



SUMMER
REGISTRATION
BEGINS
MARCH
21ST

your playbook

online
preview
edition

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

youth & adult
recreation:
registration opens
march 21st

play for life

Online Preview Edition

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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, please 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, please contact Therapeutic Recreation at (541) 706-6121.

Latino Outreach Services / Servicios al alcance de la Comunidad Latina

Comuníquese con: Kathya Avila al teléfono (541) 706-1212.
Horarios de oficina en JSFC: Lunes de 4:00 a 8:00 pm /
Miércoles y Viernes de 3:00 a 7:00 pm / Sábados de 9:00
am a 2:00 pm.

Contact: Kathya Avila p. (541) 706-1212. Office hours:
Mondays, 4:00 - 8:00 pm / Wednesdays & Fridays, 3:00 -
7:00 pm / Saturdays, 9:00 am - 2:00 pm at JSFC.

(JSFC = Juniper Swim & Fitness Center)



Resources

phone: (541) 389-7275

email: info@bendparksandrec.org

website: www.bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

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

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

Administration closed: July 4 - Independence Day, Sept. 5 - Labor Day

BEND SENIOR CENTER

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

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

Fridays 7:30 am - 4:00 pm

Saturdays 9:00 am - 3:00 pm

Holiday hours and special events: See page 32.

JUNIPER SWIM & FITNESS CENTER

800 NE 6th Street • p. (541) 389-7665

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

Saturdays 8:00 am - 6:00 pm

Sundays 9:00 am - 6:00 pm

Holiday hours and special events: See page 24.

THE PAVILION

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

Mon. - Fri. 7:30 am - 5:30 pm

Evenings vary

Sat. & Sun. Hours vary

Hours subject to change.

PARK SERVICES

1675 SW Simpson • p. (541) 388-5435

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

Park Services closed: July 4 - Independence Day, Sept. 5 - Labor Day

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:

Craig Chenoweth, Chair • Ted Schoenborn, Vice-Chair • Brady Fuller • Ellen Grover • Nathan Hovekamp

BUDGET COMMITTEE:

Audrey Belden • Steve Eichelberger • Thomas Fisher • Sarah Olson • Brian Thorsness

EXECUTIVE DIRECTOR:

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

PLANNING & PARK SERVICES DIRECTOR:

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

RECREATION SERVICES DIRECTOR:

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

FINANCE DIRECTOR:

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

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Pages 3 - 15 intentionally missing.



READY! SET! GO!

Fee & Pass Information

Bend Park & Recreation District offers three unique recreation facilities, multiple fee options and a ton of activities.

To use a BPRD facility, choose the fee structure and payment option that best matches your needs.

No matter what you choose, you can workout, swim, skate and play with the confidence that there are:

- **No initiation or start up fees.**
- **No contracts.**
- **No auto payments that you need to cancel.**

With our monthly, 3-month and annual passes you can enjoy:

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

Month-Plus Passes - Monthly, 3-month and Annual Passes may be purchased at any time. Full payment is required at time of purchase. Passes are not transferable or refundable, and may not be suspended or extended except for documented medical reasons. Passes are not prorated for scheduled closures such as holidays, special events and maintenance periods.

10-Visit Passes - 10-visit passes may be used for facility access at all locations of equal or lesser value. Passes may be used to gain entrance for other individual(s) provided that the primary pass holder is present and the guest(s) is in the same age category or younger.

Student Rate - Student rate is for full-time OSU-Cascades and COCC students currently enrolled for at least 12 credits. Transcript required at time of purchase.

Out-Of-District Fee Policy - The prices listed are the 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.

STANDARD
FEES & PASSES

		FACILITY	JUNIPER SWIM & FITNESS CENTER		BEND SENIOR CENTER	BEND SENIOR CENTER	THE PAVILION	THE PAVILION
		PASS TYPE	Full Access	Basic	Full Access	Basic	Ice Season	Non-Ice Season
		ACCESS	Over 200 weekly group fitness classes and masters swim practices plus full facility use. Monthly pass includes use of Senior Center.	Use of pools, fitness center, hot tub, sauna, steam room, locker rooms and access to all recreation and lap swim times.	Over 50 weekly fitness classes plus full facility use and participation in ongoing social activities.	Use of fitness center, game room and participation in ongoing social activities.	Admission to all public skate sessions.* Skate Rental: \$3 additional	Use of multi-purpose sport courts, public drop-in times and group fitness classes.
Single Visit Admission	Adult (19-59)		\$8.00	7.00	\$6.50	\$3.50	\$9.00	\$7.00
	Older Adult (60-79)/Student		\$7.00	6.00	\$5.50	\$1.50	\$8.00	\$6.00
	Youth (3-18)/Honored Citizens (80+)		\$6.00	5.00	\$4.50	\$1.25	\$7.00	\$5.00
	Children under 3 with paying adult		Free	Free	n/a	n/a	Free	Free
10-Visit Pass Save an average of 20%	Adult (19-59)		\$69.00	\$59.00	\$60.00	\$29.00	\$75.00	\$59.00
	Older Adult (60-79)/Student		\$59.00	\$49.00	\$45.00	\$12.00	\$67.00	\$49.00
	Youth (3-18)/Honored Citizens (80+)		\$49.00	\$39.00	\$35.00	\$10.00	\$58.00	\$39.00
Monthly Pass Unlimited Visits!	Adult (19-59)		\$61.00	\$51.00	\$51.00	\$24.00		
	Older Adult (60-79)/Student		\$49.00	\$39.00	\$39.00	\$16.00		
	Youth (3-18)/Honored Citizens (80+)		\$39.00	\$29.00	\$29.00	\$13.00		

