

SPRING 2023
REGISTRATION
OPENS
FEB. 6 - 8
AT 6:00 A.M.



your playbook

online edition

STAGGERED REGISTRATION OPENING:

Spring 2023 registration opens for April - mid-June programs and spring/summer sports leagues:

Monday, Feb. 6, 6:00 a.m.:
Recreation, enrichment and sports programs.


Tuesday, Feb. 7, 6:00 a.m.:
Swim lessons and aquatics programs.


Wednesday, Feb. 8, 6:00 a.m.:
Sports leagues including adult and youth roller hockey, adult softball and adult and boys volleyball leagues.


Tips for
Registration
Opening
pages 6 - 7

play for life

CONTACT US

 phone: (541) 389-7275

 email: info@bendparksandrec.org

 website: bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

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

Hours, holidays and more available online at:
bendparksandrec.org

ART STATION

Art Station classes are currently relocated to Harmon Park Clay Studio, Larkspur Community Center and some school locations.

Learn more and check specific locations for classes in the Adult Art and Youth Art sections.

p. (541) 389-7275

JUNIPER SWIM & FITNESS CENTER

800 NE 6th St. • p. (541) 389-7665

Hours, holidays, fees and more available online at:
bendparksandrec.org/juniper

Facility details on page 55.

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

Facility details on page 56.

PARK SERVICES

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

Hours, holidays and more available online at:
bendparksandrec.org

THE PAVILION

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

Hours, holidays, fees and more available online at:
bendparksandrec.org/pavilion

Facility details on page 57.



spring 2023 | online edition

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

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

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

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

BOARD OF DIRECTORS:
Debra Schoen, Board Chair • Nathan Hovekamp, Vice-Chair • Jodi Barram • Zavier Borja • Donna Owens

BUDGET COMMITTEE:
Joanne Mathews • Daryl Parrish • Corey Johnson • Cara Marsh-Rhodes • Cary Schneider

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

DEPUTY EXECUTIVE DIRECTOR:
Michelle Healy • (541) 706-6113
michelleh@bendparksandrec.org

ADMINISTRATION SERVICES DIRECTOR:
Kristin Donald • (541) 706-6109
kristind@bendparksandrec.org

RECREATION SERVICES DIRECTOR:
Matt Mercer • (541) 706-6103
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, juniperswimandfitness, larkspurcommunitycenter and thepavilioninbend.

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) 706-6190
Contact: Kathya Avila p. (541) 706-6190
kathya@bendparksandrec.org

COVER: A young baker and an adult create some fun together in a With A Child baking class.



spring into play



Spring in Central Oregon brings us longer days to enjoy the outdoors in our parks and on our trails. It is a wonderful time of year for the blossoming trees, budding plants and the promise of warmer weather. The Bend Park and Recreation District offers more than 85 miles of trail and 83 parks for you to enjoy. I encourage you to get outside in your favorite park or explore a couple of new favorites.

In January, BPRD welcomed two new board of directors by appointment. We had 21 community members submit applications and Donna Owens and Jodie Barram were selected. I am grateful that we live in a community that has so many dynamic and qualified people that are willing to serve their community in this capacity.

Our spring registration includes more active fun including youth and adult roller hockey, softball leagues for men, women, co-ed and senior teams, baking and art classes with your child, adult cooking and a roundabout art tour just to name a few. No-school days activities are also available to keep kids engaged and entertained.

Staff continues to work on providing new and improving existing amenities for the community to enjoy. The second phase of the Drake Park project is well underway and will add connectivity to the Deschutes River Trail with new paths and a boardwalk. The beach and riverbanks will also see improvements just in time for summer. Other parks slated for updates include Sawyer Park and Pine Nursery Park's phase five. We recently surveyed the community to gain feedback on concepts to improve access to McKay, Miller's Landing and Columbia parks. New neighborhood parks are coming to the east side with Little Fawn and Fieldstone parks and on the west side Shevlin West will begin design this summer.

Please enjoy reviewing this spring's recreation programs, and thanks for being part of Bend's recreation community. We strive to bring you new and fun ways to stay active, engaged and healthy!

Best,

Don Horton, Executive Director
don@bendparksandrec.org

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Mark Your Calendar:

Spring 2023
registration
opens
February 6 - 8.

how to register

Spring 2023 Registration

Spring 2023 registration opens for April - mid-June programs and spring/summer sports leagues:

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Once opened, registration is ongoing throughout the season.

About Opening Days

When program registration opens, there can be very high demand for certain activities and a high volume of traffic on the BPRD registration website. To be prepared, please read our tips on pages 6 - 7.

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.

REGISTER ONLINE:

<https://register.bendparksandrec.org>

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.

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.

Online Registration Instructions

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

REGISTER

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.



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



- > **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.



Waitlists

If the registration for a program is listed as "full," be sure to add your name on the waitlist.

This important step lets us know you are interested if an opportunity becomes available.

If you are on a waitlist, be sure to check emails regularly for any notifications about activity openings.

Once a notification email is sent to you, you have 48 hours to respond and register, otherwise your held spot is forfeited.

Being on the waitlist does not guarantee placement in a program or commit you to participating.

"Spring work
is going on
with joyful
enthusiasm."
- John Muir

Refund & Cancellation Policy

You may cancel a program at any time and are encouraged to do so as soon as possible to make space available for others. Credits and refunds will be granted as follows:

- Within 48 hours of registering: 100% of program fee.
- 15 days or more before program start date: 90% of program fee.
- 7 - 14 days before program start date: 75% of program fee.
- 6 days or less before program start: No credit or refund. It is extremely difficult to fill cancelled spaces with short notice.
- After start date: No credits, refunds or prorating of fees will be given for missed portions or early withdrawals.

Online Cancellations

If you need to cancel a registration, you can do so online.

Learn how to cancel on the [Cancellation Policy & Instructions webpage](#).



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 past year, approximately 900 individuals and families have participated in programs with support that provides safe, enriching activities and contribute to a physically active community.

ABOUT SCHOLARSHIPS:

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

For more information, call (541) 389-7275 or visit bendparksandrec.org • Register at register.bendparksandrec.org

How to register, helpful tips and refund/cancellation policy on pages 4 - 7. • Program locations on page 58. • Park lists on pages 60 - 61.

tips for

REGISTERING ON OPENING DAYS

for an efficient & successful registration

Registration opening days are by far the busiest transaction days of the year at Bend Park & Recreation District. As our community grows, so has the amount of registration activity during the first hours a season's programs are made available.

So, to help everyone have the best experience possible, we've made improvements including staggered registration opening, upgraded technology and a virtual waiting room.

Read on to learn our tips and best practices for registering on opening day to help you find success.

**REGISTER
ONLINE:**

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



REVIEW YOUR ACCOUNT

First things, first...make sure your BPRD account profiles and payment methods are up to date and ready to go:

1. Click on the "Register" link on the BPRD website or go directly to: <https://register.bendparksandrec.org>
2. Enter your username and password. You already have an account if you have previously participated in a program or have a pass at Juniper Swim & Fitness Center, The Pavilion or Larkspur Community Center/Bend Senior Center. The default username is your email address and the default password is your last name (first letter capitalized) unless you set it up differently.
3. Go to "My Account" followed by "Update: Household & Member" and make sure all family members are in your account with correct birth dates and genders. If needed, add a new household member or new person for child pickup by clicking on the buttons at the bottom of the page. Also review and if needed update your account address, phone, email and person information.

Once you've ensured your account is up to date, it's go time.

SET UP FOR SUCCESS

A few important recommendations:

1. Create a list of your priority activities and programs. More on that below.
2. Registration works best on a desktop computer or laptop. While you can use a mobile device, it's not the most efficient and some mobile devices with older apps or operating systems can have conflicts.
3. Use one web browser window with one tab open for registration. That one window and tab should be on the registration page. Close all other windows and tabs when it's time to register.
4. Be patient. You will likely need to wait in line in the virtual waiting room until it's your turn. If during registration your screen slows down dramatically or you see the spinning circle, it means the system is processing your request. Do not refresh your screen nor open another window, tab or computer - you will disrupt that process and likely lose your transaction.

BEFORE OPENING DAYS

- View the programs on the online Playbook or linked to the registration website homepage and make a note of the Activity numbers for the programs you want. One exception in Playbook is Youth Swim Lessons - click the link in the online Playbook to view the offerings and Activity numbers.
- Have program Activity numbers (first 6 digits) ready when registration begins. Most of the Activity numbers are published in the online Playbook and are all available in the online program preview.
- Another method is to use the "Wishlist." Add the programs you want to your "Wishlist" in your account. At registration opening, you can go to your "Wishlist" and check availability of those specific programs, then add them to your shopping cart. As backup, it can be helpful to take a screenshot of your "Wishlist."
- Whether your list is on paper or digital, keep that list handy for registration opening day.
- Note programs that are a priority to you and your household.

Spring 2023 Registration Opening

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Once opened, registration is ongoing throughout the season.

ON OPENING DAYS: FEB. 6 - 8

1. Log into your BPRD account. If you log on before 6:00 a.m., you and any others will be randomized at 5:59 a.m. After 6:00 a.m., the line will form one after another just like in person at the movie theater. The wait time may vary, but knowing how many are ahead of you will allow you to plan your morning.
2. Wait for your turn. The virtual waiting room is automated and there's nothing you need to do. If your computer or browser window unintentionally close or shut down, don't panic. Just turn the same device and browser back on and a helpful "cookie" will remember you and your place in line.
3. When it's your turn, add programs to your cart and register. The shopping and registration experience is consistent with past seasons. Use your "Wishlist" and click "Check Availability" or enter Activity #s to add to your shopping cart.
4. Starting with your priority programs, type the Activity number in the search bar and click search.
5. Click the + icon on the left to select the Activity.
6. Note the green bar at the bottom of the screen and click "Add To Cart."
7. Confirm details/waivers/etc. for each of the participants.
8. If you have other priority programs you'd like to enroll in, click on the "Continue Shopping" button. Repeat above steps from entering in Activity number to adding the program into your cart. You can have multiple programs in your cart.
9. Once your priority activity or activities are in your cart, check out promptly to you get into the programs you want and your session isn't accidentally timed out due to inactivity. Important: your transaction must be completed before your enrollment is confirmed.
10. Look for your confirmation email.
11. After you've registered for your priority programs, now is the time to go back and shop for the programs that weren't your top priority, repeating the above steps.
12. When you complete your transaction(s), log out of your account. This step helps the virtual waiting room allow others in for their turn.

ACTIVITY / KEYWORDS

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

Search

Select	Activity #	Ages	Description
<input type="checkbox"/>	208103-20	6-17	With A Child: I

A virtual waiting room, Queue-it will be implemented on the mornings of February 6 - 8 to help control traffic to the registration website.

ABOUT THE VIRTUAL WAITING ROOM

Queue-it is a virtual waiting room that serves as a line for our online registration process. It's automatic if you're on the registration website at opening, so there's nothing needed for you to do! Queue-it will display how many shoppers are in line in front of you and you will see the number get smaller until it is your turn.

Patience is appreciated as you wait. By providing information about how many others are in line ahead of you, it should help the morning go smoother.

High demand is still expected, but with three days of staggered registration programs, it will be a smaller number of programs being registered on each morning.

Thank you for your cooperation.





Aspen Hall



Hollinshead Barn



The Pavilion



Picnic Shelter at Alpenglow Park

Park & Facility Rentals: For Your Next Event



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

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

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

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

LARKSPUR COMMUNITY CENTER welcomes groups for large gatherings, celebrations, meetings and other events. The event space features a maple hardwood floor, abundant natural light, high ceiling and a full commercial kitchen.

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. Sports fields are available for rent seasonally from April 1 to October 31.

PARK PICNIC SHELTERS are a great option for a variety of events, including company picnics, birthday parties, family gatherings, weddings, receptions and more. Fees are based on the size of your group, park amenities and type of function.

ART, SKATE & POOL PARTIES can be great options for birthday parties and other celebrations. Held at recreation centers, activity-based parties are available for children and adults. View recreation center webpages at bendparksandrec.org to learn more.



Visit bendparksandrec.org
or call (541) 706-6149
for rental details
and reservations.



cook up some fun



Cooking & Baking

Old-fashioned Cinnamon Rolls NEW

Ages: 13 & up

Larkspur Community Center

Learn to make fresh cinnamon rolls for a spring brunch or breakfast treat. You will learn the basics of mixing an enriched dough, including the tangzhong method to keep baked goods softer for longer. Get ready for a deliciously fun experience with plenty of hands-on practice with mixing, shaping and proofing yeasted doughs. Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD

Activity: [102236](#) - Opens Feb. 6

Sa: 1:00 - 4:00 pm

Session: 4/8

Cooking for Vegetarian Teens NEW

Ages: 13 & up

Larkspur Community Center

Are you a vegetarian teen or do you have one in your household? Whether you are the teen or have a teen that prefers not to eat animal-sourced items, this class is for both of you. You will learn the fundamentals of a healthy vegan/vegetarian diet and how to create nutritious and delicious meals. The instructor raised three vegan sons and teaches from experience. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [102231](#) - Opens Feb. 6

W: 5:00 - 7:30 pm

Session: 4/26



Cookie Baking Secrets Tips & Tricks NEW

Ages: All Adults

Larkspur Community Center

Learn the secrets of cookie baking from a cookie-baking specialist. Students will learn to bake three varieties of cookies: Brownies and bars; cookies for any day; cookies for holidays and other celebrations. You will leave this class with cookies, take-home recipes, methods, tips and tricks. Have fun in the kitchen while you learn tried and true methods for cookie-baking success. Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD

Activity: [102240](#) - Opens Feb. 6

Th: 1:30 - 5:00 pm

Session: 4/20

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?



A Taste of Sicily: **NEW** Cannoli

Ages: All Adults

Larkspur Community Center

Così delizioso e dolce! So delicious and sweet! Learn to make authentic Sicilian cannoli, a classic Italian dessert pastry. You'll learn to roll and fry your own cannoli shells then fill them with a chocolate and candied orange whipped ricotta filling. Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD

Activity: [102238](#) - Opens Feb. 6

Sa: 3:00 - 5:30 pm

Session: 4/22

Plant-based **NEW** Vegan Cooking

Ages: All Adults

Larkspur Community Center

Join this hands-on experiential cooking class for those committed to living a plant-based, healthy lifestyle. Whether you're a longtime vegan or a newbie, this class will cover the basics of eating and preparing a well-balanced vegan diet including knife skills, kitchen shortcuts and proper bean and whole grain cooking. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [102225](#) - Opens Feb. 6

W: 5:00 - 7:30 pm

Session: 5/10

Tapas - Small **NEW** Tastes of Spain

Ages: All Adults

Larkspur Community Center

Come learn how to make an array of small tastes of Spain called tapas. Tapas are snacks or appetizers served in Spanish restaurants and bars. The informality and versatility of tapas cuisine helps create a sociable and relaxed experience perfect for an intimate gathering of friends or family. Instructor: Chef Austin Stein.

\$79.00 ID \$94.80 OD

Activity: [102260](#) - Opens Feb. 6

F: 5:00 - 7:45 pm

Session: 5/12

A Taste of **NEW** France: Palmiers Cookies

Ages: All Adults

Larkspur Community Center

Miam! Yum! Learn to bake classic French Palmiers, a crispy caramelized cookie with hundreds of light flaky layers. In this class, you will receive detailed instruction and hands-on practice in the art of pastry lamination, the process behind puff pastry. Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD

Activity: [102246](#) - Opens Feb. 6

Sa: 1:00 - 4:30 pm

Session: 5/20

Entertaining **NEW** With Charcuterie Boards

Ages: All Adults

Larkspur Community Center

Impressive and delicious, charcuterie boards can be appetizers, whole meals, tailgate picnics and the star of wine-pairing parties and are often themed such as Mediterranean, Italian, French or vegan foods. Come learn the fundamentals of designing an outstanding board and have fun creating your very own. Instructor: Suzanne Landry.

