - 29 2/5 - 26

## 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 1/21  
2/11 2/25  
3/11

### Art START

**Ages:** 2 - 5 with Adult

#### Art Station

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

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

## 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

NO SCHOOL

**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: [111228](#)

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

Sessions: 1/17 2/4  
2/21

#### Cascade Middle School

##### One-Day Sessions:

\$65.00 ID \$78.00 OD / session

Activity: [111403](#)

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

Session: 3/21 3/22  
3/23 3/24  
3/25



## 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!

**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.





WHAT'S ON  
WEDNESDAY?  
.....  
**ENRICHMENT  
WEDNESDAYS!**  
.....  
SEE PAGE 30

# 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

**NEW**

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: 2/21

## 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 2/22  
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

### DIYcave

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

### DIYcave

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, sanders, 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

Sessions: 1/24 - 25 2/28 - 3/1  
3/28 - 29

## 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)

**Sa:** 9:30 - 10:00 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)

## 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)



## Outdoors

### Outdoor Winter Adventure Leadership

**NEW** **NO SCHOOL**

**Ages:** 11 - 14

#### Harmon Park Hobby Hut

Love the outdoors? Discover what it takes to be an outdoor leader in a winter environment. In this van-based excursion, we will travel to the Deschutes National Forest and snowshoe to a warming shelter. Along the way we will track animals, analyze the snow pack, and learn how to build a fire. Gain self-confidence and develop outdoor skills while growing as an outdoor winter leader. Dress in layers, wear waterproof clothing and shoes; snowshoes will be provided. Instructor: Trevor Christianson.

\$69.00 ID \$82.80 OD / sessions

Activity: [106800](#)

**M:** 8:30 am - 3:30 pm

Sessions: 1/17 2/21

**W:** 8:30 am - 3:30 pm

Sessions: 2/4

## Spring Break Camps

### 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](http://bendparksandrec.org/jobs).



## Westside Village Spring Break Camp

NO SCHOOL

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

## Spring Break Scootering Camp

NO SCHOOL

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

### Volunteer with kids!

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

### Looking for more Spring Break options?:

Art, pages 24 - 26

Sports, pages 31 - 37



## No School Days

Grades: K - 5

Elk Meadow Elementary & Lava Ridge Elementary

NO SCHOOL

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



## 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

**NEW  
HOURS**

\$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 and 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

### Work for play!

View BPRD jobs available at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).

## 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 and 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: 2/16 - 3/30

### Volunteer with kids!

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

## LAVA RIDGE ELEMENTARY

All Programs: [406609](#)

### 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: 1/5 - 2/9

### 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: 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





CAMPS,  
LEAGUES  
& MORE  
.....  
**LACROSSE**  
.....  
PAGE 34

# score one for fun

## 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

NO  
SCHOOL



### 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: 4/5 - 21

## 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

### Work for play at BPRD.

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

### 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.

Everybody wins.

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



## 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/>. 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.**



## KinderSkate 1

**Ages: 4 - 5**

Learn how to stand, march, dip and swizzle on the ice with fun games. Protective headgear required. One previous ice skating experience preferred.

Activity: [110101](#)

## KinderSkate 2 & 3

The journey continues! KinderSkaters will practice long glides across the ice, backward wiggles and snowplow stops. Skate rental included; protective headgear required. Prerequisite: Successful completion of KinderSkate 1.

Activity: [110102](#)

## Learn to Skate: Family

**Ages: 6 - 11 with adult**

Young skaters - grab a parent, a relative or another adult in your life and come learn to skate together! Through new skills and fun games, we'll help you become confident enough to skate during our Open Skate sessions or to progress to higher-level group classes on your own. Register the child's name and one adult is included. Figure or hockey skates available. Helmets recommended.

Activity: [110110](#)

## Free Practice FREE

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

See session descriptions on page 49.

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

## 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](#)

## Skate Lesson FREE Assessment

Unsure which class to register your child in? Take the guesswork out - come for a free skate skill assessment to ensure your child is in the right class. Call (541) 389-7588 to arrange an appointment.