SPECIALS & DISCOUNTS

SAVE
10%

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

SAVE
20%

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

SAVE
25%

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

SAVE
50%

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

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

Needs-Based Assistance

(Formerly known as Recreation Scholarships)

Everyone should have the opportunity to benefit from recreation activities. Assistance is available for recreation program participation and is based upon financial need and other qualifications. Funding is limited and the District's goal is to ensure that the most critical services are available to those with the highest needs including youth, seniors and people with disabilities.

To Apply for Assistance:

1. Complete an application at least one week prior to registering for the program. Applications are available online or at any of the District facilities.
2. Submit the completed application and a copy of your most recent IRS 1040 Income Tax Return to any of the District facilities or mail to Juniper Swim & Fitness Center, 800 NE 6th Street, Bend OR 97701.
3. BPRD staff will contact you by phone within five (5) business days of application receipt to inform you of the status of your application.
4. Your portion of the fee(s) will be required at the time of registration.
5. Applications are valid for six months. You will need to reapply after six months. All application materials are kept confidential.

Everyone can play.

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



How to Register

REGISTER ONLINE:


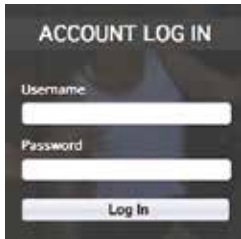
For online registration, go to:
<https://register.bendparksandrec.org>

Payment in full is required at the time of registration.

New Accounts

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

Online Registration Instructions

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

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

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

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

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



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

Out-of-District Fee Policy

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

In-Person Registration

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

- **BPRD District Office:**
799 SW Columbia Street
- **Juniper Swim & Fitness Center:**
800 NE 6th Street
- **Bend Senior Center:**
1600 SE Reed Market Road
- **The Pavilion**
1001 SW Bradbury Way

Registration forms are available online at www.bendparksandrec.org or by calling (541) 389-7275.

Credits & Refunds

Refunds or credits are readily granted if we are notified **seven days prior to the beginning of the program.** Credits will only be granted if notified less than seven days prior to beginning of the program. **No credits or refunds will be issued when notified two working days or less from the start of a program.** Program fees are not refunded/prorated for participants who miss portions of programs.

Mark Your Calendar:

Fall 2016 Registration
begins August 8, 2016

Winter-Spring 2017 Registration
begins December 12, 2016

HOME OF
BEND'S
COOLEST SUMMER
DAY CAMP
.....
THE PAC
.....
PAGES 22 - 23

all new for you

A whole new season of fun.

The Pavilion has a split personality! Cold and fresh for winter ice sports and skating and bright, active and ever-evolving for summer day camps, sports and leagues. Come join in our second big season and get to know the “other side” of The Pavilion.

The Pavilion

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



Follow us on Facebook!

Look for The Pavilion in Bend!

How to Get There

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

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

Schedules & Information

Visit www.thepavilioninbend.com for schedules, rules and regulations.

Spring Season: April 18 - June 17

Summer Season: June 18 - September 2

Drop-In Activities

A variety of activities such as:

- court sports
- skatepark features
- rock climbing wall
- yard games
- and more will be hosted at The Pavilion.

Visit www.thepavilioninbend.com for drop-in activity details, fees and schedules.

Fees on pages 16 - 17.

Looking for a westside workout?

Select fitness classes will be offered at The Pavilion.

Follow us on Facebook for updates.



Look for The Pavilion in Bend.



PAVILION SUMMER PREVIEW

**Sunday, May 1
12:00 - 3:00 pm**

Come see what summer at The Pavilion is all about!

Fun for all ages:
**Games & Music
Skatepark Features
Sports**

Learn all about the spring and summer activities including The PAC.

Concessions open!



Adult ^{NEW} Pick-up Sports

April 18th - September 2

Schedules at www.bendparksandrec.org.

Fees: See pages 16 - 17

Be a regular or try a new sport each week! Our adult pick-up times are conveniently scheduled on lunch breaks and weeknights.

Pick-up Basketball

5-on-5, self-selected teams each day, no officials.

Pick-up Badminton

Join us for Badminton! We will have nets, rackets and birdies available. Singles and doubles welcome.

Pick-up Futsal

4-on-4, self-selected teams, no officials. General futsal rules apply.

Pick-up Indoor Soccer

5-on-5, self-selected teams, no officials, general indoor soccer rules apply.

Fitness Walking ^{FREE}

Bad weather? No problem, come and walk laps under cover at The Pavilion for free. Nine laps = 1 mile.