\$79.00 ID \$94.80 OD

Activity: [102229](#) - Opens Feb. 6

W: 5:00 - 7:30 pm

Session: 5/24



A Taste of Hong **NEW** Kong: Char Siu Bao

Ages: All Adults

Larkspur Community Center

Chao hao de! So good! Learn to make the dim sum favorite, Char Siu Bao or steamed barbecue pork buns. You will learn to create the sweet and savory barbecue pork filling then how to fill, shape and bake these delicious, soft and fluffy buns. Instructor: Andy Hatz.

\$79.00 ID \$94.80 OD

Activity: [102251](#) - Opens Feb. 6

Sa: 1:00 - 3:30 pm

Session: 6/3



Knife Skills & Kitchen Shortcuts

Ages: All Adults

Larkspur Community Center

Learn easy knife skills, knife care and sharpening while enjoying tasty recipes in this hands-on class. Learn about the four must-have knives and how to select a cutting board. Learn how to cut like a chef - fast and efficient - with cutting techniques and practice. We'll prepare some deliciously simple vegetable dishes and make vegetable stir fry, herb roasted winter vegetables and honeyed heirloom matchstick carrots. Bring your best vegetable knife and a cutting board. Instructor: Suzanne Landry

\$79.00 ID \$94.80 OD

Activity: [102227](#) - Opens Feb. 6

W: 5:00 - 7:30 pm

Session: 6/14



With A Child: Cooking & Baking

With A Child: Tasty Tacos for Everyone

NEW

Ages: 6 -13 with Adult
Larkspur Community Center

Let's create some amazing taco-inspired meals from around the world that are great for sharing and include vegetarian options too. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [102241](#) - Opens Feb. 6

W: 5:00 - 7:00 pm

Session: 4/12

With A Child: Hand Pie Perfection

Ages: 6 - 13 with Adult
Larkspur Community Center

Spend some quality time with a child and learn to make the perfect hand pie. We will learn the fundamentals of making a simple pie crust dough and delicious fillings. You both will be on your way to making hand pies on your own. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102252](#) - Opens Feb. 6

Sa: 1:00 - 3:00 pm

Session: 4/15

With A Child: Taste of Mexico - **NEW** Tres Leches Cake

Ages: 8 - 13 with Adult
Larkspur Community Center

Un clasico! A classic! Learn to bake the traditional Mexican tres leches cake, a sponge cake soaked in three different types of milk. This moist and tender cake will be a hit at a party or Cinco de Mayo celebration. You will learn the basic techniques for baking a sponge cake, including the folding method of mixing. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Andy Hatz.

\$69.00 ID \$82.80 OD

Activity: [102244](#) - Opens Feb. 6

Th: 5:00 - 7:00 pm

Session: 5/4



With A Child: Hot Butter Dinner Rolls

Ages: 8 - 13 with Adult
Larkspur Community Center

From start to finish, you will learn the steps to master yeast rolls that will be the highlight of any meal. Once you understand the process, you will work with dairy, flour and yeast to create your own rolls to take home and enjoy. Let us know if you are gluten- or dairy-sensitive so that we may accommodate your dietary needs. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102243](#) - Opens Feb. 6

Sa: 1:00 - 4:00 pm

Session: 5/6



With A Child: Let's Make Pizza

Ages: 8 - 13 with Adult
Larkspur Community Center

Grab your buddy and let's make pizza together! We'll start from the bottom up to create your very 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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [102248](#) - Opens Feb. 6

Sa: 1:00 - 3:00 pm

Session: 5/13

With A Child: Breakfast Head Start

Ages: 8 -13 with Adult
Larkspur Community Center

These healthy breakfasts will give you a head start in the morning and kids will love getting up and making them for the whole family! We'll make stuffed French toast with strawberry syrup, egg muffins with sausage and hash browns, eggs in a nest and bacon and broccoli quiche. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

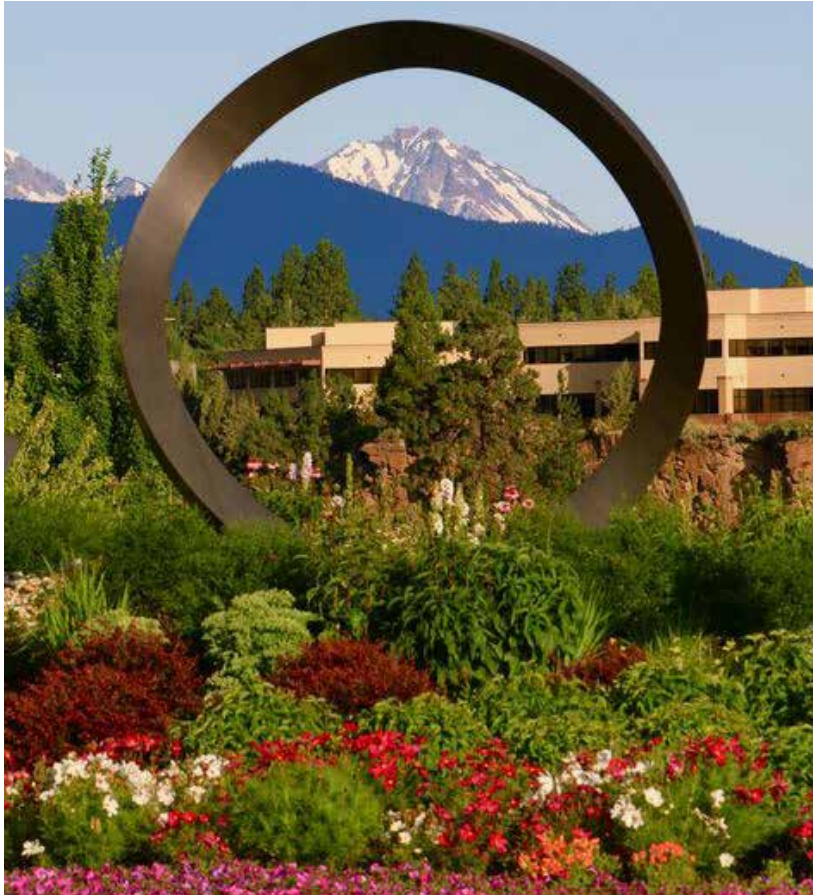
Activity: [102269](#) - Opens Feb. 6

W: 5:00 - 7:00 pm

Session: 5/31

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

More
"With A Child"
classes
Art on pages 15 - 18



Day Trips & Tours

Senior Living Facilities Tour & Progressive Lunch

Ages: All Adults

Larkspur Community Center

Have you ever wanted to get a peek inside Bend's senior living facilities? Join us for a fun-filled day as we tour senior living facilities together and enjoy a delicious, progressive meal at each location with appetizers, an entrée and even dessert. Transportation provided. Space is limited; register early.

\$10.00 ID \$12.00 OD

Activity: [102532](#) - Opens Feb. 6

Th: 11:00 am - 2:30 pm

Session: 4/6

Bend Roundabout Art Tour

Ages: All Adults

Larkspur Community Center

Roundabouts are part of life here in Bend - and so is art! Put the two together and you've got the Roundabout Art Tour - part cultural diversion, part artistic scavenger hunt. From tributes to Bend's heritage to artistic whimsy, each of the 23 art installations have been thoughtfully created by artists who believe art makes the world go round and round. Transportation included. Space is limited; register early.

\$39.00 ID \$46.80 OD

Activity: [102336](#) - Opens Feb. 6

Th: 1:00 - 4:00 pm

Session: 5/18

Music & Voice

Beginning Ukulele I

Ages: 16 & up

Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [102100](#) - Opens Feb. 6

W: 5:00 - 6:00 pm

Session: 4/12 - 5/3 5/10 - 31
6/7 - 28

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 the will emphasis in this class will be on new strumming and picking techniques and more advanced chords. Soon you'll play the songs you love. You are going to love this class as you progress your skills! Instructor: Carl Ventis.

\$49.00 ID \$58.80 OD

Activity: [102103](#) - Opens Feb. 6

W: 6:15 - 7:15 pm

Session: 4/12 - 5/3 5/10 - 31
6/7 - 28

Beginning Guitar I

Ages: 16 & up

Larkspur Community Center

Learn the basics of playing the acoustic guitar. Topics include rhythm technique, chords, playing with others and a little music theory. We will ensure individual attention, a fun learning environment and plenty of opportunity to address questions. Students need to bring their own acoustic guitar. Instructor: Carl Ventis.

\$49.00 ID \$58.80 OD

Activity: [102106](#) - Opens Feb. 6

Tu: 5:00 - 6:00 pm

Session: 4/11 - 5/2 5/9 - 30
6/6 - 27

Beginning Guitar II

Ages: 16 & up

Larkspur Community Center

Building off Beginning Guitar I, we will expand our knowledge base and learn to use different strum patterns. We will also incorporate picking and simple bar chords to expand our song knowledge, along with a little music theory. Improve your skills and build your confidence. Instructor: Carl Ventis.

\$49.00 ID \$58.80 OD

Activity: [102107](#) - Opens Feb. 6

Tu: 6:15 - 7:15 pm

Session: 4/11 - 5/2 5/9 - 30
6/6 - 27



For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



Online Voice-overs... Now is Your Time!

Ages: All Adults

Online

Our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside-the-box way to break into 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. Whether you choose to pursue voice-overs part-time or full-time, this could be something you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor. This class will be presented via Zoom; you will receive a link 72 hours prior to the class.

\$49.00 ID \$58.80 OD

Activity: [102161](#) - Opens Feb. 6

Th: 6:00 - 8:00 pm

Session: 4/20

Specialized Fitness & Wellness

Spring Sports Conditioning

Ages: All Adults

Juniper Swim & Fitness Center

Spring is the best time to get ready for an action-packed summer. Join this dynamic, small group training session that includes muscle strengthening, core, balance and power work that will help prepare you for your favorite spring and summer activities whether sports or outdoor adventures. Instructor: Monica McClain-Smith.

\$59.00 ID \$70.80 OD

Activity: [105680](#) - Opens Feb. 6

W: 11:15 am - 12:15 pm

Session: 4/5 - 26 5/3 - 24

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. Have fun and make new friends doing activities designed to enhance your brain! Instructor: Alice Staley, MEd.

\$59.00 ID \$70.80 OD

Activity: [102780](#) - Opens Feb. 6

Th: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 4/6 - 5/11



Yoga for Rock Climbers

Ages: All Adults

Larkspur Community Center

One of the simplest ways to improve your rock climbing is through yoga. It can increase your flexibility, promote balance, improve your strength and calm your mind. Strengthen your mind-body connection and learn skills to climb more comfortably with more confidence. Instructor: Jes Scheel.

\$18.00 ID \$21.60 OD

Activity: [115635](#) - Opens Feb. 6

Tu: 6:00 - 7:30 pm

Session: 4/18 5/16

Outdoor Nordic Walking

Ages: All Adults

Larkspur Community Center

Learn to walk with power, propulsion and purpose! One of the main benefits of Nordic walking is that it's a year-round activity you can do on a variety of terrain including asphalt, grass, dirt and indoors. You'll build strength in your upper body and core, improve your posture and burn 46% more calories than regular walking. Poles take weight off the joints and increase coordination and stabilization. Bring your own poles or borrow ours. Sessions held outside Larkspur Community Center. Instructor: Monica McClain-Smith.

\$14.00 ID \$16.80 OD

Activity: [115610](#) - Opens Feb. 6

Th: 4:45 - 5:45 pm

Session: 4/20

Th: 10:30 - 11:30 am

Session: 5/18 6/1

7 Chakra Yoga

Ages: All Adults

Juniper Swim & Fitness Center

7 Chakra Yoga is a two-part class. The first class explores and demystifies the ancient map of the chakras through the language of yoga. We will explore each of the 7 Chakras over the two weekend classes. We will deepen your knowledge of chakras through discussion, visual and physical exercises, song, vinyasa yoga, contemplation and meditation. All levels are encouraged to participate. Instructor: Jes Scheel.

\$42.00 ID \$50.40 OD

Activity: [105625](#) - Opens Feb. 6

Su: 3:30 - 5:30 pm

Session: 4/23 - 30



Restorative & Yoga Nidra NEW

Ages: All Adults

Larkspur Community Center

Restorative yoga is a meditative practice that uses props like blocks, straps, sandbags, bolsters, and blankets to encourage a passive release of mind and body tension. We will close this session entering into a deeper state of relaxation with Yoga Nidra. This "yogic sleep" is a paradoxical state of being between sleep and consciousness, turning your awareness inward. Instructor: Jes Scheel.

\$18.00 ID \$21.60 OD

Activity: [115633](#) - Opens Feb. 6

Tu: 6:00 - 7:30 pm

Session: 4/25 5/30

Travel

For all travel tours, call **Larkspur Community Center** for an information packet at **(541) 388-1133** or stop by Larkspur front desk and pick up tour information.

New England Rails & Trails

Ages: All Adults

Explore the beautiful fall colors of New England on this special eight-day tour. Take in the history of Boston and the beautiful White Mountains of New Hampshire. Enjoy two scenic rail journeys and highlight visits to Portland, Maine and Burlington, Vermont.

\$3,695.00 each
(dbl. occupancy, land/air/ tax from Portland)

Dates: 9/30 - 10/7, 2023



Highlights of England, Scotland & Wales

Ages: All Adults

This nine-day tour to England, Scotland and Wales will be a trip of a lifetime! Your journey starts with a two-night stay in beautiful, historic Edinburgh, Scotland where you'll take in city highlights including a Edinburgh Castle guided tour and a Scotch whiskey tour and tasting. Next, travel to York where you'll see the highlights including the beautiful York Minster and take stroll through The Shambles, York's medieval village street. In Stratford-Upon-Avon, you'll visit historic sites including Shakespeare's birthplace and Anne Hathaway's cottage, Shakespeare's wife's childhood home. In Bath, we'll visit the incredible Roman Bath Museums, and you will marvel at Stonehenge, one of the world's most incredible pre-historic sites. Our final two nights in London will be action-packed and feature many highlights including Westminster Abbey and Buckingham Palace's Changing of the Guard.

\$4,099.00 each
(dbl. occupancy, land/air/ tax from Portland)

Dates: 10/4 - 13, 2023

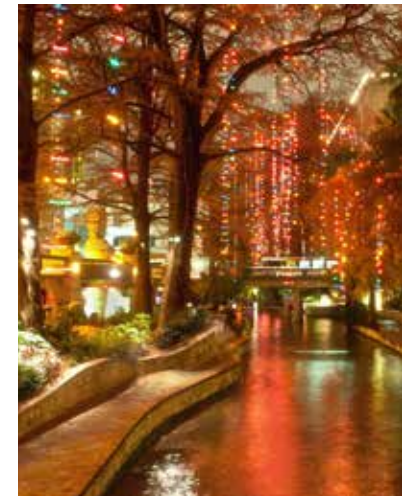
San Antonio Holiday

Ages: All Adults

Settle into your hotel right on the banks of San Antonio's River Walk for a wonderful four-night stay. Visit the Alamo, the birthplace of Texas, and learn the history of this unique monument. Take a cruise on the beautiful River Walk and get acquainted with this one-of-a-kind city. Visit the artist community of Fredericksburg located in the heart of Texas' hill country and visit the LBJ Ranch, the birthplace of our 36th president. We return to San Antonio's River Walk where you will take in Las Luminarias, the festival of lights, where the entire city is lit up by candlelight and Christmas displays.

\$2,475.00 each
(dbl. occupancy, land/air/ tax from Portland)

Dates: 11/29 - 12/3, 2023



For more information, call (541) 389-7275 or visit bendparksandrec.org

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Clay

All Skills Pottery

Ages: 16 & up

Harmon Park Clay Studio

Learn basic techniques, including hand-building and wheel-thrown stoneware pottery techniques as a beginner or an experienced potter. Tools and the first 10 pounds of clay provided; additional clay available for purchase at the studio. Instructor: Hunter Teig.

\$209.00 ID \$250.80 OD

Activity: [111101](#) - Opens Feb. 6

W: 6:00 - 9:00 pm

Sessions: 4/5 - 5/3 5/17 - 6/14

Day Clay

Ages: 16 & up

Harmon Park Clay Studio

This six-week class provides a supportive atmosphere for all experience levels to learn clay techniques. Practice hand-building, wheel throwing and design skills. Explore creative methods and find inspiration in this project-oriented class. Tools and the first 10 pounds of clay provided; additional clay available for purchase at the studio. Instructor: Helen Bommarito.