## Learn to Skate: 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

\$52.00 ID \$ 62.40 OD

\$52.00 ID \$ 62.40 OD

\$52.00 ID \$ 62.40 OD

KinderSkate 1

KinderSkate 2 & 3

Learn to Skate:

Youth Levels 1 - 3

Learn to Skate:

Youth Levels 4 - 6

Learn to Skate: Hockey 1

Learn to Skate: Hockey 2

Learn to Skate:

Teen Levels 1 - 3

Learn to Skate:

Teen Levels 4 - 6

\$52.00 ID \$ 62.40 OD

\$52.00 ID \$ 62.40 OD

\$52.00 ID \$ 62.40 OD

KinderSkate 1

KinderSkate 2 & 3

Learn to Skate: Family

Learn to Skate:

Youth Levels 1 - 3

Learn to Skate:

Youth Levels 4 - 6

Learn to Skate:

Levels 7 - 8

Learn to Skate: Hockey 1

Learn to Skate: Hockey 2

### TUESDAYS

Jan. 4 - 25

Feb. 1 - 22

Mar. 1 - 29 (No class 3/22)

4:30 pm

5:05 pm

4:30 pm

5:05 pm

4:30 pm

5:05 pm

5:40 pm

5:40 pm

### THURSDAYS

Jan. 6 - 27

Feb. 3 - 24

Mar. 3 - 31 (No class 3/24)

4:30 pm

5:05 pm

5:40 pm

4:30 pm

5:05 pm

5:40 pm

4:30 pm

5:05 pm

Each lesson is 30 minutes long. Start times listed.



## About Bend Ice

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

## Bend Ice Figure Skating Club

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

## Bend Rapids Hockey Club

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

For more information,  
visit [bendice.com](http://bendice.com)





## Specialized Ice Sessions

Youth Fees: \$10.00 / session

**MORE SESSIONS = MORE SAVINGS!**

**Purchase four sessions, get your fifth session for FREE!**

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

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

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

### Stick Time

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

Activity: [410401](#) - Youth

### Freestyle

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

Activity: [410150](#)

## 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 - 25 2/1 - 22  
3/1 - 29 (no class 3/22)

## 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 while developing 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

### Beginning White Belt Karate

Ages: 6.5 - 12

**Odyssey Martial Arts**

Discover martial arts! Students will acquire control, focus, discipline, self-defense skills, confidence, and respect, while learning karate techniques and having fun.

\$99.00 ID \$118.80 OD / session

Activity: [106751](#)

**M/W: 3:55 - 4:40 pm**

Sessions: 1/31 - 2/23 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

Season: 4/11 - 6/3

**Registration deadline: 3/1**

**COED** Activity: [103401](#)  
**BOYS** Activity: [103403](#)  
[103407](#)  
[103411](#)

Grades: 1 - 2  
Grades: 3 - 4  
Grades: 5 - 6  
Grades: 7 - 8

**GIRLS** Activity: [103404](#)  
[103410](#)  
Grades: 3 - 5  
Grades: 6 - 8





## 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



## SoccerJrs - Cubs

Ages: 3 - 4

An introductory program teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions.

\$120.00 ID \$144.00 OD / session

Activity: [103311](#) 1/3 - 2/26 session

\$110.00 ID \$132.00 OD / session

Activity: [103314](#) 2/28 - 4/30 session  
(No program 3/21 - 26)

Register for one day/time below per session:

M: 5:00 - 5:55 pm

Tu: 11:00 - 11:55 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: [103312](#) 1/3 - 2/24 session

\$110.00 ID \$132.00 OD / session

Activity: [103315](#) 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



## 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 3/22 - 25)

Register for one day/time below per session:

Tu: 10:00 - 10:55 am

W: 11:00 - 11:55 am

Th: 5:00 - 5:55 pm

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am



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



## 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



## Ultimate

### Middle School Ultimate NEW

**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





GIVE &  
RECEIVE BACK  
.....  
**COACHING  
MATTERS  
IN OUR  
COMMUNITY**  
.....

high five!

## 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

### 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](mailto:rich@bendparksandrec.org).

**DON'T  
MISS OUT  
ON THE  
ACTION!**

**Yo! Sports Fans!**

**Plan Ahead!**

## 2022 Youth League Registration

### Winter-Spring 2022 Registration

Program/League	Season
Youth Volleyball League	Oct. - Dec.
Bitty Basketball	Nov. - Dec.
Middle School Basketball - Boys	Nov. - Dec.
High School Basketball League	Dec. - Mar.
Youth Basketball League	Jan. - Mar.
Middle School Basketball - Girls	Jan. - Mar.
Youth Hockey League	Jan. - Mar.