Drop-in ^{NEW} Activities

April 18th - September 2

Schedules at www.bendparksandrec.org.

Fees: See pages 16 - 17

Open Play Time

Play your way with volleyball, basketball or badminton on our covered courts, bring your wheels and play in the new Pavilion skatepark features, enjoy a number of lawn games or just come to hang out with friends and family. Open Play Time offers a variety of court sports opportunities and open space for you to choose how you play. Variety of times available for all ages.

- Adult (18+ years)
- Older Adults (55+ years)
- Youth (7 - 18 years)
- All ages
- Families - All kids must be accompanied by a parent / guardian.
- Parent-Tot - Toddler and preschool-age children. First child free with paying adult.

Kids' Friday Night Live

Grades: 4 - 8

The Pavilion will be open on Friday nights - just for kids! (Parents, that means you get to do what you want, too!) Kids will enjoy court sports, group games, yard games, music and even the covered skatepark features! Bonus! Concessions will be available, too.



Adult Sports

Adult ^{NEW} Cornhole League

All Adults

The Pavilion

It has been called many things - Corn Toss, Bean Bag, Bean Toss, Soft Horseshoes, Indiana Horseshoes - but to many of us the game is passionately known as Cornhole. Each team will play eight weeks of matches with a tournament the week of 8/22 - 25.

Fee: \$200 / team

Program: 210200

Registration Deadline: 6/13
or until full

COMPETITIVE LEAGUE

This league is for those who have played competitively in the past or those ready to take their game to the next level.

M: Evenings

Season: 6/27 - 8/22

Coed Teams of 3 - 5

SOCIAL LEAGUE

If you can aim and toss a corn bag 30 feet then welcome to the social league! Get out on summer evenings with friends and family and enjoy one of Bend's favorite past times.

Th: Evenings

Season: 6/30 - 8/25

Coed Teams of 3 - 5



Adult Volleyball League NEW

All Adults

The Pavilion

Come enjoy The Pavilion all decked out for summer! Play 6 vs 6 or 4 vs 4 on a beautiful covered, outdoor court. This is a reverse coed, self-officiated league. Multiple divisions will be created based on skill level indicated at registration. Team standings will be kept; prizes awarded to league champs. Team sign-up only.

Fee: \$315 / team

Program: 210185

Registration Deadline: 6/5
or until full

COED 4's

Tu: 6:30 - 10:00 pm

Season: 6/21 - 8/9

COED 6's

Th: 6:30 - 10:00 pm

Season: 6/23 - 8/11

Don't have a team?

No worries! Drop-in volleyball will be offered on Tuesday evenings at the same time as league play.



Old School PE NEW

Ages: 21 & up

The Pavilion

Come relive your school days! This new program offers adults a lot of fun playing games like dodgeball, kickball, floor hockey, Steal the Bacon, and all your other P.E. and recess favorites. This is a stress free, social environment. It's all about having fun with your "classmates." Couples and singles are all encouraged to sign up.

Fee: \$30 ID \$36 OD / session

Program: 210223

Th: 6:30 - 7:45 pm

Session: 7/7 - 8/4

Adapted Sports

Wheelchair Sports

Ages: 14 & up

The Pavilion

If you have limited mobility or use a wheelchair for mobility and are looking for another recreation outlet, come play wheelchair sports such as basketball, rugby and more. Learn rules, basic playing skills, wheelchair mobility and have plenty of time for practice. Sports wheelchairs provided.

Fee: \$6 drop-in fee per night

Program: 204500

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

Sessions: 6/27 - 8/24

Youth Sports

Teen 5-on-5 Basketball League NEW

Grades: 9 - 12 (2016-17 school year)

The Pavilion

Come play ball this summer!

This is recreational basketball league for teens features players serving as team captains. Officials, scorekeepers and team t-shirts are provided. Register for your grade for the upcoming 2016-17 school year.

Fee: \$52 ID \$62 OD / session

Program: 210950 Grades 9 & 10

210951 Grades 11 & 12

Registration Deadline: 5/19
or until full

Su: 5:00 - 9:00 pm

Season: 6/5 - 7/24



OVA Summer Volleyball Training

Grades: 5 - 8

The Pavilion

For players wanting to take their skills and game to the next level! Join local OVA coaches each Wednesday evening as we expose players to advanced training techniques and drills that provide a foundation for future skill development and help the athlete prepare for the coming seasons.

Fee: \$49 ID \$59 OD / session

Program: 210147

W: 6:30 - 8:00 pm

Session: 6/22 - 7/20



3-on-3 Basketball Leagues NEW

The Pavilion

Get in on the action! The Pavilion is the spot for 3-on-3! Our 3-on-3 league is designed to provide recreational basketball experience for both beginners and experienced players alike. Sign up your team of 3 to 6 players today!

Fee: \$150 / team

Program: 210201

Registration deadline: 6/13

Leagues by Age:

11 - 14 years

15 - 18 years

19 - 49 years

50 years & up

M & Tu: 6:30 - 9:30 pm

Season: 6/27 - 8/23



During the summer, the PAC takes over The Pavilion - Bend's newest and most exciting recreation center!