\$209.00 ID \$250.80 OD

Activity: [111100](#) - Opens Feb. 6

W: 11:00 am - 2:00 pm

Sessions: 4/5 - 5/3 5/17 - 6/14

Th: 11:00 am - 2:00 pm

Sessions: 4/6 - 5/4 5/18 - 6/15

F: 11:00 am - 2:00 pm

Sessions: 4/7 - 5/5 5/19 - 6/16

Wheel Experience

Ages: 16 & up

Harmon Park Clay Studio

Is trying the wheel on your bucket list? For those who have always wanted to give the wheel a spin and test the waters, this class is for you. Follow the process of basic wheel-throwing practice, trimming and glazing. Instructor: Hunter Teig.

\$209.00 ID \$250.80 OD

Activity: [111105](#) - Opens Feb. 6

Tu: 11:00 am - 2:00 pm

Sessions: 4/11 - 5/16 5/23 - 6/27

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.

Work for play
at BPRD.

Learn more at
bendparksandrec.org/jobs



Art Station's on the move

After calling the historic train depot home for many years, the Art Station has moved.

CLAY CLASSES

Clay programs for youth and adults have moved to the newly updated Harmon Park Clay Studio.

MULTIMEDIA CLASSES

Painting, drawing and multimedia art programs for youth and adults are now hosted at Larkspur Community Center.

ART PARTIES

Art parties are a great time for all ages. Clay parties are available on Sundays at Harmon Park Clay Studio. Visit bendparksandrec.org/artstation to learn more.



DIY & Multimedia

DIY: Mosaic Bird Bath

Ages: All Adults

Larkspur Community Center

Learn how to make a bird bath created with your own artistic flair in this two-part class. In the first session, you will design the motif using stained glass and tile pieces. In the second session, you will finish the design and grout your project. The vibrant colors of the bowl are great for attracting bathing birds and thirsty bees. All supplies provided. Instructor: Jessica Carleton.

\$99.00 ID \$118.80 OD

Activity: [102424](#) - Opens Feb. 6

Sa: 11:30 am - 4:00 pm

Session: 4/15

- AND -

Sa: 1:00 - 2:30 pm

Session: 4/22



DIY: Create With Fused Glass

Ages: All Adults

Larkspur Community Center

Explore the basics of fused glass in this fun, introductory workshop. Learn the science of glass fusion, types of glass, fusing add-ons, cutting and shaping glass, using glass tools and safely working with materials. You'll complete a project of your choice. The projects will be kiln-fired and available for pickup a week after class. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [102413](#) - Opens Feb. 6

Th: 2:00 - 4:30 pm

Session: 4/13



Work for play at BPRD.

Learn more at bendparksandrec.org/jobs

DIY: Mosaic Garden Stakes

Ages: All Adults

Larkspur Community Center

Make unique garden stakes using pieces of stained glass to create various shapes and designs as you learn the basics of working with stained glass as a mosaic element. All supplies provided. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [102425](#) - Opens Feb. 6

Sa: 11:30 am - 3:00 pm

Session: 5/6



DIY: Mosaic Heart Wall Hanging

Ages: All Adults

Larkspur Community Center

In this class you will decorate an 8-inch wooden heart with colorful stained-glass pieces to create a unique masterpiece to hang on your wall. In this beginner-level class, learn about creating a simple design, cutting glass, and letting the colors do the work of making your design sing. All supplies provided. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [102427](#) - Opens Feb. 6

Sa: 11:30 am - 4:30 pm

Session: 5/20

DIY: Mosaic Stepping Stones

Ages: All Adults

Larkspur Community Center

Mosaic stepping stones are a great way to personalize your garden, walkway, or yard. Get ready for summer by making a one-of-a-kind stepping stone for your yard or garden in this two-part class. We will create your design and then add colorful pieces of stained glass using the "indirect method"; in the second session, you'll grout your masterpiece. Supplies and tools provided. Instructor: Jessica Carleton.

\$89.00 ID \$106.80 OD

Activity: [102434](#) - Opens Feb. 6

Sa: 11:30 am - 4:00 pm

Session: 6/3

- AND -

Sa: 1:00 - 2:30 pm

Session: 6/10



Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs



Painting

Acrylic Pouring

Ages: 14 & up

Larkspur Community Center

Swirl, slip and slide acrylic paint across a canvas and create amazing results. Learn acrylic pouring technique and applications and create pieces to take home. Instructor: Stephen Teater.

\$119.00 ID \$142.80 OD

Activity: [111141](#) - Opens Feb. 6

Th: 6:00 - 8:00 pm

Session: 4/6 - 27

Still Life Painting

Ages: 14 & up

Larkspur Community Center

This is a great class for anyone who wants to learn to paint from life using oils and there's no prior experience necessary! You will complete a unique still life painting from your own perspective using a physical arrangement as your subject. Concepts covered will include composition and sighting to establish accurate proportions, as well as brush technique, color mixing, and the seven fundamental art elements of line, color, value, shape, form, space and texture. Scenes will be completed layer-by-layer as the instructor demonstrates and explains the painting process, allowing plenty of time for individual assistance, stylistic exploration, and, of course, the joy of painting. Instructor: Stephen Teater.

\$175.00 ID \$210.00 OD

Activity: [111126](#) - Opens Feb. 6

Sa: 9:00 am - 12:00 pm

Session: 4/8 - 29

Abstraction in Acrylics

Ages: 16 & up

Larkspur Community Center

Learn the basics of acrylic painting while developing an eye for abstraction through color experimentation, transforming images and working intuitively. As you explore the freedom of painting in a loose and spontaneous style, you will learn a variety of drawing and collage techniques to integrate into your paintings. Take one or both sessions. Session 1 covers basic skills in acrylic painting and abstract techniques. In Session 2, you will continue building skills in abstraction and acrylic painting. Instructor Ingrid Lustig.

\$169.00 ID \$202.80 OD

Activity: [111110](#) - Opens Feb. 6

Tu/Th: 1:00 - 3:00 pm

Session 1: 4/11 - 27

Session 2: 5/9 - 25



Silk Scarf Painting

Ages: All Adults

Larkspur Community Center

Hand-painted silk scarves are in high fashion and you can come learn to create your very own. Work with silk and dyes to make a one-of-a-kind scarf. No experience necessary - just have fun with the process. A \$10 supply fee due to instructor for supplies. Instructor: Michelle Oberg.

\$25.00 ID \$30.00 OD

Activity: [102404](#) - Opens Feb. 6

Th: 1:00 - 3:30 pm

Session: 4/20

Painting Landscapes of Central Oregon

Ages: 14 & up

Larkspur Community Center

No painting experience is needed for this all-ages painting series. In these two-hour classes, you will be led step-by-step through a series of acrylic paintings inspired by seasonal Spring-themed views of well-known Central Oregon landmarks, and will complete one painting each week over four weeks. Art basics like color, composition, texture, materials, painting technique fundamentals and more will be introduced and discussed throughout the series in a playful and approachable manner. If you've always wanted to begin painting but didn't know quite how to start, this class is for you. Instructor: Stephen Teater.

\$175.00 ID \$210.00 OD

Activity: [111121](#) - Opens Feb. 6

Th: 6:00 - 8:00 pm

Session: 5/4 - 25

Painting Birds & Flowers

Ages: 14 & up

Larkspur Community Center

Celebrate the return of wildflowers and birds by painting them in oil - no painting experience required! You will use vibrant colors and expressive brushstrokes to create a dynamic springtime composition. Working in layers, we will explore the depiction of energetic movement and the fundamentals of avian form. The instructor will demonstrate and explain the painting process from roughing-in the overall composition to the adding final layers of color, texture, and your personal finishing touches, allowing plenty of time for individual assistance, exploration of style, and, of course, painting. You are encouraged to bring photo references of your own or choose to work from provided references. Instructor: Steven Teater.

\$175.00 ID \$210.00 OD

Activity: [111226](#) - Opens Feb. 6

Sa: 9:00 am - 12:00 pm

Session: 5/6 - 27



Beginning Watercolor

Ages: All Adults

Larkspur Community Center

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

\$25.00 ID \$30.00 OD

Activity: [102400](#) - Opens Feb. 6

Th: 1:00 - 3:30 pm

Session: 5/11

Introduction to Pastel Painting

Ages: All Adults

Larkspur Community Center

Learn the basics of painting with hard and soft pastels. No art experience necessary, just an eagerness to explore and learn something new. Jump into pastel painting with colorful pastel sticks to complete a simple project. All supplies provided by instructor. A \$10 supply fee due to instructor at class. Instructor: Michelle Oberg.

\$25.00 ID \$30.00 OD

Activity: [102407](#) - Opens Feb. 6

Th: 1:00 - 3:30 pm

Session: 6/15

With A Child: Art

With A Child: Acrylic Painting

Ages: 6 & up with Adult

Larkspur Community Center

Discover unconventional and exploratory techniques while you experiment new approaches to art. Try various painting, drawing and collage techniques. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Art Station Staff.

\$69.00 ID \$82.80 OD

Activity: [111540](#) - Opens Feb. 6

Sa: 10:00 am - 12:00 pm
- OR - 12:30 - 2:30 pm

Sessions: 4/1 Abstract Flowers
5/6 Sea Turtles
6/3 Puppy Love

With A Child: Fun with Clay

Ages: 5 & up with Adult

Harmon Park Clay Studio

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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Harmon Clay Studio Staff.

\$65.00 ID \$78.00 OD

Activity: [111510](#) - Opens Feb. 6

Sa: 10:00 am - 12:00 pm
- OR - 12:30 - 2:30 pm

Sessions: 4/8 Mugs
4/15 Bowls
4/22 Gnomes
4/29 Mother's Day Bowls
5/6 Flowers
5/13 Birdhouses
5/20 Dragons
6/3 Picnic Plates
6/10 Flower Pots

More "With A Child" classes

Cooking on page 11.



With A Child: Paint Night

Ages: 6 & up with Adult

Larkspur Community Center

Enjoy a relaxing time together making a dual-canvas acrylic painting. Each young artist/adult pair receives two canvases to paint an image that when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [102415](#) - Opens Feb. 6

Th: 5:30 - 7:30 pm

Sessions: 4/13 Crazy Cactus
5/11 Spring Flowers
6/1 Bears

With A Child: Fun With Fused Glass

Ages: 6 & up with Adult

Larkspur Community Center

Come enjoy an evening with your young artist and make a fused glass piece of art. Try your creativity in designing with different shapes and color pieces to make the most of your seasonal decor. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [102438](#) - Opens Feb. 6

F: 5:30 - 7:00 pm

Sessions: 4/14 Flowers
4/21 Flowers
5/5 Animals
5/12 Animals
6/2 Just for Fun
6/9 Just for Fun



Roller Hockey

Adult Roller Hockey Skills & Drills

Ages: All Adults

The Pavilion

Let's get together, learn something new and play roller hockey! Designed to develop the fundamentals of the game, focus on turning, stopping and other skills, promote physical fitness and, above all, have fun.

\$15.00 ID \$18.00 OD

Activity: [110421](#) - Opens Feb. 6

M: 5:30 - 6:30 pm

Sessions:	4/17	4/24
	5/1	5/8
	5/15	5/22
	5/29	6/5
	6/12	



Adult Roller Hockey League

Ages: All Adults

The Pavilion

Get into spring hockey action with BPRD's Adult Roller Hockey League! Sign up as an individual then be drafted onto teams. Teams play eight games on Monday and Wednesday nights. Games are 45 minutes and will be held between 6:30 - 9:00 pm. For more information, contact Clare at (541) 706-6196 or Clare@bendparksandrec.org.

Registration deadline: 4/3 at 5:00 pm or until full

\$125.00 ID \$150.00 OD

Activity: [110520](#) - Opens Feb. 8

Division A:

M: 6:30 - 8:00 pm

Session: 5/1 - 6/19

Division B/C:

W: 6:00 - 9:00 pm

Session: 5/3 - 6/21

Adult Pick-up Roller Hockey

Ages: All Adults

The Pavilion

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

Activity: [210403](#)

Adult: \$12.00 ID
\$14.40 OD / 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: Monday - Friday
Times and days will vary.
Check online schedule.

Required Roller Hockey Gear

Players: Helmet, mouth guard, elbow pads, hockey pants, shin pads, hockey socks and hockey stick. Shoulder pads recommended but optional.
Goalies: Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove and goalie stick.

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.

Adult Summer Softball Leagues

All Adults

Softball season is fast approaching! Now is the time to get your team and sponsor in order. BPRD softball leagues are known for great camaraderie and fun - just the break you need from the hustle of your regular day.

Space in each league is limited! Register early.

ADULT METRO SOFTBALL LEAGUES

Skyline Sports Complex

Get your team of 12 players together! BPRD's Adult Metro Softball Leagues are for the more competitive and experienced players. Games are umpired, league standings kept and playoffs held at the end of the season.

Men's B League: Teams play a 10 game schedule including a double elimination tournament at season's end. Teams play one game per night, mainly on Tuesday nights.

Men's C League: Teams play a 10-game schedule including a double elimination tournament at season's end. Teams play one game per night, mainly on Tuesday or Thursday nights.

Men's D League: Teams play a 10-game schedule including a double elimination tournament at season's end. Teams play one game per night, mainly on Thursday nights.

Women's League: Teams play a 10-game schedule including a double elimination tournament at season's end. Teams play one or two games per week, mainly on Wednesdays.

Coed League: Teams play an 8-game schedule including a single elimination tournament at season's end. Teams play one or two games per week. Games are played mainly on Wednesday nights. Coed and Women's games will be scheduled back to back.

Senior League: Open to anyone over the age of 50. Teams play a 16-game schedule including a double elimination tournament at season's end.

Team registration deadline: 4/18 at 5:00 pm or until full

League	Days	Dates	Times	Team Fee
Senior League (50+)	Mondays	5/8 - 7/31	6:00 - 10:00 pm	\$949.00 / team
Men's B League	Tuesdays	5/9 - 8/15	6:00 - 9:00 pm	\$799.00 / team
Men's C League	Tuesdays/Thursdays	5/9 - 8/1	6:00 - 9:00 pm	\$799.00 / team
Coed League	Wednesdays	5/10 - 7/19	6:00 - 10:00 pm	\$629.00 / team
Women's League	Wednesdays	5/10 - 7/19	6:00 - 9:00 pm	\$799.00 / team
Men's D League	Thursdays	5/11 - 8/3	6:00 - 9:00 pm	\$799.00 / team

ADULT RECREATIONAL SOFTBALL LEAGUES

Pine Nursery Sports Complex, Hal Puddy Field at Ponderosa Park & Skyline Sports Complex

Perfect for anyone interested in having fun, our Adult Recreational Softball Leagues offer variable game nights and self-umpired games. Teams need a minimum of 10 players, maximum of 20. Coed teams have a minimum of 5 women and 5 men. Standings are not kept in this league and no playoffs are held. Each team will play 12 games.

Team registration deadline: 4/21 at 12:00 am or until full

League	Days	Dates	Times	Team Fee
Coed Rec League	Varies on M - F	5/8 - 7/28	6:00 - 7:30 pm	\$400.00 / team
Men's Rec League	Varies on M - F	5/8 - 7/28	6:00 - 7:30 pm	\$400.00 / team



All Adult Softball Leagues
open on Feb. 8

CLICK HERE
TO REGISTER
FOR
ADULT SOFTBALL
LEAGUES





Training & Conditioning

Spring Sports Conditioning

Ages: All Adults

Juniper Swim & Fitness Center

Spring is the best time to get ready for an action-packed summer. Join this dynamic, small group training session that includes muscle strengthening, core, balance and power work that will help prepare you for your favorite spring and summer activities whether sports or outdoor adventures. Receive personalized instruction from Monica McClain-Smith.