### Summer 2022 Registration

Program/League	Season
Fall Soccer League	
Tackle Football League	
Flag Football League	
Kindergarten Soccer League	
6th Grade Volleyball League	
Middle School Tennis League	

### Fall 2022 Registration

Program/League	Season
Youth Volleyball League	
Youth Hockey League	
Bitty Basketball	
Youth Basketball League	
Middle School Basketball - Girls	
Middle School Basketball - Boys	
High School Basketball League	

KIDS  
SWIM  
LESSONS  
PAGES 40 - 41

# dive into play

## 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!

### Youth & Teen Fitness

at Juniper Swim & Fitness Center  
& Larkspur Community Center

#### 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.](#)

### 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](http://bendparksandrec.org/jobs).



## 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

## 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.

## 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: 2/25 - 3/9

**F:** 4:15 - 5:00 pm

Session: 1/7 - 2/4 2/18 - 3/18

**F:** 5:05 - 5:50 pm

Session: 1/7 - 2/4 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



## 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



## 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](#)

## 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.**



## 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](#)



## 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  
[View Level 1 - 6 at Juniper](#)

Larkspur Community Center  
[View Level 1 - 6 at Larkspur](#)

## 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.

**Levels 1 - 6 descriptions available above.**

**Fees:** \$48.75 ID / \$58.50 OD

**Frequency:** 1-day-a-week lessons available.

**Location:**  
Juniper Swim & Fitness Center  
[View Teen Level 1 - 6 at Juniper](#)

## 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 of 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 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.



## Drop-In Swim Sessions

### 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

NO SCHOOL

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.

See online schedules for:

[Juniper Swim & Fitness Center](#)  
[Larkspur Community Center](#)

### RECREATION SWIM SPECIAL

Adults are \$6 each when adult accompanies paid children.

Good for: Open Recreation Swim, Family Swim and Parent-Child Swim

### 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

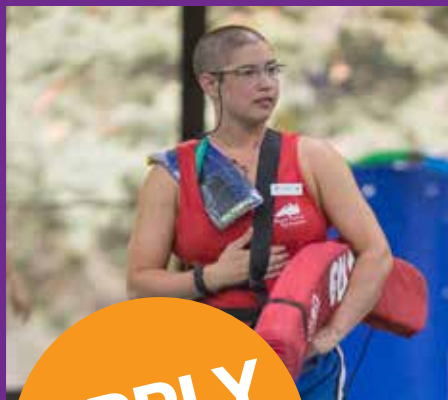
See online schedules for:

[Larkspur Community Center](#)

CLICK TO LEARN  
ABOUT RECREATION SWIM  
OFFERINGS

CLICK TO LEARN  
ABOUT LAP SWIMMING  
& CURRENT CHANNEL OFFERINGS





**APPLY  
TODAY**

# now hiring

**FULL-TIME, PART-TIME & SEASONAL**

**35+ Positions Available • Benefits**

**See details and apply online at [bendparksandrec.org/jobs](https://bendparksandrec.org/jobs)**

Equal Opportunity Employer



**HISTORIC  
HOUSE  
TOURS**

## 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](https://register.bendparksandrec.org)

Facility information on pages 44 - 49 • Location/park lists on pages 50 - 53

# recreation center activities

## 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](https://bendparksandrec.org/COVID-19)



## 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](https://bendparksandrec.org/lapswim)

### Work Out on Your Own Current Channel

**All ages**

Uninstructed, drop-in times with moderate levels of resistance for you to walk, stabilize, stretch and tone for all abilities and levels. No swimming.

More at: [bendparksandrec.org/lapswim](https://bendparksandrec.org/lapswim)

### Masters Swimming Bend's Adult Swim Program

**Ages: 18 & up**

Improve your skills and enjoy training in structured practices with experienced coaches. Masters Swimming emphasizes fitness, fellowship and fun for all adults and abilities, who can swim comfortably for 500 meters (20 lengths).