Each day is different as you get to choose what you want to do! There are always awesome choices whether you want to "play hard or chill out."

We're talking sports, water play, floating the river, cool art projects, outdoor adventures, your favorite games and just hanging out with friends, both old and new. PAC participants will even get to create activities and special events!

So that everyone has an awesome time at The Pavilion, PAC staff are big kids at heart who also know the importance that positive choices and safety play into having a good time.

M - F: 6/20 - 9/2 (no program 7/4)

Full-day: 7:30 am - 5:30 pm

Half-day: 12:30 - 5:30 pm

AGES 8 - 10

At The PAC, you decide how to spend your day! Choose between your favorite activities like group games and cool art projects, as well as opportunities to try new things and plan off-site adventures. We'll also have designated areas and lockers just for you including time on the skatepark features and rock wall! Rock on!

AGES 11 - 14

Banish boring - Don't just hang out at home, join the PAC! Come spend your day with friends and fill your days with your favorite activities! You'll also get a chance to plan your own off-site special adventures. Bonus! Those over the age of 12 are able to check themselves in and out of The PAC (with parent pre-approval) and go off-site as needed.



COME DROP-IN!

Want to come join in The PAC at the last minute? No problem! Kids can come at any time throughout the day. Perfect for locals and visitors alike, kids can drop in at The PAC and pay the daily or half-day rate. No pre-registration necessary!

"PAC OUT" & GET OUTSIDE!

YOUTH OUTDOORS + THE PAC:

Want to max out your outdoor adventures? Look for half-day outdoor programs on pages 86 - 87 to match up with a half-day of The PAC for only \$16 additional fee. Combine rock climbing, caving and so much more.

YOUTH THERAPEUTIC RECREATION + THE PAC:

Combine half-day Camp Excel and Camp G.R.O programs on page 60 and match up with afternoons of The PAC for only \$12 additional fee.



NEW

CHOOSE FROM THESE ACTIVITIES & MORE

SKATE FEATURES

Open skate with skatepark ramps and more. Skateboards, scooters and BMX bikes welcome.

TOURNAMENTS

Badminton
Volleyball
Basketball
Ping pong
Card games
(Golf, Slap Jack, Crazy 8's, War)
Rochambeau

GUEST SPEAKERS

Skate gurus
Athletes
Musical groups
Artists
Cars, technology
and other hobbyist
groups

COURT SPORTS

Basketball
Volleyball
Badminton
Pickleball
Dodgeball
Matt ball
Sprout ball
Tag games
Floor hockey
Futsal

ROCK CLIMBING WALL

CONTESTS & GAMES

Lego & building
Water play
Cornhole
Ladder ball
Bocce ball
Croquet
SNAG Golf

FIELD TRIPS

Floating the river
Columbia Park
Riverbend Park
Farewell Bend Park
South Canyon trail
Harmon Park
Phil's Trail
Skyline Park &
Sports Complex
Drake Park

ART

Nature-inspired art
Phone photography
Beading
Drawing
Paper crafts
Recycled art,
upcycling
Chalk art

PAC PASSES:

To accommodate a wide range of families needs, The PAC offers a variety of pass and drop-in fees. Need last minute care for your child? Drop in at The PAC and pay the daily rate. No pre-registration necessary!

NOTE: Special events offered at The PAC may feature an additional fee.

PASSES	Program	ON OR BEFORE MAY 17			AFTER MAY 17		
		In-District	Out-of-District		In-District	Out-of-District	
FULL SUMMER	210600	\$1380	\$1656	Up to 30% Discount	\$1665	\$1998	Up to 20% Discount
25-VISIT PASS	210600	\$680	\$816	Up to 25% Discount	\$820	\$984	Up to 15% Discount
10-VISIT PASS	210600	\$290	\$348	Up to 20% Discount	\$345	\$414	Up to 10% Discount
DAILY	210601				\$38	\$46	
HALF-DAY	210602				\$22	\$26	



FREE

PAVILION SUMMER PREVIEW

Sunday, May 1
12:00 - 3:00 pm

Come see what summer at
The Pavilion is all about!

IT'S YOUR SUMMER TO PLAY YOUR WAY!





GO MAKE
A SPLASH
.....
**RECREATION
& LAP
SWIMMING**
.....
PAGE 26

center of fit & fun

Perfectly fit for you.

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

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



Summer 2016

Regular Hours:

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

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

Visit online at: www.juniperswimandfitness.com



Follow us on Facebook!

Look for Juniper Swim & Fitness Center

Schedules & Information

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

Fees

Pass information on pages 16 - 17.