\$59.00 ID \$70.80 OD

Activity: [105680](#) - Opens Feb. 6

W: 11:15 am - 12:15 pm

Session: 4/5 - 26 5/3 - 24

Looking for more fitness classes?

Check out specialty fitness classes on pages 17 - 18 and view drop-in fitness classes at bendparksandrec.org/fitness-swim/

Volleyball

Adult Volleyball Leagues

Ages: All Adults

Cascade Middle School

Join other volleyball enthusiasts and form a team! Two exciting leagues are offered: coed quads and women's 6s. These leagues are self-officiated and league standings are kept with playoffs to end the season. Team sign-up only.

Registration deadline: 4/2, 12:00 am or until full

\$329.00 / team

Activity: [103900](#) - Opens Feb. 8

COED:

M: 7:00 - 10:00 pm

Session: 4/17 - 6/5

WOMEN'S:

W: 7:00 - 10:00 pm

Session: 4/19 - 6/7

Wilderness Safety & First Aid

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to address difficult medical decisions. Presented by NOLS Wilderness Medicine, this course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. Training days are typically 8:00 am - 5:00 pm, with two evening sessions required. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. \$425 deposit required at registration with balance due 30 days prior to start of training.

\$850.00 ID / OD

Activity: [408364](#) - Open now

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

Session: 4/4 - 13

Wilderness Safety & First Aid classes are open 6-plus months in advance. Please regularly check online for upcoming classes.



WFR Recertification

Ages: 16 & up

Hollinshead Barn

This training is specifically designed to recertify the Wilderness First Responder certification* (also Wilderness EMT-wilderness portion only, and WAFA certifications). *For WFRs, you must possess a valid WFR certification of at least 72 hours in order to recertify through this course. Includes CPR.

355.00 ID / OD

Activity: [408362](#) - Open now

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

Session: 5/1 - 3

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

Session: 5/5 - 7

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

Session: 6/27 - 29

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. Sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6115.

ADVANCE
YOUR
SWIMMING
.....
SEE
BELOW

water play

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 you should 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 introduce you to basic swim skills and water safety while helping conquer any fears of swimming you may have. The majority of class is in shallow water.

\$75.00 ID \$90.00 OD

Activity: [105554](#) - Opens Feb. 7

Sa: 9:00 - 9:45 am

Session: 4/8 - 5/20

Level 2 Adult Swim Instruction

Ages: 16 & up
Juniper Swim & Fitness Center

Develop your 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.

\$75.00 ID \$90.00 OD

Activity: [105555](#) - Opens Feb. 7

Tu: 5:30 - 6:15 pm

Session: 4/4 - 5/2 5/9 - 6/6

Level 3 Adult Swim Instruction

Ages: 16 & up
Juniper Swim & Fitness Center

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

\$75.00 ID \$90.00 OD

Activity: [105556](#) - Opens Feb. 7

Th: 5:30 - 6:15 pm

Session: 4/6 - 5/4 5/11 - 6/8

Looking for some time
in the pools?

See page 51
for drop-in swim sessions.



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. Participants must be able to swim comfortably for 500 meters (20 lengths). Although not required, many choose to race.

Fitness/Swim Pass or drop-in fee.

Jan. 2 - June 18/ [Check schedule](#)

M/W/F: 5:35 - 6:50 am

Tu/Th: 9:15 - 10:30 am

M - F: 11:45 am - 1:00 pm

Sa/Su: 9:00 - 10:15 am

CLICK TO LEARN
MORE ABOUT
MASTERS SWIMMING
& LAP SWIMMING



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

Learn more at
bendparksandrec.org/jobs

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee

YOUTH
THERAPEUTIC
RECREATION
.....
PAGES 24 - 25



YOUTH & TEEN THERAPEUTIC RECREATION

Youth Day Trip: NEW Enchanted Forest

Ages: 10 - 17

BPRD District Office

Join us for a full day of excitement as we all travel to Salem, Oregon's Enchanted Forest. We will spend a magical day trying out rides and exploring! This program is designed for kids with disabilities, and their siblings or friends.

\$75.00 ID \$90.00 OD

Activity: [104812](#) - Opens Feb. 6

Sa: 8:00 am - 5:00 pm

Session: 4/8

Work for play!

View BPRD jobs available at
bendparksandrec.org/jobs.

Kids' Adventure Days

Ages: 6 - 12

BPRD District Office

Join us for an afternoon of adventure in and around Bend. Activities are weather dependent, and may include accessible hiking, exploring state parks, and visiting local farms. This program is designed for kids with disabilities, and their siblings or friends.

\$45.00 ID \$54.00 OD

Activity: [104811](#) - Opens Feb. 6

Sa: 1:30 - 5:00 pm

Session: 4/22 5/13

Youth Movie & Craft Night

Ages: 7 - 17

BPRD District Office

Come enjoy a movie and snacks with friends. We will also have multiple craft options for those who like to stay busy while watching a movie. This program is designed for kids with disabilities, and their siblings or friends.

\$35.00 ID \$42.00 OD

Activity: [104805](#) - Opens Feb. 6

F: 6:00 - 8:00 pm

Session: 4/28

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*



Youth Night at the Pool

Ages: 7 - 17

Larkspur Community Center

Splash, splash! Come enjoy a night at the pool with all your friends! This program is designed for kids with disabilities, and their siblings or friends.

\$20.00 ID \$24.00 OD

Activity: [104801](#) - Opens Feb. 6

F: 5:30 - 7:00 pm

Session: 5/5

Youth Game & Activity Night

Ages: 7 - 17

BPRD District Office

Join us for an evening of crafts and games. Depending upon the weather, we may get outside for some games in Riverbend Park. This program is designed for kids with disabilities, and their siblings or friends.

\$30.00 ID \$36.00 OD

Activity: [104802](#) - Opens Feb. 6

F: 5:45 - 7:45 pm

Session: 6/2

Teen Adventure Club

Ages: 13 - 21

BPRD District Office

Looking for an exciting and active morning of adventure and fun with your friends? Join the Teen Adventure Club. Come enjoy games, field trips around Central Oregon, community events and much more. Activities are dependent on the weather. This program is designed for kids with disabilities, and their siblings or friends.

\$45.00 ID \$54.00 OD

Activity: [104820](#) - Opens Feb. 6

Sa: 9:30 am - 1:00 pm

Session: 4/22 5/13



ADULT THERAPEUTIC RECREATION

Arts & Crafts

April Showers Bring May Flowers

Ages: All Adults

Twin Knolls Transition Co-op

Join us as we celebrate everything spring. We will create butterflies, flowers and more using different art techniques.

\$80.00 ID \$96.00 OD

Activity: [104412](#) - Opens Feb. 6

W: 6:30 - 8:00 pm

Session: 4/5 - 26

Let's Paint!

Ages: All Adults

Twin Knolls Transition Co-op

Let's try our hand at painting! We will use several different types of paint throughout the four weeks. Imagine landscapes with watercolors or portraits with acrylics. The possibilities are endless!

\$80.00 ID \$96.00 OD

Activity: [104414](#) - Opens Feb. 6

W: 6:30 - 8:00 pm

Session: 5/3 - 24

Artful Antics

Ages: All Adults

Twin Knolls Transition Co-op

Love art? Then this is the class for you! Join us as we experiment with different art techniques. From painting to ceramics this class is sure to stir up your creative side.

\$60.00 ID \$72.00 OD

Activity: [104415](#) - Opens Feb. 6

W: 6:30 - 8:00 pm

Session: 5/31 - 6/14



Cooking & Baking

Healthy Habits Cooking

Ages: All Adults

Twin Knolls Transition Co-op

Let's try out some healthy and delicious recipes! Each week learn more about healthy habits and ingredients to create exciting dinners.

\$110.00 ID \$132.00 OD

Activity: [104312](#) - Opens Feb. 6

W: 4:30 - 6:30 pm

Session: 4/5 - 26

Weekly Meal Prep Skills

Ages: All Adults

Twin Knolls Transition Co-op

Each week we will make delicious food while also learning the skills to prepare meals that will last for multiple nights. This is a great class for those who enjoy cooking, but don't have time to do it every night!

\$110.00 ID \$132.00 OD

Activity: [104311](#) - Opens Feb. 6

W: 4:30 - 6:30 pm

Session: 5/3 - 24



Blast From the Past Cooking

Ages: All Adults

Twin Knolls Transition Co-op

Let's revive some of our old recipes and give them another shot! We'll choose some old favorites as well as some that could use another try.

\$85.00 ID \$102.00 OD

Activity: [104313](#) - Opens Feb. 6

W: 4:30 - 6:30 pm

Session: 5/31 - 6/14

Fun & Games

Night at the Pool

Ages: All Adults

Norton Avenue Apts.

Join friends for an evening of swimming and games at Larkspur Community Center.

\$20.00 ID \$24.00 OD

Activity: [104503](#) - Opens Feb. 6

F: 5:00 - 7:00 pm

Session: 4/7

Day Program: Community Outing

Ages: All Adults

Norton Avenue Apts.

Join us for this day-time program designed for adults who are not working at this time of day and would enjoy getting out in the community. Activities could include an outdoor adventure, going to the library or museum or visiting other local attractions.

\$120.00 ID \$144.00 OD

Activity: [104315](#) - Opens Feb. 6

F: 9:30 am - 12:30 pm

Session: 4/7 - 28 5/5 - 26
6/2 - 16

Bowling Night

Ages: All Adults

Norton Avenue Apts.

All skill levels are welcome for a fun night of strikes, spares, and, of course, gutter balls!

\$40.00 ID \$48.00 OD

Activity: [104130](#) - Opens Feb. 6

F: 5:00 - 7:00 pm

Session: 4/21

Saturday Community Outing

Ages: All Adults

Norton Avenue Apts.

There's always a lot going on in Bend! Join us for a day on the town attending a community event or visiting local shops. Times may vary depending on the events.

\$35.00 ID \$42.00 OD

Activity: [104516](#) - Opens Feb. 6

Sa: 10:00 am - 2:00 pm

Session: 5/6

An Evening Out Downtown NEW

Ages: All Adults

Norton Avenue Apts.

Let's spend the evening out with friends in beautiful and lively downtown Bend. The plan will be some shopping followed by a movie at McMenamins - but we may mix it up a little too!

\$45.00 ID \$54.00 OD

Activity: [104512](#) - Opens Feb. 6

F: 5:00 - 8:30 pm

Session: 5/12

Portland Overnight Trip

Ages: All Adults

Norton Avenue Apts.

Let's get out of town for a long awaited visit to Portland. Our itinerary is still being planned, but a visit to the Oregon Zoo and Rose Gardens are likely!

\$200.00 ID \$240.00 OD

Activity: [104600](#) - Opens Feb. 6

Su/Sa: 8:00 am - 4:30 pm

Session: 5/20 - 21

Outdoors

Saturday Adventure

Ages: All Adults

Norton Avenue Apts.

Get out for an adventure with friends in or around Bend! The destination will be determined based on weather, but some options include exploring a state park or visiting a local farm.

\$45.00 ID \$54.00 OD

Activity: [104700](#) - Opens Feb. 6

Sa: 10:00 am - 4:00 pm

Session: 4/15 6/3





Hiking Around Bend

Ages: All Adults
Norton Avenue Apts.

Explore hiking trails in and around town with friends. This group will take on some varying terrain while enjoying Bend's beautiful landscapes.

\$55.00 ID \$66.00 OD
Activity: [104706](#) - Opens Feb. 6
Th: 5:30 - 7:30 pm
Session: 5/4 - 25

Fishing

Ages: All Adults
Norton Avenue Apts.

Let's enjoy the weather and try to catch some fish! No experience necessary and all equipment is provided.

\$50.00 ID \$60.00 OD
Activity: [104108](#) - Opens Feb. 6
Tu: 4:30 - 7:00 pm
Session: 5/30 - 6/20

Biking With Oregon Adaptive Sports

Ages: All Adults
Norton Avenue Apts.

Try out our biking program with Oregon Adaptive Sports (OAS)! OAS has an impressive fleet of adaptive bikes, and there is something for everyone. We encourage all skills levels to join and we will have support for beginners as well as challenges for more experienced riders.

\$65.00 ID \$78.00 OD
Activity: [104110](#) - Opens Feb. 6
Th: 4:30 - 6:45 pm
Session: 6/8 - 29

Skylight Cave NEW Exploration & Picnic

Ages: All Adults
Norton Avenue Apts.

Join us for an evening of food and exploration! On this adventure, we will head into the Sisters Wilderness for a sunset picnic and then journey into Skylight Cave to gaze at the stars. No equipment or experience necessary.

\$40.00 ID \$48.00 OD
Activity: [104705](#) - Opens Feb. 6
F: 5:30 - 10:00 pm
Session: 6/9

Sports & Fitness

Fitness Fun

Ages: All Adults
Norton Avenue Apts.

Try out different fitness activities as you challenge yourself to reach your personal fitness goals. With a focus on fun and camaraderie, we will use the fitness center, try workouts, learn yoga basics and more.

\$55.00 ID \$66.00 OD
Activity: [104113](#) - Opens Feb. 6
Tu: 5:30 - 7:30 pm
Session: 4/4 - 25

Moving to Music

Ages: All Adults
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 work out on your own or with friends.

\$65.00 ID \$78.00 OD
Activity: [104100](#) - Opens Feb. 6
Th: 6:00 - 7:30 pm
Session: 4/6 - 27

Disc Golf

Ages: All Adults
Norton Avenue Apts.

Disc golf is back! Join us as we navigate the Central Oregon courses. We will start with beginner courses and progress to more challenging ones. Reminder: this particular program is offered by the Therapeutic Recreation department and designed for adults with disabilities.

\$50.00 ID \$60.00 OD
Activity: [104107](#) - Opens Feb. 6
Tu: 5:00 - 7:00 pm
Session: 5/2 - 23

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.



.....
BUSY BUDDIES PRESCHOOL

 PAGE 29

always in play

Art & Clay

Art Play Group

Ages: 2 - 5 with Adult
Larkspur Community Center
 Parents, grandparents, family, nannies and other adults get to connect with their child at this Art Station play group! Each session will have different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$25.00 ID \$30.00 OD

Activity: [111300](#) - Opens Feb. 6

F: 10:30 - 11:30 am
 - OR - 9:00 - 10:00 am

Sessions: 4/14 4/28
 5/12 5/26
 6/9

Art StART

Ages: 2 - 5 with Adult
Larkspur Community Center
 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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$85.00 ID \$102.00 OD

Activity: [111302](#) - Opens Feb. 6

Tu: 9:00 - 10:00 am
 - OR - 10:30 - 11:30 am

Sessions: 4/4 - 25 5/9 - 30

W: 9:00 - 10:00 am
 - OR - 10:30 - 11:30 am

Sessions: 4/5 - 26 5/10 - 31

Th: 9:00 - 10:00 am
 - OR - 10:30 - 11:30 am

Sessions: 4/6 - 27 5/11 - 6/1

PreClay

Ages: 3 - 5 with Adult
Harmon Park Clay Studio
 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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Helen Bommarito

\$22.00 ID \$26.40 OD

Activity: [111304](#) - Opens Feb. 6

F: 9:45 - 10:45 am

Sessions: 4/14 5/12
 6/9

**Look for
 With A Child
 classes:**

Art, page 18
 Cooking, page 11

**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.



With A Child: Fun with Clay

Ages: 5 & up with Adult
Harmon Park Clay Studio

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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Harmon Clay Studio Staff.

\$65.00 ID \$78.00 OD

Activity: [111510](#) - Opens Feb. 6

Sa: 10:00 am - 12:00 pm
- OR - 12:30 - 2:30 pm

Sessions: 4/8 Mugs
4/15 Bowls
4/22 Gnomes
4/29 Mother's Day
Bowls
5/6 Flowers
5/13 Birdhouses
5/20 Dragons
6/3 Picnic Plates
6/10 Flower Pots

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

Dance

Born to Dance

Ages: 3

Academie De Ballet

Little ones will travel to the zoo, the sea or maybe the moon - it could be anywhere in this creative dance class! Budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Parents are able to sit in class with their dancer. Dress code is required; view studio website for more information at abcend.com/petites-etoiles/petitesetoiles-uniform-guide/

\$84.00 ID \$100.80 OD

Activity: [106753](#) - Opens Feb. 6

Sa: 9:30 - 10:00 am

Session: 4/8 - 6/17

Come Dance With Me

Ages: 4

Academie De Ballet

Little 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; view studio website for more information at abcend.com/petites-etoiles/petites-etoiles-uniform-guide/

\$180.00 ID \$216.00 OD

Activity: [106570](#) - Opens Feb. 6

Sa: 10:10 - 10:45 am

Session: 4/8 - 6/17

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.