More at: [bendparksandrec.org/lapswim](https://bendparksandrec.org/lapswim)

CLICK FOR  
SWIM  
SCHEDULES  
& FEES



## 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](https://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](https://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](https://bendparksandrec.org/recswim)

CLICK FOR  
SKATING  
SCHEDULES  
& FEES



## Drop-In Skate Sessions

**The Pavilion**

Facility information on page 49.

### 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](https://bendparksandrec.org/pavilion)

### Family Skate

**All ages with adult**

Open Skate for families at a special discount fee. All children must be accompanied by parent/guardian.

More at: [bendparksandrec.org/pavilion](https://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](https://bendparksandrec.org/pavilion)



CLICK FOR  
FITNESS  
SCHEDULES  
& FEES



## 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/](https://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](https://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](https://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](https://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](https://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](https://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/](https://bendparksandrec.org/fitness-swim/personal-training/)



CLICK FOR  
OLDER ADULT  
ACTIVITIES  
INFORMATION



## 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](https://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/](https://bendparksandrec.org/virtualfitness/)





# juniper swim & fitness center

## 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](http://bendparksandrec.org/juniper)



### Hours/Holidays

Facility hours online at  
[bendparksandrec.org/juniper](http://bendparksandrec.org/juniper)

### Schedules, Fees & Information

Visit [bendparksandrec.org/juniper](http://bendparksandrec.org/juniper) for schedules, fees, rules and regulations.



### Social Media

[facebook.com/  
JuniperSwimandFitnessCenter](https://facebook.com/JuniperSwimandFitnessCenter)  
[instagram.com/  
juniperswimandfitness](https://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.

## Adult Swim Programs

on page 18

## Youth Swim Programs

pages 38 - 42

CLICK FOR  
SWIM  
SCHEDULES  
& FEES



## 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".

### 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.

CLICK FOR  
FITNESS  
SCHEDULES  
& FEES



## 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.



# Larkspur community center

## home of the bend senior center

### 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](http://bendparksandrec.org/larkspur)

#### Hours/Holidays

Facility hours online at  
[bendparksandrec.org/larkspur](http://bendparksandrec.org/larkspur)



#### Schedules, Fees & Information

Visit [bendparksandrec.org/larkspur](http://bendparksandrec.org/larkspur) for schedules, fees, rules and regulations.



#### Social Media

[facebook.com/Larkspur-Community-Center](https://facebook.com/Larkspur-Community-Center)  
[instagram.com/larkspurcommunitycenter](https://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.

### Adult Activities Programs

pages 9 - 12

### Adult Swimming Programs

page 18

### Youth Swimming Programs

pages 38 - 42

CLICK FOR  
SWIM  
SCHEDULES  
& FEES



### 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.

CLICK FOR  
FITNESS  
SCHEDULES  
& FEES



### 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.

CLICK FOR  
OLDER ADULT  
ACTIVITIES  
INFORMATION



### 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](http://bendparksandrec.org/artstation)

### Hours/Holidays

Facility hours online at  
[bendparksandrec.org/artstation](http://bendparksandrec.org/artstation)



### Schedules, Fees & Information

The Art Station is open during scheduled open studio and program times. Visit [bendparksandrec.org/artstation](http://bendparksandrec.org/artstation) for schedule, fees, rules and other information.



### Social Media

[facebook.com/BPRDArtStation](https://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

## 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.

### Adult Art Classes

on pages 13 - 15

### Youth Art Classes

pages 14 - 36

## 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!

## 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](http://bendparksandrec.org).

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





## 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](http://bendparksandrec.org/pavilion)



### Hours/Holidays

Facility hours online at  
[bendparksandrec.org/pavilion](http://bendparksandrec.org/pavilion)

### Schedules, Fees & Information

Visit [bendparksandrec.org/pavilion](http://bendparksandrec.org/pavilion) for schedules, fees, rules and regulations.



### Social Media

[facebook.com/  
ThePavilioninBend](https://facebook.com/ThePavilioninBend)

CLICK FOR  
DROP-IN SKATING  
SCHEDULES  
& FEES



## 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.



## 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.

## Drop-in Ice Skating Sessions

page 44

## Curling, Hockey, & Ice Skating Lessons

Adult Sports on pages 16 - 17  
Youth Sports on pages 31 - 37



## Winter 2022 Program Locations

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Locations of all seasonal programs are in alphabetical order below.