More Activities
at Juniper Swim & Fitness:
Adult swimming p. 27
Adult Fitness p. 48 - 54
Youth Fitness
& Swimming p. 28 - 31

Holidays & Special Hours

5/25	Memorial Day	Noon - 5:00 pm
6/12	Staff Training	Closed at 4:00 pm
7/4	Independence Day	Noon - 5:00 pm
9/5	Labor Day	Noon - 5:00 pm
9/5 - 18	Olympic pool	Closed for maintenance

Swim Meets

6/24 - 26	Sun Country Swim Meet
8/5 - 7	Bend Open Swim Meet

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



How to Get There



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

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

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

PUBLIC & ALTERNATIVE

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

Juniper Swim & Fitness Center Features

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

Online video tour available at www.bendparksandrec.org

SWIMMING POOLS & AQUATICS:

Indoor/Outdoor Olympic 50 Meter Pool

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

Indoor 25 Meter Pool

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

Indoor Children's Pool

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

Outdoor Activity Pool

Open June through mid-September.

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

Hot Tub, Dry Sauna & Steam Room

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

FITNESS CENTER & EQUIPMENT:

Fitness Center

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

Fit Studio

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

Indoor Cycling Studio

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

Group Exercise Studio

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

Yoga Studios

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

OTHER FEATURES:

Multiple Locker Rooms

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

Wi-Fi & Lounge Areas

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



Kids' Corner Child Care

Ages: 6 weeks - 6 years

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

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

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

FEES:

10-hour card: \$30 ID \$36 OD

Drop-in fee per hour, per child: \$3.50 ID \$4.50 OD

Kid's Corner Hours:
(subject to change)

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

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

Sa: 8:00 - 11:00 am



TEENS!

Check out the Jr. Lifeguard & Swim Instructor Aide training and volunteer programs on page 30.

Volunteer opportunities available with child care and recreation programs too!

LEARN TO SWIM THIS SUMMER!

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

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

Adult Lessons, page 27
Youth Lessons, pages 30 - 31



Drop-In Swim Sessions

Open Recreation Swim

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

Fee: Basic pass or drop-in fee

June 17 - September 5

M - F: 1:00 - 4:00 pm
(Outdoor & Indoor pools)

M - Th: 7:15 - 9:00 pm
(Indoor Pools only)

F: 6:30 - 9:00 pm
(Indoor Pools Only)

Sa - Su: 1:00 - 5:30 pm
(Outdoor & Indoor Pools)

Family Swim

Bring the family and a picnic for a healthy dose of outdoor water play! Family swim is held in the outdoor activity pool offering warm 85 degree water with slides, tumble buckets and splash pad. All children must be accompanied by parent or guardian.

Fee: \$5 per person when adult accompanies children.

June 17 - September 5

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

Sa - Su: 10:30 am - 1:00 pm

Parent-Child Swim

Ages: 6 & under with adult

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

Fee: Basic pass or drop-in fee

June 17 - September 5

Sa: 10:30 am - 1:00 pm

Su: 9:00 - 10:30 am

Lap Swimming & Water Running

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

Fee: Basic pass or drop-in fee

June 17 - September 5

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

F: 5:15 am - 7:30 pm

Sa: 8:00 am - 6:00 pm

Su: 9:00 am - 6:00 pm

WANT MORE?

Look for:

ADULT FITNESS

on pages 48 - 54.

ADULT SWIMMING

on page 27.

YOUTH FITNESS & SWIMMING

on pages 30 - 31.

water world

Summer Lap Swim Schedules

are available at
www.juniperswimandfitness.com.
Check if the pool scheduled
is 25m or 50m.
You can even add the schedule
to your own e-calendar.

Liquid benefits.

It's never too late to become a swimmer! We have great swimming classes for adults at Juniper Swim & Fitness Center. Our swim program allows you to progress from no experience to becoming a masters swimmer. Come swim - gain confidence in the water and feel great.

Adult Swimming

Swim Without Fear

Ages: 16 & up

Are you fearful of the water? Our newly revised class will take you step by step through getting your face wet, bobbing and learning to be more comfortable in the water - all at your own pace! Working closely with you, motivating instructors will help you overcome hurdles so you can enjoy the water.

Fee: \$36 ID \$44 OD / session

Program: 205554

Sa: 8:15 - 8:45 am

Sessions: 6/25 - 7/30

Beginning Adult Swim Instruction

Ages: 16 & up

Learn beginning skills in a comfortable class environment. Designed for non-swimmers to learn basic water adjustment skills - floats, glides and basic front crawl and back strokes. Appropriate for adults unable to swim 25 meters of the pool.

Fee: \$48 ID \$57 OD / session

Program: 205555

T/Th: 7:15 - 8:15 pm

Sessions: 6/21 - 7/7 7/12 - 28
8/2 - 18 8/23 - 9/8

Advanced Beginning Adult Swim Instruction

Ages: 16 & up

Class works on building confidence, stroke technique and achieving the ability to swim full laps. Focus is on fitness through skill training and short distance repeats and is individualized to meet your goals. Appropriate for adults who can swim 25 meters but not much more.

Fee: \$42 ID \$51 OD / session

Program: 205556

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

Sessions: 6/20 - 7/6
(fee: \$33 ID \$41 OD / no class 7/4)
7/11 - 27
8/1 - 17

Swim Technique

Ages: 16 & up

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

Fee: \$62 ID \$76 OD / session

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

Program: 205557

Sessions: 6/20 - 7/20
(fee: \$59 ID \$72 OD / no class 7/4)
7/25 - 8/24

.....
IMPROVE YOUR
FITNESS
& TECHNIQUE
WITH
SWIMFIT
.....