\$89.00 ID \$106.80 OD

Activity: [106750](#) - Opens Feb. 6

M/W: 3:20 - 3:50 pm

Sessions: 4/3 - 26 5/1 - 24

More programs for little guys & gals at:

Art, pages 34 - 37

Martial Arts, page 39

Sports, pages 38 - 41

Swimming, pages 42 - 26





Preschool

Busy Buddies Preschool

Ages: 3 - 5

Juniper Swim & Fitness Center

This program includes weekly swim lessons (afternoon sessions only), yoga and movement play! Children will enjoy arts and crafts, dramatic play and more while being introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting and a daily snack is provided.

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

Registration is now open; sign up on wait list if the program is full.

Monthly Fee: 2 sessions/week: \$220.00 ID \$264.00 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](#) - Open now

Choose day/time session below. You can register for multiple sessions per week if you choose:

M/W: 1:30 - 4:30 pm
(includes swim lessons)

Tu/Th: 9:15 am - 12:15 pm
(no swim lessons)

Tu/Th: 1:30 - 4:30 pm
(includes swim lessons)

Dates: Now - 6/15

Register in advance to sync with your workout Kids' Corner Childcare

Ages: 6 months - 6 years
Juniper Swim & Fitness Center

A safe and nurturing environment for your young child while you enjoy all that Juniper has to offer. Children enjoy arts and crafts, reading, creative play and cooperative games while you swim, workout or just relax.

- Registration is strongly recommended.
- Registration includes four scheduled 75-minute visits per session at discounted rate. Fee is adjusted for three or five visit sessions.
- Each visit is limited to 75 minutes. Sorry, no discount for less time.
- Drop-ins welcome; space permitting.
- Childcare hours: M/W/F from 9:00 to 11:35 am.



Registration Childcare

TODDLER

Ages: 6 - 29 months.
Limited availability

\$30.00 ID \$36.00 OD / session
Activity: [405650](#) - Opens Feb. 6

PRESCHOOLER

Ages: 30 months
- 6 years old

\$25.00 ID \$30.00 OD / session
Activity: [405651](#) - Opens Feb. 6

Days/Times:

M: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am
Sessions: 4/3 - 24 5/1 - 22
6/5 - 26

W: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am
Sessions: 4/5 - 26 5/3 - 31
6/7 - 28

F: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am
Sessions: 4/7 - 28 5/5 - 26
6/2 - 30

Drop-in Childcare

Available if space allows.
Please view online for availability.

TODDLER

Ages: 6 - 29 months.
Limited availability

\$9.00 ID \$10.80 OD
75 minutes maximum.

PRESCHOOLER

Ages: 30 months
- 6 years old

\$7.50 ID \$9.00 OD
75 minutes maximum.

Days/Times:

M/W/F: 9:00 - 11:35 am

Sync up to Adult Fitness Classes

Juniper features a great lineup of fitness classes during childcare.

Learn more and view drop-in fitness classes at
bendparksandrec.org/fitness-swim/

AFTERSCHOOL
& NO-SCHOOL
ACTIVITIES
PAGES 30 - 33



ENRICHMENT
WEDNESDAYS

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 and development come easy!

At Your School:

Grades: K - 5

Make Wednesday afternoons into something special! Register your child to experience and learn something new such as science, arts, dance, Spanish, robotics, animal habitats, and more!

W: 12:45 - 2:15 pm

\$80.00 ID \$96.00 OD

Session: 4/5 - 5/10

\$70.00 ID \$84.00 OD

Session: 5/17 - 6/14

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.

**HIGH LAKES
ELEMENTARY**

All Programs: [406605](#) - Opens Feb. 6
Grades: K - 5

**Intro to Japanese
Culture**

Every week, students will watch a brief animation video in Japanese and practice simple Japanese phrases. Playing with origami and learning about Japanese pop culture, students will be introduced to Japanese history and traditional culture.

Session: 4/5 - 5/10

**Intro to STEM
With Fun Works
Engineering**

Children are introduced to engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun No. 1! LEGO® motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 5/17 - 6/14

**ELK MEADOW
ELEMENTARY**

All Programs: [406603](#) - Opens Feb. 6
Grades: K - 5

**Intro to STEM
With Fun Works
Engineering**

Children are introduced to engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun No. 1! LEGO® motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 4/5 - 5/10

Experiment With Art

Try your hand at a variety of art mediums and see which one you like the best! Learn new techniques and create some incredible art projects.

Session: 5/17 - 6/14

**ENRICHMENT
WEDNESDAYS**

**HIGHLAND
ELEMENTARY**

All Programs: [406606](#) - Opens Feb. 6
Grades: K - 5

Experiment With Art

Try your hand at a variety of art mediums and see which one you like the best! Learn new techniques and create some incredible art projects.

Session: 4/5 - 5/10

**Fun, Funky,
Fresh, Dance**

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

Session: 5/17 - 6/14

**JEWELL
ELEMENTARY**

All Programs: [406607](#) - Opens Feb. 6
Grades: K - 5

**Fun, Funky,
Fresh, Dance**

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

Session: 4/5 - 5/10

**Ready to Thrive!
STEM & Spanish**

A combination of Spanish and STEM (Science Technology Engineering Mathematics), which provide the tools to enrich the overall development of your child in a fun and creative environment.

Session: 5/17 - 6/14



**MILLER
ELEMENTARY**

All Programs: [406610](#) - Opens Feb. 6
Grades: K - 5

**Creative Writing:
Grades 3 - 5**

Do you love reading or writing stories? Let your imagination take flight in this dynamic story program. Through games, art, puppets, theater, reading and writing, we will explore the incredible world of storytelling while also having a whole lot of fun! Learn to create fantastic, interesting characters, design the perfect story setting, and figure out how to craft an exciting plot that creates conflict and offers satisfying resolution. Beyond just writing, expect to be creating and collaborating with your peers in a supportive environment.

Session: 4/5 - 5/10

Nature Club

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

Session: 5/17 - 6/14

**PINE RIDGE
ELEMENTARY**

All Programs: [406611](#) - Opens Feb. 6
Grades: K - 5

Nature Club

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

Session: 4/5 - 5/10

**Creative Writing:
Grades 3 - 5**

Do you love reading or writing stories? Let your imagination take flight in this dynamic story program. Through games, art, puppets, theater, reading and writing, we will explore the incredible world of storytelling while also having a whole lot of fun! Learn to create fantastic, interesting characters, design the perfect story setting, and figure out how to craft an exciting plot that creates conflict and offers satisfying resolution. Beyond just writing, expect to be creating and collaborating with your peers in a supportive environment.

Session: 5/17 - 6/14



**NORTH STAR
ELEMENTARY**

All Programs: [406614](#) - Opens Feb. 6
Grades: K - 5

**Ready to Thrive!
STEM & Spanish**

A combination of Spanish and STEM (Science Technology Engineering Mathematics), which provide the tools to enrich the overall development of your child in a fun and creative environment.

Session: 4/5 - 5/10

**Intro to Japanese
Culture**

Every week, students will watch a brief animation video in Japanese and practice simple Japanese phrases. Playing with origami and learning about Japanese pop culture, students will be introduced to Japanese history and traditional culture.

Session: 5/17 - 6/14



KIDS INC
bend park & recreation district

**Afterschool
Programs**

Grades: K - 5

Located at your school

Kids INC is currently accepting applications for the waitlist.

Look for more information at bendparksandrec.org/childcare.



No School Days

Operation Recreation

Grades: K - 5

Elk Meadow Elementary & Ponderosa 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 and daily field trips. Open to all elementary school children throughout the school district.

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

Activity: [107400](#) - Opens Feb. 6

\$52.00 ID \$62.40 OD

W: 7:30 am - 5:30 pm

Session: 4/12

Th: 7:30 am - 5:30 pm

Session: 4/13

F: 7:30 am - 5:30 pm

Session: 4/14



Dance

Happy Hip Hop

Ages: 5 - 7

Academie De Ballet

Come and learn the latest dance style of today's top choreographers. Utilize moves from street dance, breaking, popping, locking and freestyle and incorporate them into a vibrant dance combination that expresses your individuality. Dress code is required; view studio website for more information at abcbend.com/petites-etoiles/petites-etoiles-uniform-guide

\$198.00 ID \$237.60 OD

Activity: [106572](#) - Opens Feb. 6

Sa: 2:10 - 2:55 pm

Session: 4/8 - 6/17

Fantasy Ballet

Ages: 5 - 6

Academie De Ballet

A delightful start to ballet! Together we'll develop fundamentals of classical dance and creative movement in a lively environment. Leap over imaginary streams, fly over snow-capped mountains and land lightly on a flower petal in this fun ballet series. Dress code is required; view studio website for more information at abcbend.com/petites-etoiles/petites-etoiles-uniform-guide/

\$216.00 ID \$259.20 OD

Activity: [106582](#) - Opens Feb. 6

Sa: 10:55 - 11:40 am

Session: 4/8 - 6/17

DIY & Crafts

Kids Welding

Ages: 10 - 17

DIYcave

In this hands-on class, kids will cut steel with a torch and weld those pieces back together. They'll learn some amazing skills and take their creations home. This can be a powerful experience and it won't soon be forgotten! Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$89.00 ID \$106.80 OD

Activity: [106151](#) - Opens Feb. 6

Tu: 3:30 - 5:30 pm

Session: 4/4 5/2
6/6

Sheet Metal Art

Ages: 10 - 17

DIYcave

Learn how to use a torch to cut creative forms from sheet metal. Hammer the artwork into shape and braze on a hook to display it. This exciting class provides a great introduction to the world of metal art and sculpture. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$89.00 ID \$106.80 OD

Activity: [106155](#) - Opens Feb. 6

Tu: 5:30 - 7:30 pm

Session: 4/11 5/9
6/13

Martial Arts & Scooting

in Youth Sports,
on pages 39 - 40.

3D Printing

Ages: 9 - 17

DIYcave

Are you curious about exactly how something gets from an idea to a real-world object? This class will cover everything from how a 3D printer works to creating and printing out custom designs. You will be directed to the proper software to add to your own computer for future self-learning too. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included.

\$99.00 ID \$118.80 OD

Activity: [106153](#) - Opens Feb. 6

W: 3:30 - 6:30 pm

Session: 4/12 4/26
5/10 5/24
6/7

Kids Woodworking

Ages: 11 - 17

DIYcave

In this two-day workshop, kids will have an outlet for their creativity and tackle design challenges using technical problem-solving skills and mathematics to design and craft something special. Kids will focus on design, measurement, and layout techniques while gaining experience with power tools such as the miter saw, drill press, palm and drum sanders, router and various hand tools. This is a wonderful program for young makers, introducing them to the joy of woodworking and the pride of creating something with their own hands. Beginners and intermediate beginners are welcome and will progress in their skill level. All materials included

\$189.00 ID \$226.80 OD

Activity: [106152](#) - Opens Feb. 6

Tu-W: 5:00 - 7:00 pm

Session: 4/25 - 26 5/30 - 31



Science & Technology

Fun Works Intro to Engineering/STEAM with LEGO®

Ages: 5 - 6

Aspen Hall

Students are introduced to (S.T.E.A.M.) Science, Technology, Engineering, Art and Math using motorized LEGO®. Every project is built step-by-step by students with no one left behind. All projects may be modified and decorated while playing. Add wings, jets and a mini figure and create a flying jet car. Imagination has no barriers. A gear drive electric vehicle, a belt drive motorcycle, a monorail and a mosaic art project are just a few of the fun, exciting, educational projects built at camp.

\$120.00 ID \$144.00 OD

Activity: [106651](#) - Opens Feb. 6

W-F: 9:00 am - 12:00 pm

Session: 4/12 - 14

Fun Works Engineering/STEAM with LEGO®

Ages: 7 - 11

Aspen Hall

Students are introduced to (S.T.E.A.M.) Science, Technology, Engineering, Art and Math using motorized LEGO®. This program is similar to the Intro program with additional projects added that are more advanced and challenging to build. All projects may be modified and decorated while playing. Students use imagination, experimentation and trial and error - all part of being an engineer. An advanced robot walker, an inchworm vehicle are just a few of the fun, exciting, educational projects built at camp.

\$120.00 ID \$144.00 OD

Activity: [106652](#) - Opens Feb. 6

W-F: 1:00 - 4:00 pm

Session: 4/12 - 14

STEAM Workshop

Ages: 6 - 12

**Sylvan Learning Center
Northwest Crossing**

Sylvan™'s newest camp, this no-school workshop incorporates digital art into the fan-favorite robotics and engineering courses our students love! Explore the STEAM world with all-new seasonal projects in every class. Students will use and develop their creativity and problem-solving skills to imagine, draw, build, innovate, engineer and troubleshoot robots that come to life. Students will use digital art, LEGO® robotics and additional interactive hands-on materials to tackle thematic engineering challenges. Bring a sack lunch and water bottle.

\$125.00 ID \$150.00 OD

Activity: [106655](#) - Opens Feb. 6

W: 9:00 am - 2:30 pm

Session: 4/12

Th: 9:00 am - 2:30 pm

Session: 4/13



Westside Village Camp

NO SCHOOL

Ages: 5 - 14

Westside Village

Pack your no-school day with adventures and creative arts! Get moving with outdoor activities such as walking adventures within 2 miles, team-building games and playing at nearby parks. Tap into your creative side with drama, music, dancing, drumming, ukulele and art projects. Campers should bring lunch each day.

\$65.00 ID \$78.00 OD

Activity: [106510](#) - Opens Feb. 6

W: 7:45 am - 5:00 pm

Session: 4/12

Th: 7:45 am - 5:00 pm

Session: 4/13

F: 7:45 am - 5:00 pm

Session: 4/14



Look for With A Child classes:

Art, page 18

Cooking, page 10 - 11

Register at register.bendparksandrec.org • Spring registration opens February 6 - 8 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, helpful tips and refund/cancellation policy on pages 4 - 7. • Program locations on page 58. • Park lists on pages 60 - 61



LET'S
GET ARTSY!
.....
**CLAY
CLASSES**
.....
PAGES 34 - 35

the art of play

creativity
equals
expression

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

“I don’t say
everything, but I
paint everything.”
~ Pablo Picasso

Clay

Teen Hand Building

Ages: 12 - 17

Harmon Park Clay Studio

All levels are welcome to learn how to advance your skills with various hand-building techniques. This class will free your imagination and give you the skills to make them a reality. Instructor: Cat Melone.

\$139.00 ID \$166.80 OD

Activity: [111201](#) - Opens Feb. 6

M: 6:00 - 8:00 pm

Sessions: 4/3 - 24 5/8 - 6/5

Home School Academy: Youth Wheel Throwing

Ages: 7 - 13

Harmon Park Clay Studio

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 one-on-one time with students to help improve their skills. Instructor: Hunter Teig.

\$139.00 ID \$166.80 OD

Activity: [111261](#) - Opens Feb. 6

M: 1:00 - 3:00 pm

Sessions: 4/3 - 24 5/8 - 6/5

Youth Wheel Throwing

Ages: 7 - 14

Harmon Park Clay Studio

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 one-on-one time with students to help improve their skills. Instructor: Hunter Teig.

\$139.00 ID \$166.80 OD

Activity: [111202](#) - Opens Feb. 6

M: 3:30 - 5:30 pm

Sessions: 4/3 - 24 5/8 - 6/5

Tu: 3:30 - 5:30 pm

Sessions: 4/4 - 25 5/9 - 30



**Work
for
play!**

View BPRD jobs available at
bendparksandrec.org/jobs.