### **Academie De Ballet Classique**

162 NW Greenwood Ave, Bend, OR 97701

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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 Maarket 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

PLAN  
NOW FOR  
SPRING &  
BEYOND

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.

Visit [bendparksandrec.org](http://bendparksandrec.org)  
or call (541) 706-6149  
for rental details  
and reservations.

### 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.



Aspen Hall



Hollinshead Barn



The Pavilion



Shelter at Pine Nursery Park

# 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](https://bendparksandrec.org) and a print map is available at our facilities.

For additional information on parks and trails, visit our website at [bendparksandrec.org](https://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](https://bendparksandrec.org).

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans. Dogs are allowed in all parks except for Riley Ranch Nature Reserve.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on district property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

## Trail Use:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails or in Riley Ranch Nature Reserve. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln	•									•	•	•				
Alpine Park	61355 SW Swarens Ave								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Senior Center	1600 SE Reed Market Rd					•			•				•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr														•		
Big Sky Park	21690 NE Neff Rd	•			•				•	•	•	•					
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•								•		
Canal Row Park	1630 NE Butler Market Rd								•		•	•		•			
Columbia Park	264 NW Columbia St							•			•	•	•		•		
Compass Park	2500 NW Crossing Dr								•		•	•	•				
Discovery Park	1315 NW Discovery Dr				•				•		•		•				
Dohema River Access	35 NW Drake Rd														•		
Drake Park	777 NW Riverside Blvd						•						•		•		
Eagle Park	62891 NE Nolan St										•	•		•			
Farewell Bend Park	1000 SW Reed Market Rd						•		•		•	•	•		•		
First Street Rapids Park	1980 NW First St						•		•				•		•		
Foxborough Park	61308 Sunflower Ln		•									•		•			
Gardenside Park	61750 Darla Pl										•	•		•			
Goodrich Pasture Park	941 NW Quimby Ave										•			•			
Harmon Park	1100 NW Harmon Blvd	•									•	•	•		•		
Harvest Park	63240 NW Lavacrest St											•		•			
High Desert Park	60895 27th St								•								
Hillside I Park	2050 NW 12th St		•									•	•				
Hillside II Park	910 NW Saginaw Ave				•												
Hixon Park	125 SW Crowell Way																
Hollinshead Park	1235 NE Jones Rd				•	•								•			
Hollygrape Park	19489 SW Hollygrape St											•	•				
Jaycee Park	478 Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St					•							•				
Kiwanis Park	800 SE Centennial Blvd	•	•								•	•		•			
Larkspur Community Center	1600 SE Reed Market Rd											•					
Larkspur Park	1700 SE Reed Market Rd		•					•	•		•	•	•				
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
McKay Park	166 SW Shevlin Hixon Dr						•						•		•		
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•									•		•			
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•								•		
The Pavilion	1001 SW Bradbury Way					•											•
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•	•	•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•		•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•			•	
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
Riley Ranch Nature Reserve	19975 Glen Vista Rd						•		•				•		•		
River Canyon Park	61005 Snowbrush Dr								•								
River Rim Park	19400 Charleswood Ln								•						•		
Riverbend Park	799 SW Columbia St						•				•		•		•		
Riverview Park	225 NE Division St								•								
Rockridge Park	20885 Egypt Dr			•					•	•	•	•				•	
Sawyer Park	62999 O.B. Riley Rd						•		•				•		•		
Sawyer Uplands Park	700 NW Yosemite Dr								•		•						
Shevlin Park	18920 NW Shevlin Park Rd					•	•		•		•		•		•		
Skyline Sports Complex Park	19617 Mountaineer Way	•									•	•	•				
Stone Creek Park	61531 Stone Creek Ln								•		•			•			
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•						•								•
Sun Meadow Park	61150 Dayspring Dr		•								•	•		•			
Sunset View Park	990 NW Stannum Rd								•								
Sylvan Park	2996 NW Three Sisters Dr								•			•					•
Three Pines Park	19089 Mt Hood Pl											•					
Wildflower Park	60955 River Rim Dr										•	•					
Woodriver Park	61690 Woodriver Dr		•									•		•			



Big Sky Park



Riverbend Park and the Deschutes River Trail



Discovery Park





**make memories**  
with Bend Park & Recreation District

*play for life*