SwimFit

Bend's Adult Swim Program!

Ages: 18 & up

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

Fee: Current Full Access Pass
or full access drop-in fee.

June 17 - September 2

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

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

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

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

Adult Water Polo

Ages: 16 & up

Review basic and advanced water polo skills and enjoy game time in an informal once-a-week pick-up setting. Men and women welcome. Must be able to swim 500 meters comfortably.

Fee: Current Full Access Pass
or full access drop-in fee.
No pre-registration.

June 16 - July 31

Su: 4:15 - 5:45 pm

Recreation Swim Schedules

available on page 26 and at
www.juniperswimandfitness.com.

*Find all the times you can
 come splash and play.*

SWIM!
 BIKE! RUN!

**JSFC KIDS
 TRIATHLON**

 ON NEXT PAGE

just got to move

Make a splash.

Get your kids started swimming! This important life-long skill will help your child be comfortable and safe around water and enjoy many outdoor activities available in Central Oregon!

Youth Programs

at Juniper Swim & Fitness Center

Summer Buddies

Includes daily swimming!

Ages: 3 - 5

Children will enjoy afternoons swimming, making crafts, playing outdoor games and much more. No prior swimming experience required. Children must be potty trained.

Fee: \$76 ID \$90 OD / session

Program: 205600

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

or

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

Sessions: 6/27 - 7/14 (no program 7/4; fee \$63 ID \$75 OD)

7/18 - 8/4

8/8 - 25

Busy Buddies Preschool

Includes swim lessons & yoga!

Ages: 3 - 5

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

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

Monthly Fee:

2 days/week: \$158 ID \$189 OD

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

Registration Fee: \$20 non-refundable registration fee is due at the time of enrollment.

Registration begins May 23rd.

Program: 205601

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

or

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

Dates: Sept. 12 - June 14

Need child care while you work out?

With Kids' Corner, we've got you covered.
 Learn more on page 25.

Are you a new mom or dad?

Check out New Moms on the Move
 and Baby & Me fitness classes
 in Adult Fitness on page 53.

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids:

Ages 4 - 11

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

Fee: Full Access Pass or drop-in fee.

Yoga Play

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

Dance & Play

Kids will be introduced to different dance styles and rhythms, along with fun music and games.

Creative Movement

This unique fitness class blends a little bit of rhythm, dance, imagination, body education and a whole lot of fun!

Schedule at:

www.juniperswimandfitness.com

Teen Fitness

Ages: 11 - 17

FITNESS CENTER USE: Improve strength and conditioning in our state-of-the-art fitness center. 16 - 17 year olds may use the fitness center without restriction although we recommend completing a teen training session. 11 - 15 year olds may workout in the fitness center under parent/guardian supervision or complete a teen training session to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Fitness center trainings are offered weekly and are free to 10-visit or monthly pass holders and \$12 otherwise. See schedule at www.juniperswimandfitness.com or call (541) 389-7665.

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 with parent/guardian supervision or with supervisor approval. See pages 48 - 54 for classes. Contact Monica at (541) 389-7665 for assistance.

Girls Get Fit & Have Fun!

Ages: 10 - 14

Fill your summer with fitness and friends while building self-confidence, learning about healthy lifestyle and eating choices. Each week is a new theme with fun projects and active, dynamic workouts (weekly theme information available www.bendparksandrec.org); dance fitness, weight training, yoga stretching, indoor cycling, outdoor field sports, even boot camp. Program time is 11:30 am to 1:15 pm, followed by rec swim with friends from 1:15 to 4:00 pm.

Fee: \$36 ID \$43 OD / session

JSFC pass holders: \$30 ID \$36 OD / session

Program: 205403

M - Th: 11:30 am - 1:15 pm (program)
1:15 - 4:00 pm (swimming)

Sessions: 6/27 - 30 7/11 - 14 7/25 - 28
8/8 - 11 8/22 - 25



Guys Get Fit & Have Fun!

Ages: 10 - 14

Coaches offer plenty of workouts with weights, outdoor field games, boot camp and indoor cycling. Be a part of the dynamic, positive environment as you participate in the weekly themes with healthy snacks and keeping your cool with fun projects, even adventure rallies. Program time is 11:30 am to 1:15 pm, followed by rec swim with friends from 1:15 to 4:00 pm.

Fee: \$36 ID \$43 OD / session

JSFC pass holders: \$30 ID \$36 OD / session

Program: 205404

M - Th: 11:30 am - 1:15 pm (program)
1:15 - 4:00 pm (swimming)

Sessions: 6/27 - 30 7/11 - 14 7/25 - 28
8/8 - 11 8/22 - 25



3rd Annual Kids Triathlon

Ages: 4 - 15

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

Early Fee: \$25 ID \$30 OD - before 8/24

Late Fee: \$30 ID \$35 OD - 8/24 and later

To sign up for all six Kids Triathlon Clinics and receive a discount for \$5 off the Kids Triathlon, use program #205607-03.