Fun With Clay

Ages: 6 - 12

Harmon Park Clay Studio

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: Amanda Krammes.

\$119.00 ID \$142.80 OD

Activity: [111216](#) - Opens Feb. 6

W: 3:30 - 5:30 pm

Sessions: 4/5 - 26 5/10 - 31

Sa: 3:30 - 5:30 pm

Sessions: 4/8 - 29 5/13 - 6/3

Kooky Clay Creations

Ages: 6 - 12

Harmon Park Clay Studio

Construct kooky characters and wild creatures. Base your projects on real animals or craft your own distinctive creatures. Focus on using your imagination while learning about techniques to sculpt with clay. Imagination is mandatory! Instructor: Cat Melone.

\$119.00 ID \$142.80 OD

Activity: [111200](#) - Opens Feb. 6

F: 3:00 - 5:00 pm

Sessions: 4/7 - 28 5/12 - 6/2

Multimedia

Cartooning With Carolyn

Ages: 8 - 12

Larkspur Community Center

Become a cartoonist! Learn basic cartooning skills, draw using shape and volume and practice doodling amongst skills to build innovative and inventive cartoons. What a fun skill to have! Instructor: Carolyn Parker.

\$99.00 ID \$118.80 OD

Activity: [111209](#) - Opens Feb. 6

M: 3:30 - 5:30 pm

Sessions: 4/3 - 24 5/8 - 29

Cartooning - Advanced

Ages: 10 - 15

Larkspur Community Center

Take the next steps to become a cartoonist! Learn advanced cartooning skills while you fine tune drawing using shape and volume and practice doodling amongst skills to build more advanced cartoons. Come develop your cartooning with us! Must have prior cartooning experience. Instructor: Carolyn Parker.

\$99.00 ID \$118.80 OD

Activity: [111218](#) - Opens Feb. 6

W: 3:30 - 5:30 pm

Session: 4/5 - 26 5/10 - 31

Painting

Acrylic Pouring

Ages: 14 & up

Larkspur Community Center

Swirl, slip and slide acrylic paint across a canvas and create amazing results. Learn acrylic pouring technique and applications and create pieces to take home. Instructor: Stephen Teater.

\$119.00 ID \$142.80 OD

Activity: [111141](#) - Opens Feb. 6

Th: 6:00 - 8:00 pm

Session: 4/6 - 27



Art Station's on the move

After calling the historic train depot home for many years, the Art Station has moved.

CLAY CLASSES

Clay programs for youth and adults have moved to the newly updated Harmon Park Clay Studio.

MULTIMEDIA CLASSES

Painting, drawing and multimedia art programs for youth and adults are now hosted at Larkspur Community Center.

ART PARTIES

Art parties are a great time for all ages. Clay parties are available on Sundays at Harmon Park Clay Studio. Visit bendparksandrec.org/artstation to learn more.





Still Life Painting

Ages: 14 & up

Larkspur Community Center

This is a great class for anyone who wants to learn to paint from life using oils and there's no prior experience necessary! You will complete a unique still life painting from your own perspective using a physical arrangement as your subject. Concepts covered will include composition and sighting to establish accurate proportions, as well as brush technique, color mixing, and the seven fundamental art elements of line, color, value, shape, form, space and texture. Scenes will be completed layer-by-layer as the instructor demonstrates and explains the painting process, allowing plenty of time for individual assistance, stylistic exploration, and, of course, the joy of painting. Instructor: Stephen Teater.

\$175.00 ID \$210.00 OD

Activity: [111126](#) - Opens Feb. 6

Sa: 9:00 am - 12:00 pm

Session: 4/8 - 29

Abstraction in Acrylics

Ages: 16 & up

Larkspur Community Center

Learn the basics of acrylic painting while developing an eye for abstraction through color experimentation, transforming images and working intuitively. As you explore the freedom of painting in a loose and spontaneous style, you will learn a variety of drawing and collage techniques to integrate into your paintings. Take one or both sessions. Session 1 covers basic skills in acrylic painting and abstract techniques. In Session 2, you will continue building skills in abstraction and acrylic painting. Instructor Ingrid Lustig.

\$169.00 ID \$202.80 OD

Activity: [111110](#) - Opens Feb. 6

Tu/Th: 1:00 - 3:00 pm

Sessions: 4/11 - 27 5/9 - 25

Painting Landscapes of Central Oregon

Ages: 14 & up

Larkspur Community Center

No painting experience is needed for this all-ages painting series. In these two-hour classes, you will be led step-by-step through a series of acrylic paintings inspired by seasonal Spring-themed views of well-known Central Oregon landmarks, and will complete one painting each week over four weeks. Art basics like color, composition, texture, materials, painting technique fundamentals and more will be introduced and discussed throughout the series in a playful and approachable manner. If you've always wanted to begin painting but didn't know quite how to start, this class is for you. Instructor: Stephen Teater.

\$175.00 ID \$210.00 OD

Activity: [111121](#) - Opens Feb. 6

Th: 6:00 - 8:00 pm

Session: 5/4 - 25

Art & The Young Child

Art Play Group

Ages: 2 - 5 with Adult

Larkspur Community Center

Parents, grandparents, family, nannies and other adults get to connect with their child at this Art Station play group! Each session will have different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$25.00 ID \$30.00 OD

Activity: [111300](#) - Opens Feb. 6

F: 10:30 - 11:30 am
- OR - 9:00 - 10:00 am

Sessions: 4/14 4/28
5/12 5/26
6/9

Art START

Ages: 2 - 5 with Adult

Larkspur Community Center

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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$85.00 ID \$102.00 OD

Activity: [111302](#) - Opens Feb. 6

Tu: 9:00 - 10:00 am
- OR - 10:30 - 11:30 am

Sessions: 4/4 - 25 5/9 - 30

W: 9:00 - 10:00 am
- OR - 10:30 - 11:30 am

Sessions: 4/5 - 26 5/10 - 31

Th: 9:00 - 10:00 am
- OR - 10:30 - 11:30 am

Sessions: 4/6 - 27 5/11 - 6/1



ADULTS CAN GET ARTSY TOO!

Adult Art classes on pages 15 - 18.



PreClay

Ages: 3 - 5 with Adult

Harmon Park Clay Studio

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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Helen Bommarito

\$22.00 ID \$26.40 OD

Activity: [111304](#) - Opens Feb. 6

F: 9:45 - 10:45 am

Sessions: 4/14 5/12
6/9

With A Child: Art

With A Child: Acrylic Painting

Ages: 6 & up with Adult

Larkspur Community Center

Discover unconventional and exploratory techniques while you experiment new approaches to art. Try various painting, drawing and collage techniques. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Art Station Staff.

\$69.00 ID \$82.80 OD

Activity: [111540](#) - Opens Feb. 6

Sa: 10:00 am - 12:00 pm
- OR - 12:30 - 2:30 pm

Sessions: 4/1 Abstract Flowers
5/6 Sea Turtles
6/3 Puppy Love

With A Child: Fun with Clay

Ages: 5 & up with Adult

Harmon Park Clay Studio

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. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Harmon Clay Studio Staff.

\$65.00 ID \$78.00 OD

Activity: [111510](#) - Opens Feb. 6

Sa: 10:00 am - 12:00 pm
- OR - 12:30 - 2:30 pm

Sessions: 4/8 Mugs
4/15 Bowls
4/22 Gnomes
4/29 Mother's Day Bowls
5/6 Flowers
5/13 Birdhouses
5/20 Dragons
6/3 Picnic Plates
6/10 Flower Pots

With A Child: Paint Night

Ages: 6 & up with Adult

Larkspur Community Center

Enjoy a relaxing time together making a dual-canvas acrylic painting. Each young artist/adult pair receives two canvases to paint an image that when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [102415](#) - Opens Feb. 6

Th: 5:30 - 7:30 pm

Sessions: 4/13 Crazy Cactus
5/11 Spring Flowers
6/1 Bears

With A Child: Fun With Fused Glass

Ages: 6 & up with Adult

Larkspur Community Center

Come enjoy an evening with your young artist and make a fused glass piece of art. Try your creativity in designing with different shapes and color pieces to make the most of your seasonal decor. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [102438](#) - Opens Feb. 6

F: 5:30 - 7:00 pm

Sessions: 4/14 Flowers
4/21 Flowers
5/5 Animals
5/12 Animals
6/2 Just for Fun
6/9 Just for Fun



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

**Look for
With A Child
classes:
Art, page 18
Cooking, page 10 - 11**



focused on play

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.

Archery

Youth & Teen Archery

Ages: 8 - 17

Shevlin Park - Aspen Meadow

Learn the 10,000-year-old art of shooting bows and arrows! Participants will learn safety and etiquette and will gain useful tips to improve archery skills using recurve bows at an outdoor range. All skill levels are welcome; no previous experience is necessary. All archery equipment will be provided. Program meets at the residence across from Aspen Meadow Shelter. Note: This program is outdoors; dress for weather conditions.

\$35.00 ID \$42.00 OD

Sa: 10:00 am - 12:00 pm
- OR - 1:00 - 3:00 pm

Ages: 8 - 12

Activity: [107710](#) - Opens Feb. 6

Sessions: 4/22 4/29
 5/13 5/20
 6/3

Ages: 13 - 17

Activity: [107711](#) - Opens Feb. 6

Sessions: 5/6 5/27
 6/10

Basketball

COBO Advanced Basketball Training

Grades: 5 - 9

Highland Elementary

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

\$155.00 ID \$186.00 OD

Activity: [103060](#) - Opens Feb. 6

Grades: 5 - 6

M/W: 6:00 - 7:20 pm

Session: 4/3 - 19

Grades: 7 - 9

M/W: 7:25 - 8:45 pm

Session: 4/3 - 19

Golf

Youth Golf Lessons at Awbrey Glen

Ages: 9 - 13

Awbrey Glen Golf Club

If you've never played golf, come to Awbrey Glen Golf Club for lessons in a small group setting and get your golf game off to a great start. Clubs are provided or bring your own. Dress code applicable.

\$99.00 ID \$118.80 OD

Activity: [103085](#) - Opens Feb. 6

F: 5:00 - 6:00 pm

Session: 4/14 - 28 5/5 - 19





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.

\$89.00 ID \$106.80 OD

Activity: [106750](#) - Opens Feb. 6

M/W: 3:20 - 3:50 pm

Session: 4/3 - 26 5/1 - 24

Beginning White Belt Karate

Ages: 6.5 - 12

Odyssey Martial Arts

Discover what martial arts is all about in this class designed for white belt beginners. Students will acquire control, focus, discipline, self-defense skills, confidence and respect, while learning karate techniques and having fun

\$109.00 ID \$130.80 OD

Activity: [106751](#) - Opens Feb. 6

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

Session: 4/3 - 5/24 5/1 - 24

Children's Ki Aikido

Ages: 5 - 14

Oregon Ki Society

By helping to cultivate good habits at an early age, the practices of Japanese martial arts, Ki-Aikido and Ki Development, offer children a foundation that can help prepare them for a lifetime of positive growth. While children's bodies are growing so are their minds, so we aim to develop them together in Ki's physically active and cooperative learning environment. The goal is that as children grow, they learn to apply these lessons to many of life's activities - school, play, sports and relationships.

\$90.00 ID \$108.00 OD

Activity: [106758](#) - Opens Feb. 6

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

Session: 4/4 - 5/11

Required Roller Hockey League Gear

Protective equipment is required for each participant including: helmet with full face mask, mouthpiece, stick, shin pads, gloves, shoulder pads, pants and elbow pads. Rental equipment is not available for this program.

Uniforms including jersey and socks will be provided and are for the players to keep.

Roller Hockey

Youth Learn to Play Roller Hockey

Ages: 5 - 14

The Pavilion

Whether you're an ice or roller hockey player or a newbie to hockey altogether, continue your progression of hockey with BPRD's Learn to Play Roller Hockey. All you need to know prior is how to roller blade unassisted. You'll learn fundamental hockey skills as well as start to transfer your practice skills into fun, game-like scrimmages.

\$50.00 ID \$60.00 OD

Activity: [110203](#) - Opens Feb. 6

Tu/Th: 4:45 - 5:45 pm

- OR -

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

Session: 4/18 - 27

Youth Roller Hockey League

Ages: 6 - 15

The Pavilion

Looking for more hockey once the ice is gone? Sign up for BPRD's Youth Roller Hockey League - your next step in developing your hockey skills. Confident roller skating experience recommended.

Registration deadline: 4/19 at 5:00 pm or until full.

\$110.00 ID \$150.00 OD

Activity: [110204](#) - Opens Feb. 8

Ages: 6 - 10

Th-F: 4:30 - 5:30 pm - Practice

Sa: 10:30 - 11:15 am - Games

Session: 5/2 - 6/10

Ages: 11 - 15

Th-F: 5:30 - 6:30 pm - Practice

Sa: 11:30 am - 12:15 pm - Games

Session: 5/2 - 6/10



Youth Stick Time

Fees: \$10.00 ID session
\$12.00 OD

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.

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: [210401](#) - Opens 72 hrs. prior

Su: 10:30 - 11:30 am

Additional sessions may be added. Check online for scheduled dates.



Volunteer Coaches & Sponsors: Making a Difference for Hundreds of Kids & Families

Thanks, coach!

Cheers to the volunteers that give their time and heart as coaches for these sport programs. You make it a great experience for the young players and their families and we can't thank you enough!

- Youth basketball
- Girls middle school basketball
- Youth ice hockey

Thanks, sponsors!

Sport program sponsors provide resources for recreation scholarships so everyone has a chance to play. Thank you to these fall and winter sport sponsors:

BIGFOOT BEVERAGES

Sponsor for middle school basketball

KRUEGER & LENOX ORAL & MAXILLOFACIAL SURGERY

Sponsor for youth ice hockey

MILLER LUMBER

Sponsor for adult hockey and adult curling

THE CENTER

Sponsor for youth basketball



Ready to coach youth team sports?

We need you!

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. Registration in sport programs is at an all-time high and the opportunity to play is more important than ever. We make it easy and we know it will be rewarding and fun! We are currently seeking volunteer coaches for these spring programs:

- Youth lacrosse
- Youth softball
- Youth tennis

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.



Scootering

Scootering Camp

Ages: 6 - 17

Ponderosa Skate Park

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

\$215.00 ID \$258.00 OD

Activity: [106778](#) - Opens Feb. 6

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

Session: 4/12 - 14

Ultimate

Middle School Ultimate

Grades: 5 - 8

Skyline Sports Park

Come out and play Ultimate! Participants will learn the game while working on skills and drills. Small-sided games played each night. Teams are assigned based on age and school and change weekly. Designed for players of all ability levels.

\$99.00 ID \$118.80 OD

Activity: [103165](#) - Opens Feb. 6

Tu/Th: 6:00 - 7:15 pm

Session: 4/4 - 20



Volleyball

Boys Volleyball NEW League

Grades: 5 - 8

Pilot Butte Middle School

Run by local NPJ club coaches this league features an introduction to the game of men's volleyball. We will cover training techniques and drills and play matches, aiming to provide a foundation for skill development and help players prepare for future seasons. Includes a t-shirt. Bring a water bottle and knee pads each day.

Registration deadline:

No deadline; open until full.

\$139.00 ID \$166.80 OD

Activity: [103059](#) - Opens Feb. 8

M/W: 6:15 - 8:00 pm

Session: 4/10 - 5/17

NPJ Spring Volleyball Clinics

Grades: 4 - 8

Cascade Middle School

Our NPJ spring clinics are designed for players wanting to improve their skills as they prepare for the next level of volleyball. Led by local NPJ club volleyball coaches, clinics are split into grades 4 - 5 and grades 6 - 8.

\$85.00 ID \$102.00 OD

Activity: [103192](#) - Opens Feb. 6

Th: 6:30 - 8:00 pm

Session: 4/13 - 5/18



Yo! Sports Fans!

Plan ahead for play!

2023 Youth Sports

League Registration Deadlines

All registrations are dependent on availability; some leagues fill faster than others.