Program: 205607

Date: Sunday, August 28

Time: 8:30 am - 12:30 pm

Kids Triathlon Clinics

Ages: 4 - 15

Juniper Swim & Fitness Center

Come give "tri" a try, learn new skills and make new friends. Each clinic will have a different focus: swim, bike, run, transitions and more. Finish your session with a tip to keep you healthy and motivated all summer. Sign up for one or all. Whatever you choose, it will be tons of fun!

To sign up for all six Kids Triathlon Clinics and receive a discount for \$5 off the Kids Triathlon, use program #205607-03.

Fee: \$5 ID \$6 OD / session

Program: 205608

Tu: 5:00 - 6:15 pm

Sessions: 7/19, 7/26, 8/2, 8/9, 8/16, 8/23



Jr. Lifeguard & Swim Instructor Aide Programs

Training & Volunteer Programs

Ages: 12 - 15

Be part of the team at Juniper this summer! Participants learn the skills, standards and expectations for being a lifeguard or swim instructor and put their training into practice through supervised volunteering. Participants have the opportunity to qualify for junior lifeguard or swim instructor aide certification and will schedule volunteer shifts after completing training. Weekly training is required and volunteering throughout the summer is expected. Swim skills test will take place at the first training.

Fee: \$25 ID covers certification

SWIM INSTRUCTOR AIDE

Program: 209501

Required Training Dates:

Tu/Th: 4:00 - 6:00 pm
5/31, 6/2, 6/7 & 6/9

- OR -

Tu/Th: 4:00 - 6:00 pm
6/28, 6/30, 7/5 & 7/7

JUNIOR LIFEGUARD

Program: 209502

Required Training Dates:

W: 3:30 - 6:30 pm
5/25 & 6/1

- OR - 6/22 & 29



Youth Swim Programs

at Juniper Swim & Fitness Center

Juniper Summer Swim League

Entering Grades: 1 - 10

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

Fee: \$121 ID \$145 OD / session
Program: 205411

M - F*: 9:45 - 10:45 am
10:45 - 11:45 am

*NOTE: Participants choose three days per week to attend.

Session: 6/20 - 8/12

Intro to Water Polo

Ages: 6 - 10

Come meet new friends, develop water polo skills. Cultivate health and fitness in a fun and safe environment. Intro to Water Polo harnesses all the fun, dynamic aspects of the game in a safe, easy to learn experience that will motivate kids to swim and stay fit. Prerequisite: Participants must be able to swim the crawl stroke for 25 yards and the backstroke for 25 yards.

Fee: \$50 ID \$61 OD / session
Program: 205414

Tu/Th: 6:25 - 7:15 pm

Sessions: 6/21 - 7/14
7/19 - 8/11

Water Polo Instructional League

Ages: 10 - 14

Join this fast moving game for both girls and boys that requires fitness, individual skill and teamwork. Practice is held in the deep water and participants must be able to swim 200 meters (8 lengths) continuously.

Fee: \$84 ID \$100 OD / session
Program: 205412

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

Session: 6/21 - 8/11

Snorkeling

Ages: 9 - 14

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

Fee: \$42 ID \$51 OD / session
Program: 205575

F: 12:20 - 1:00 pm

Sessions: 6/24 - 7/22 7/29 - 8/26

Springboard Diving

Ages: 9 - 12

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

Fee: \$50 ID \$61 OD / session
Program: 205570

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

Sessions: 6/21 - 7/14 7/18 - 8/11
8/15 - 9/1

Youth Swim Lessons

at Juniper Swim & Fitness Center

Our year-round youth swim lessons are...

Age Appropriate: Offered for infants, preschoolers, youth and teens.

Skill Appropriate: Based on progressively learned swim skills.

Safe: Lifeguards are always on duty to provide extra protection.

Small: Maximum class size of 5 preschoolers and 6 for other levels.

Professional: All instructors are Red Cross certified and trained in our own best practices program.

Fun: We believe learning to swim should be a positive, fun experience!

For more information, call (541) 389-7665

REGISTRATION TIP:

Pre-requisites for each class are listed in the class description on our registration website at <https://register.bendparksandrec.org/>

Swim Lesson FREE Assessment:

Unsure what class to register your child in? Take the guesswork out - come in for a free swim assessment to ensure your child is in the right class. Come by the pool:

Wednesdays 12:30 pm

Thursdays 6:30 pm

Call (541) 389-7665 to arrange an appointment to work with your schedule.

Youth Swim Lesson Descriptions & Schedule

Parent Tot Programs

Ages: 6 - 36 months

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

Sea Stars

Age: 2.5 - 3

Is your child too young for the Journey program but swimming safely in the pool on their own? Specially-designed for the two-and-a-half to three year old, this fun and encouraging class will teach your child the basic skills of floating, gliding and water safety.

Journey Programs

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.

Level Programs

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.

Teen Level Programs

Ages: 12 - 15

Designed to teach teens basic swim skills: kicking in an arrow, front crawl stroke, backstroke and exposure to deep water. There are Levels 1 through 3 for your progression.