Spring 2023 Registration: Leagues open Feb. 8

Program/League	Dates	Deadline or until full
Boys Volleyball League	4/10 - 5/17	no deadline
Youth Roller Hockey League	5/2 - 6/10	4/19

Summer 2023 Registration: Leagues open Mar. 22

Program/League	Dates	Deadline or until full
Kindergarten Soccer League	Sept. - Oct.	7/7
Youth Fall Soccer League	Sept. - Oct.	7/7
Youth Flag Football League	Sept. - Oct.	7/31
Middle School Tennis League	Sept. - Oct.	8/15

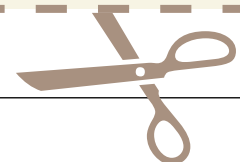
Fall 2023 Registration: to be determined

Program/League	Dates	Deadline or until full
Youth Volleyball League	Nov. - Dec.	Early Oct.
Bitty Basketball	Nov. - Dec.	Early Oct.
Youth Basketball League	Jan. - Mar.	Mid-Nov.
Middle School Basketball - Girls	Jan. - Mar.	Mid-Dec.
Middle School Basketball - Boys	Nov. - Dec.	Early Oct.
High School Basketball League	Dec. - Feb.	Mid-Nov.

Winter 2024 Registration: to be determined

Program/League	Dates	Deadline or until full
Youth Hockey League	Jan. - Mar.	TBD
Youth Lacrosse League	April - June	TBD
Youth Softball League	April - June	TBD

Be sure to check future Playbooks or the registration website for updates.





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**KIDS'
 SWIM
 LESSONS**

 PAGES 44 - 46

swim into play

Dive into fitness and swimming.

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

Youth & Teen Fitness

Teen Fitness

Ages: 11 - 17

Juniper Swim & Fitness Center & Larkspur Community Center

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.](#)



Drop in and jump in at Rec Swim!

BPRD has three great recreation swim sessions available at two facilities:

Family Swim

Parent-Child Swim

Open Recreation Swim

Learn more on page 51 and view schedules at bendparksandrec.org/recswim



Preschool

Busy Buddies Preschool

Ages: 3 - 5

Juniper Swim & Fitness Center

This program includes weekly swim lessons (afternoon sessions only), yoga and movement play! Children will enjoy arts and crafts, dramatic play and more while being introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting and a daily snack is provided.

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

Registration is now open; sign up on wait list if the program is full.

Monthly Fee: 2 sessions/week: \$220.00 ID \$264.00 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](#) - Open now

Choose day/time session below. You can register for multiple sessions per week if you choose:

M/W: 1:30 - 4:30 pm (includes swim lessons)

Tu/Th: 9:15 am - 12:15 pm (no swim lessons)

Tu/Th: 1:30 - 4:30 pm (includes swim lessons)

Dates: Now - 6/15

**Enjoy the water? Like helping people?
Be a lifeguard or swim instructor.**

Learn more at
bendparksandrec.org/jobs.

Register in advance to sync with your workout Kids' Corner Childcare

Ages: 6 months - 6 years

Juniper Swim & Fitness Center

A safe and nurturing environment for your young child while you enjoy all that Juniper has to offer. Children enjoy arts and crafts, reading, creative play and cooperative games while you swim, workout or just relax.

- Registration is strongly recommended.
- Registration includes four scheduled 75-minute visits per session at discounted rate. Fee is adjusted for three or five visit sessions.
- Each visit is limited to 75 minutes. Sorry, no discount for less time.
- Drop-ins welcome; space permitting.
- Childcare hours: M/W/F from 9:00 to 11:35 am.



Registration Childcare

TODDLER

Ages: 6 - 29 months.
Limited availability

\$30.00 ID \$36.00 OD / session
Activity: [405650](#) - Opens Feb. 6

PRESCHOOLER

Ages: 30 months
- 6 years old

\$25.00 ID \$30.00 OD / session
Activity: [405651](#) - Opens Feb. 6

Days/Times:

M: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 4/3 - 24 5/1 - 22
6/5 - 26

W: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 4/5 - 26 5/3 - 31
6/7 - 28

F: 9:00 - 10:15 am
- OR - 10:20 - 11:35 am

Sessions: 4/7 - 28 5/5 - 26
6/2 - 30

Drop-in Childcare

Available if space allows.
Please view online for availability.

TODDLER

Ages: 6 - 29 months.
Limited availability

\$9.00 ID \$10.80 OD
75 minutes maximum.

PRESCHOOLER

Ages: 30 months
- 6 years old

\$7.50 ID \$9.00 OD
75 minutes maximum.

Days/Times:

M/W/F: 9:00 - 11:35 am

Sync up to Adult Fitness Classes

Juniper features a great lineup of fitness classes during childcare.

Learn more and view drop-in fitness classes at
bendparksandrec.org/fitness-swim/



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 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 quickly! 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 prerequisites. Still not sure? Schedule a swim assessment (below right).**
3. **Determine preferred location.**
4. **Click on blue "View" hyperlinks to see offerings. Fees vary with session lengths.**
5. **Register for the class that matches your child's level.**
6. **If the appropriate lessons are full, be sure to sign up on the waitlist.**



Parent Tot Swim Lessons

Ages: 6 - 36 months

Developmentally appropriate classes provide a safe, encouraging and fun introduction to the wonderful world of water. Parents/guardians work directly with their child under instructor's guidance.

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: \$54.00 - \$96.00 ID
\$64.80 - \$115.20 OD

Frequency: 1- & 2-days-a-week

Opens Feb. 7

Juniper Swim & Fitness Center
[View Parent-Tot 1-2 at Juniper](#)

Larkspur Community Center
[View Parent-Tot 1-2 at Larkspur](#)

Sea Stars Swim Lessons

Ages: 2 1/2 - 3

Has your child attended Parent Tot lessons multiple times? Is your child 2 and a half years old and ready for more? Specially-designed for the independent not quite 3 year old, this fun and encouraging class will teach your child the basic skills of floating, gliding and water safety. Prerequisite: Parent Tot lessons. Parent participation in the water is required.

Fees: \$54.00 - \$96.00 ID
\$64.80 - \$115.20 OD

Frequency: 1- & 2-days-a-week

Opens Feb. 7

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 and flutter kicking. Prerequisite: Ability to participate in a class environment.

Journey 2: Front and back floats, glides and 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: Completion of Journey 4 or front crawl with side breathing 20 feet and backstroke for 20 feet.

Fees: \$54.00 - \$96.00 ID
\$64.80 - \$115.20 OD

Frequency: 1- & 2-days-a-week

Opens Feb. 7

Juniper Swim & Fitness Center
[View Journey 1 - 5 at Juniper](#)

Larkspur Community Center
[View Journey 1 - 5 at Larkspur](#)

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee

Level Swim Lessons

Ages: 6 - 12

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

Level 1: Water adjustment, front and back floats and glides and flutter kick. Prerequisite: Ages 6 years and older.

Level 2: Streamline kicking on front, back and side, basic crawl stroke, into back crawl stroke and 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, breast stroke and dolphin kick introduced. Prerequisite: Comfortably swim crawl stroke with side breathing and backstroke for 45 feet.

Level 5: Refinement of crawl stroke, back stroke and elementary backstroke; introduction of 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.

Fees: \$54.00 - \$96.00 ID
\$64.80 - \$115.20 OD

Frequency: 1- & 2-days-a-week

Opens Feb. 7

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 effective progression.

Levels 1 - 6 descriptions available above.

Fees: \$76.00 ID
\$91.20 OD

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

Opens Feb. 7

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.:

M-Th: 3:45 pm & 6:15 pm

Sa: 3:00 pm

Dates: Now - 6/16
(except 3/25 - 4/2)

Juniper Swim & Fitness Ctr.:

M-Th: 10:45 am

M/W: 4:00 & 6:30 pm

Sa: 12:30 pm

Dates: Now - 6/16
(except 3/25 - 4/2)

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

Frequently Asked Questions

When does registration begin?

Registration opens Tuesday, Feb. 7 at 6:00 a.m. and is ongoing.

Why are swim lessons so popular? I can't seem to get my child registered.

Youth swim lessons are some of the most in-demand recreation programs in our community. There are several reasons why. The facility shutdown of the pandemic coupled with area population growth created a backlog of children needing lessons. Now, current staffing challenges do not support offering a full schedule of lessons. If you are unable to get a spot, please sign up on a waitlist so that we know of your interest and can try to accommodate your child. We appreciate everyone's understanding as we try our best to remedy this situation.

I am on a waitlist, what should I do?

If there is room for additional swimmers, we will email the waitlist participants in the order received. Keep your eye on your email. Once an email notice is sent, you have 48 hours to register or your held spot will be forfeited.

What lesson level is my child signed up for?

At your lesson, the deck supervisor has the information and can help you find the appropriate class.

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?

Contact customer service and ask about updating the customer question on your swim lesson registration.

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 they already passed.

Contact customer service and ask about updating the customer question on your swim lesson registration.

Are private or semi-private swim lessons available?

We are unable to offer private or semi-private lessons at this time as group lessons are our priority. As we bring on more staff, we hope to offer additional swim lesson opportunities.



Clases de Natacion para Familias en espanol / Family Swim Lesson in Spanish

Ages: 3 & up with Adult
Juniper Swim & Fitness Center

Actualmente, ésta es la única clase de natación que BPRD ofrece en español, por tal motivo, las familias de habla hispana tienen la prioridad al momento de la inscripción. Esta clase es para niños, jóvenes y adultos, enseñaremos natación de manera progresiva para toda la familia. Incluye el ingreso al horario de recreación para público en general en las piscinas, inmediatamente después de la clase.

Designed for Latino families, this combined youth and adult class features a progressive swim lesson for the whole family! Since this is BPRD's only swim class in Spanish, registration is prioritized for Spanish-speaking families. Includes admission to Open Recreation Swim immediately after class.

\$76.00 ID \$91.20 OD
 Activity: [105261](#) - Opens Feb. 7
Sa: 12:30 - 1:00 pm
 Sessions: 4/8 - 5/20

Youth Novice Swim Team

Ages: 6.6 - 12
Juniper Swim & Fitness Center

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

\$234.00 ID \$280.80 OD
 Activity: [105540](#) - Opens Feb. 7
M/W/F: 3:15 - 4:10 pm
 Session: 4/3 - 6/9
Tu/Th: 3:15 - 4:10 pm
- OR - 4:15 - 5:10 pm
 Session: 4/4 - 6/8



Middle School Novice Swim Team

Ages: 10.5 - 14
Juniper Swim & Fitness Center

Continue to learn and refine competitive swimming skills and develop fitness 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.

\$163.00 ID \$195.60 OD
 Activity: [105541](#) - Opens Feb. 7
Tu/Th: 7:10 - 8:05 am
- OR - 5:15 - 6:10 pm
 Session: 4/4 - 6/8

Swim Squad

Ages: 13.5 - 17
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.

\$167.00 ID \$200.40 OD
 Activity: [105542](#) - Opens Feb. 7
Tu/Th: 6:20 - 7:05 am
 Session: 4/4 - 6/8



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

\$49.00 ID \$58.80 OD
 Activity: [105570](#) - Opens Feb. 7
W: 1:35 - 2:20 pm
- OR - 2:25 - 3:10 pm
 Sessions: 4/5 - 5/3 5/10 - 6/7
F: 4:10 - 4:55 pm
- OR - 5:00 - 5:45 pm
- OR - 5:45 - 6:30 pm
 Session: 4/7 - 5/19



Bend Senior Center



Larkspur Community Center

places to play

recreation centers



Juniper Swim & Fitness Center



The Pavilion

USE YOUR
MONTHLY & **NEW**
ANNUAL
FITNESS/SWIM PASS
FOR SKATING
AT THE PAVILION

ICE SKATING: Save \$3 off
Open Skate sessions.

ROLLER SKATING: Use for
admission to Open Skate
sessions.

(Does not include skate rental.)

CLICK TO
LEARN MORE ABOUT
& PURCHASE
PASSES



LET'S GO!

Facility Fee & Pass Information

Bend Park & Recreation District offers three unique recreation centers 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.

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.

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.

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee

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 Bend Senior Center.

See facility details on pages 55 - 57.

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: October - April

Skate rental: \$3.00

THE PAVILION: ROLLER SEASON

Without Skates

Admission to all public skate sessions.

Roller Season: April - September

Skate rental: \$3.00

Pass Type	Category	Juniper & Larkspur	Bend Senior Center	Pavilion Ice Season	Pavilion Roller Season
Single Visit Admission	Adult (19-61)	\$8.00	\$3.50	\$9.00	\$7.00
	Older Adult* (62-79)	\$7.00	\$1.50	\$8.00	\$6.00
	Youth (3-18)/Honored Citizens (80+)	\$6.00	\$1.25	\$7.00	\$5.00
	Children under 3 with paying adult	Free	N/A	Free	Free
10-Visit Pass Save an average of 15%	Adult (19-61)	\$68.00	\$29.00	\$72.00	n/a
	Older Adult* (62-79)	\$59.00	\$12.00	\$64.00	n/a
	Youth (3-18)/Honored Citizens (80+)	\$51.00	\$10.00	\$56.00	n/a
Monthly Pass Unlimited Visits!	Adult (19-61)	\$59.00	\$24.00	ICE SEASON PASSES: OCTOBER - APRIL Unlimited drop-in skate sessions (without skates)	
	Older Adult* (62-79)	\$46.00	\$16.00	\$298.00	
	Youth (3-18)/Honored Citizens (80+)	\$32.00	\$13.00	\$259.00	
Monthly Family Pass	Any mix of three or more household members	\$110.00	N/A	\$220.00	\$555.00

*Effective Jan. 1, 2023, the Older Adult age for recreation facility access passes begins at 62. 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.



USE YOUR NEW MONTHLY & ANNUAL FITNESS/SWIM PASS FOR SKATING AT THE PAVILION

ICE SKATING: Save \$3 off Open Skate sessions.

ROLLER SKATING: Use for admission to Open Skate sessions.

(Does not include skate rental.)

recreation center activities

USE YOUR NEW MONTHLY & ANNUAL FITNESS/SWIM PASS FOR SKATING AT THE PAVILION

ICE SKATING: Save \$3 off Open Skate sessions.

ROLLER SKATING: Use for admission to Open Skate sessions.

(Does not include skate rental.)

ICE & ROLLER SKATING PARTIES AVAILABLE

Great for birthday parties and more, The Pavilion features an indoor viewing room with fireplace, making comfortable and fun viewing opportunities and a place to enjoy food, drinks and a celebratory dessert.

To learn more about parties and other events, see the [Pavilion Rental page](#).

Drop-in Skate Sessions

The Pavilion

- Ice season: mid-October - April
- Roller season: April - September
- Facility information on page 57.

Fees: Pass or drop-in fee.

- Rental skates available.
- See pages 48 - 49.

Open Skate

ROLLER & ICE SKATING

All ages

Regular drop-in fees

Open Skate sessions offer a recreational opportunity for all ages and abilities to enjoy the rink. Children 6 years and under must be supervised by a responsible person 14 years or older. Sticks, pucks and maneuvers that would endanger others are not allowed.

ROLLER SEASON:

Skatepark open for skates, scooters and skateboards. Helmets are required in the skatepark.

ICE SEASON:

During normally lower attendance times, activities may include basic skating and/or laps on the outside perimeter and basic figure skating/ice dancing/freestyle on the inside. These sessions may occasionally include large groups such as schools.

Check online schedules prior to coming to the rink so you know what to expect.

More at: bendparksandrec.org/pavilion

Family Skate

ROLLER & ICE SKATING

All ages with adult

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

SPECIAL RATE: see seasonal pricing for roller skating and ice skating.

During Roller Skating season, the Skatepark is open for skates, scooters and skateboards.

More at: bendparksandrec.org/pavilion

CLICK FOR
SKATING
SCHEDULES



Parent-Tot Skate & Play

ROLLER & ICE SKATING

Ages: 5 & under with adult

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

During roller skating season, you can expect an open play space (with mats and balls) along with roller skating.

More at: bendparksandrec.org/pavilion



Friday Night Roller Dance

ROLLER SKATING

All ages

Open Skate with those Friday night dance vibes. Complete with themes, good music and roller dancing.

More at: bendparksandrec.org/pavilion

Saturday Night Adult Roller Skate

ROLLER SKATING

Ages: 21 & over

S-A-T-U-R-D-A-Y Night! We'll bring out the music, turn down the lights and let the big kids play at these special adults-only skate sessions with local brewery on site. We're talking youthful "skate center" vibes and joy!

More at: bendparksandrec.org/pavilion

Cheap Skates

ICE SKATING

All ages

Open Skate at a special discounted fee.

More at: bendparksandrec.org/pavilion

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



Drop-in Swim Sessions

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 55 - 56 .
- Fee: Pass or drop-in fee. See pages 48 - 49 .

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

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

RECREATION SWIM SPECIAL

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

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

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

CLICK FOR RECREATION SWIM SCHEDULES



Lap Swimming & Water Work Out on Your Own

Ages: 16 & up; 11 - 15 with adult

Swim for fitness! Swim for fun! Check the website for pool schedule, pool length, number of lanes and requirements.

More at: bendparksandrec.org/lapswim

CLICK FOR LAP SWIMMING & CURRENT CHANNEL SCHEDULES



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

Current Channel Work Out on Your Own

Ages: 16 & up; 11 - 15 with adult

Uninstructed, drop-in times at Larkspur Community Center 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

Hot Tub, Sauna & Steam Room Use

Ages: 16 & up

The coed hot features, including hot tub, sauna and steam room, are available when Juniper's indoor pool is open.

The hot tub at Larkspur is open when Larkspur's pool is open.

Youth ages 6 years and up are only allowed in the hot tubs with an adult; not allowed during Open Recreation Swim.

USE YOUR MONTHLY & ANNUAL FITNESS/SWIM PASS FOR SKATING AT THE PAVILION

NEW

ICE SKATING: Save \$3 off Open Skate sessions.

ROLLER SKATING: Use for admission to Open Skate sessions.

(Does not include skate rental.)

POOL PARTIES

Make waves at your next celebration with a pool party.

Available at both Juniper and Larkspur pools.

Details at: bendparksandrec.org/poolparty

One pass - two facilities & hundreds of sessions

The fitness and swim pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to 200+ weekly exercise programs at both Juniper and Larkspur.

More at bendparksandrec.org



One pass - two facilities & hundreds of classes

The fitness and swim full-access pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to more than 200 weekly group exercise programs at both Juniper and Larkspur.

Details at bendparksandrec.org



USE YOUR **NEW** MONTHLY & ANNUAL FITNESS/SWIM PASS FOR SKATING AT THE PAVILION

ICE SKATING: Save \$3 off Open Skate sessions.

ROLLER SKATING: Use for admission to Open Skate sessions.

(Does not include skate rental.)

Drop-in Fitness Classes

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 55 - 56 .
- Fee: Pass or drop-in fee. See pages 48 - 49.

Ages: 16 & up; 11 - 15 with adult
DROP-IN CLASSES & SCHEDULES:

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

DROP-IN PASSES / FEES:

Numerous pass options are available to suit your needs and one pass grants access to both facilities. Check out the monthly, quarterly and annual passes to take advantage of great savings along with great workouts! Pass information on pages 48 - 49.

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.

CLICK FOR
FITNESS
SCHEDULES



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

Indoor Cycling

Features: Experience the Ride! Based on a road cycling experience, indoor cycling is an individually paced, non-impact cardio workout. Classes are held in our theater-style indoor cycle studio with 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/

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

Fitness passes through health insurance

There is a low-cost or no-cost fitness pass option for insurance-reimbursed fitness programs, including: Active & Fit Enterprise, Active & Fit Direct, Silver & Fit and AARP Renew Active. Eligible programs will include unlimited access to BPRD fitness centers, virtual fitness classes, lap swimming and drop-in fitness classes, including water fitness classes and workout-on-your-own sessions. Learn more at: bendparksandrec.org/medicare

For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



Strength & Conditioning

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

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



Water Fitness

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

More at: bendparksandrec.org/water-fitness



Virtual Fitness Classes

Online

- Fee: Pass or \$4.00 fee.

Keep moving, even remotely! BPRD online classes are brought to you using Zoom, a web-hosted video conference application. Step-by-step instructions are provided to help you get connected.

Variety of classes offered in Cardio Fitness & Dance, Mind & Body and Strength & Conditioning.

Advance registration is required.

More at: bendparksandrec.org/virtualfitness/



Drop-in Fitness Center Use

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 55 - 56.
- Fee: Pass or drop-in fee. See pages 48 - 49.

Ages: 16 & up; 11 - 15 with adult

BPRD Fitness App

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

Fitness Center Orientation

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

Fitness Center & Under 18 Use

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

More at: bendparksandrec.org/fitness-centers

Personal Training

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 55 - 56 .

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.

Personal training requires advanced registration and separate fees.

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



Drop-in Older Adult Social Activities & Community Connections

Larkspur Community Center - Home of the Bend Senior Center

- Facility information on page 56. Adult Activity programs on pages 9 - 14.
- Fee: Social pass, Fitness/Swim pass or drop-in fee. See pages 48 - 49.

Bend Senior Center is proud to serve and welcome older adults to social activities, such as games and group gatherings. BPRD is currently expanding these offerings as available.

Check the website regularly for additional information, schedules and updates.

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

Adult Activities & Specialized Fitness Programs

on pages 9 - 14.

Adult Art Programs

on page 15 - 18.

Adult Swim Programs

on page 22.

Afternoon at the Movies

FREE

Drama, comedy, adventure! Join us weekly to watch a movie with friends. We'll show both contemporary and classic films. Check online schedules for times and movies offered.

Souper Tuesday Brunch

NEW

Join us for a tasty brunch on the second Tuesday of each month. Check online schedules for more details and times.

Brown Bag Lunch & Learn Series

FREE

Presented in partnership with PacificSource Medicare Health Plans

Feed your body and your mind as local experts share their knowledge about issues important to you on Tuesdays at 12:00 - 1:30 pm beginning in February 2023. You bring your lunch; dessert and coffee are on us. Check online schedules for dates, topics and other details.

Crochet, Knitting, Quilting, Rug Hooking & Stitching Groups

Celebrate and enjoy fiber arts together! Bring in your hand work and knit, stitch and/or hook projects together while making friends. Three different groups meet regularly. Check online schedules for more details.

Pool/Billiards

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

Cards & Games

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



The ABC & D's of Medicare

FREE

Join us for an informational Q & A session about Medicare. Check online schedules or call for next session.

SHIBA Medicare Presentation

FREE

Senior Health Insurance Benefits Assistance (SHIBA) is a program dedicated to educate and advocate for Oregonians with Medicare. Counselors can help you understand your Medicare benefits and identify and compare health insurance options.

AARP Smart Driver Class

The AARP Smart Driver Course is one of many programs offered by AARP Driver Safety. It's the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. The class meets from 9:00 am to 4:00 pm with a lunch break. Fees are \$20 for AARP members; \$25 for non members. For the next class and to register, call 503-676-3653.

CLICK FOR OLDER ADULT ACTIVITIES SCHEDULES & INFORMATION



For more information, call (541) 389-7275 or visit bendparksandrec.org

ID = In-district Resident Fee • OD = Out-of-district Resident Fee

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)



Hours, Fees, Schedules & Information

Visit bendparksandrec.org/juniper for schedules, rules and regulations.

Fees on pages 48 - 49.



Social Media

facebook.com/JuniperSwimandFitnessCenter
instagram.com/juniperswimandfitness

Activities

Childcare & Preschool (page 43)
Fitness Classes
Fitness Center
Hot Features: Spa & Sauna
Personal Training
Swim Lessons
Swimming

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, Juniper 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 22.

Youth Swim Programs

on pages 42 - 46.

CLICK FOR
SWIM
SCHEDULES



Swimming Pools & Aquatic Facilities

Indoor/Outdoor Olympic 50-Meter Pool

With a removable roof system, this 82-degree 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, the Indoor Pool features 85-degree water, 4' - 12' depth, soft-touch flooring, water basketball hoops and two one-meter diving boards.

Indoor Children's Pool

With soft-touch flooring, the Indoor Children's Pool is 90 degrees with a pool depth of 2'6" - 3', a small slide and splash features.

Outdoor Activity Pool Open May to early September.

At 0" - 3'6" deep, the Outdoor Activity Pool offers 85-degree water, slides, tumble buckets and a splash pad.

Hot Tub / Steam Room / Dry Sauna

Perfect after a workout, the hot tub, steam room and dry sauna are coed and available when the indoor pool is open. Ages: 16 & up.

CLICK FOR
FITNESS
SCHEDULES



Fitness Center, Studios & Equipment

Fitness Center & Fit Studio

Juniper's fitness center features state-of-the-art equipment and floor-to-ceiling windows and park views and the Fit Studio offers a dedicated space for functional fitness.

BPRD Fitness App

BPRD has an Advagym fitness app to provide you with a personal tool to track your workouts and connectivity for the cardio equipment and more. Developed with Precor and E-Gym, the app works 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 three Group Exercise Rooms - Cardio, Mind/Body and Indoor Cycling.

Drop-in Swim

on page 51.

Drop-in Fitness

on pages 52 - 53.



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



Hours, Fees, Schedules & Information

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

Fees on pages 48 - 49.



Social Media

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

Drop-in Swim

on page 51.

Drop-in Fitness

on pages 52 - 53.

Activities

Enrichment Activities
for All Ages
Fitness Classes
Fitness Center
Hot Tub
Personal Training
Swim Lessons
Swimming

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

on pages 9 - 14.

Adult Swim Programs

on page 22.

Youth Swim Programs

on pages 42 - 46.

CLICK FOR
SWIM
SCHEDULES



Swimming Pool & Aquatic Facilities

4,000-Square-Foot Indoor Aquatics Center

The aquatic center features ADA-friendly showers, locker rooms with free locker use for patrons and private changing areas.

135,000-Gallon Recreation & Leisure Pool

Set at 87 to 89 degrees, the pool depth ranges from 2' 6" to 6' 3" with 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 has hot tub for relaxation and an on-deck shower for a quick rinse before your swim.

CLICK FOR
FITNESS
SCHEDULES



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 building's multi-purpose rooms are used for fitness classes too.

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.
- BPRD 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

For more information, call (541) 389-7275 or visit [bendparksandrec.org](#)

ID = In-district Resident Fee • OD = Out-of-district Resident Fee



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)



Hours, Fees, Schedules & Information

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

Fees on pages 48 - 49.



Social Media

[facebook.com/
thepavilioninbend](#)

[instagram.com/
thepavilioninbend](#)

CLICK FOR
DROP-IN SKATING
SCHEDULES



Activities

April - September

- Roller Skating & Hockey
- Skateboarding & Scootering
- Skate Parties
- Adult Sports Leagues
- Youth Summer Camps

Late October - April

- Ice Skating & Lessons
- Hockey
- Curling
- Skate Parties

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

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.

Skatepark (April - September)

Skatepark open for skates, scooters and skateboards. Helmets are required in the skatepark.

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.

Skate Parties

Learn more online at
[bendparksandrec.org/skateparties](#)



Drop-in Skating Sessions

page 50.

Roller Hockey

Adult Sports on pages 19 - 21.
Youth Sports on pages 38 - 41.



Spring 2023 Program Locations

Locations of all seasonal programs are in alphabetical order below.

Academie De Ballet Classique

162 NW Greenwood Ave, Bend, OR 97701

Academie De Ballet Classique

162 NW Greenwood Ave, Bend, OR 97701

Aspen Hall

18920 Shevlin Park Rd, Bend, OR 97703

Awbrey Glen Golf Club

2500 Awbrey Glen Dr, Bend, OR 97703

Bend Senior Center at Larkspur Community Center

1600 SE Reed Market Rd, Bend, OR 97702

BPRD District Office

799 SW Columbia St, Bend, OR 97702

Cascade Middle School

19619 Mountaineer Way, Bend, OR 97702

DIYCave

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

Elk Meadow Elementary School

60880 Brookwood Blvd, Bend, OR 97702

Harmon Park Clay Studio

1100 NW Harmon Blvd, Bend, OR 97701

High Lakes Elementary School

2500 NW High Lakes Lp, Bend, OR 97701

Highland Elementary School

701 NW Newport Ave, Bend, OR 97701

Hollinshead Park & Barn

1235 NE Jones Rd, Bend, OR 97701

Jewell Elementary School

20550 Murphy Rd, Bend, OR 97702

Juniper Swim & Fitness Center

800 NE 6th St, Bend, OR 97701

Larkspur Community Center - Home of the Bend Senior Center

1600 SE Reed Market Rd, Bend, OR 97702

Miller Elementary School

300 NW Crosby Dr, Bend, OR 97701

North Star Elementary School

63567 NW Brownrigg Ln, Bend, OR 97703

Norton Ave Apartments

415 NE Norton Ave, Bend, OR 97701

Odyssey Martial Arts

924 B SE Wilson Ave, Bend, OR 97702

Oregon Ki Society

20685 Carmen Lp, Bend, Oregon 97702

The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

Pilot Butte Middle School

1501 NE Neff Rd, Bend, OR 97701

Pine Ridge Elementary School

1501 NE Neff Rd, Bend, OR 97702

Ponderosa Elementary School

3790 NE Purcell Blvd, Bend, OR 97701

Ponderosa Skatepark

1411 SE Wilson Ave, Bend, OR 97702

Shevlin Park - Aspen Meadow

18920 NW Shevlin Park Rd, Bend, OR 97701

Skyline Sports Park

19617 Mountaineer Way, Bend, OR 97702

Sylvan Learning Center - Northwest Crossing

2754 NW Crossing Dr #101, Bend, OR 97701

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

1101 NW 12th St, Bend, OR 97703

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Park Features & Amenities

Get out and play with our features and amenities guide. Need to know how to get to a park? An interactive map is available online at bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at bendparksandrec.org or call (541) 389-7275.

Park & Trail Rules & Regulations:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at bendparksandrec.org.

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

For emergencies, dial 911.

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

Trail Use:

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



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•	•				
Alpenglow Park	61049 SE 15th St			•	•				•		•	•	•				
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										•	•		•			
Empire Crossing Park	63145 Lancaster Street								•		•						
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												•		•		
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		•									•		•			
Northpointe Park	63800 Wellington St											•		•		•	
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•									•	
The Pavilion	1001 SW Bradbury Way					•											•
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•	•	•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•		•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•				•
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
Riley Ranch Nature Reserve	19975 Glen Vista Rd						•		•				•				•
River Canyon Park	61005 Snowbrush Dr								•								
River Rim Park	19400 Charleswood Ln								•								•
Riverbend Park	799 SW Columbia St						•				•		•				•
Riverview Park	225 NE Division St								•								
Rockridge Park	20885 Egypt Dr			•					•	•	•	•					•
Sawyer Park	62999 O.B. Riley Rd						•		•				•				•
Sawyer Uplands Park	700 NW Yosemite Dr								•		•						
Shevlin Park	18920 NW Shevlin Park Rd					•	•	•	•	•	•	•	•				•
Skyline Sports Complex Park	19617 Mountaineer Way	•									•	•	•				
Stone Creek Park	61531 Stone Creek Ln								•		•			•			
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•						•								•
Sun Meadow Park	61150 Dayspring Dr		•								•	•		•			
Sunset View Park	990 NW Stannium Rd								•								
Sylvan Park	2996 NW Three Sisters Dr								•			•					•
Three Pines Park	19089 Mt Hood Pl											•					
Wildflower Park	60955 River Rim Dr										•	•					
Woodriver Park	61690 Woodriver Dr		•									•		•			



Columbia Park



Discovery Park



Pine Nursery Park

For more information, call (541) 389-7275 or visit bendparksandrec.org • Register at register.bendparksandrec.org

How to register, helpful tips and refund/cancellation policy on pages 4 - 7. • Program locations on page 58. • Park lists on pages 60 - 61.



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