Private & Semi-Private Lessons

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

Fees: \$53 ID semi-private lesson or \$105 ID private lesson. (Semi-private lesson registration in-person only; private lesson registration in-person or online.) Call (541) 389-7665 to schedule.



NEW

FRIDAY EVENINGS

ONE-DAY-A-WEEK SESSIONS

\$40 ID \$49 OD

Parent Tot 1, 2

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Teen Level 1, 2, 3

Level 4, 5, 6

\$48 ID \$57 OD

Parent Tot 1,2

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Level 4

Level 5, 6

FRIDAY - or - SATURDAY

FRIDAYS:

June 24 - July 22

July 29 - August 26

SATURDAYS:

June 25 - July 30

8:50, 9:40 am

8:50, 9:40, 10:30, 11:20 am, 4:15, 5:05 pm

9:40 am, 5:05 pm

8:50, 9:40, 11:20 am, 5:05 pm

10:30 am

10:30 am, 4:15 pm

9:30 am

8:40, 9:30 am

8:40 am

8:40, 9:30 am

8:40 am

9:30 am

Start times only listed. All classes 45-minutes



FOUR-DAYS-A-WEEK SESSIONS

\$50 ID \$61 OD

June 20 - 30

July 5 - 14 (Fee: \$44 ID \$54 OD)

July 18 - 28

August 1 - 11

August 15 - 25

Parent Tot 1, 2

8:20, 9:00, 9:40 am

Sea Stars

9:00, 9:40 am

Journey 1, 2, 3

8:20, 9:00, 9:40, 10:20 am

Journey 4,5

9:00, 9:40 am

Level 1, 2, 3

9:00, 9:45 am

Teen Level 1, 2, 3

9:00, 9:45 am

Level 4

9:00, 9:45, 10:30 am

Level 5, 6

10:30 am

Start times only listed. Parent Tot, Sea Stars and Journey classes 35 minutes. All level classes 40 minute.

TWO-DAYS-A-WEEK SESSIONS

M/W \$44 ID \$54 OD

T/TH \$50 ID \$61 OD

\$50 ID \$60 OD

\$38 ID \$46 OD

Parent Tot 1, 2

5:20, 6:00 pm

Sea Stars

11:00, 11:40 am, 4:00, 4:40 pm

Journey 1, 2, 3

11:00, 11:40 am, 12:20, 4:00, 4:40, 5:20, 6:00, 6:40 pm

Journey 4,5

12:20, 5:20 pm

Level 1,2, 3

11:30 am, 12:15, 4:10, 4:55, 5:40 pm

Teen 1,2, 3

6:25 pm (8/15 - 9/1: T/Th Only)

Level 4

6:25 pm

Level 5, 6

11:30 am, 4:10, 4:55 pm

Level 5, 6

12:15, 4:10, 4:55 pm

Start times only listed. Parent Tot, Seas Stars and Journey classes 35 minutes. All level classes 40 minute.

MONDAY - THURSDAY

MONDAY/ WEDNESDAY - or - TUESDAY/ THURSDAY:

June 20 - July 14 (no class 7/4)

July 18 - August 11

August 15 - September 1



Just for you.

Inspiring learning, health and wellness for active older adults.

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

Follow us on Facebook.



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

Bend Senior Center

Summer 2016: June 1 - August 31

Regular Hours:

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

Located at Larkspur Park
1600 SE Reed Market Road
p. (541) 388-1133

Visit online at: www.bendparksandrec.org
for current group fitness schedules.

Fees:

Pass information on pages 16 - 17.

Special Hours & Closures

May 30	Memorial Day - Closed
July 4	Independence Day - Closed

How to Get There

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

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



Brown Bag Lunch & Learn Series

FREE



Wednesdays • 12:00 - 1:00 pm

Presented in partnership
with PacificSource Medicare Health Plans

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

Bring your lunch; dessert and coffee are on us.

6/1 Deschutes River Railroad War of 1910
Steve Lent, Bowman Museum Historian

6/8 How to Advocate for Quality Long Term Care
Long Term Care Ombudsman of Oregon

6/15 Arthritis
Dr. Andrew Torchio, Pangea Chiropractic

6/22 Hummingbirds: Nature's Crown Jewel
Patti Van Vlack, Nature Enthusiast

6/29 Meditation Mindfulness
Eveline Briedwell, LCSW



Summer Activities in Parks

FREE

This summer, BPRD has some fabulous free activities and events for adults and children alike such as Let's Picnic offered on summer evenings.

For children's activities, there are many that are perfect for you to attend with them. Bring the grandkids, the neighbor kids and all the "adopted" kids in your life to such great programs as Discover Nature Days, Art in the Parks and Playful Pets.

A summer free for all for all ages! More on pages 66 - 67.

Community Information & Support

AARP Driver's Safety

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

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

The ABC & D's of Medicare

FREE

1st Thursday of the month:
4:30 - 5:30 pm

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

Alzheimer's & Dementia Caregiver Support Group

FREE

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

Are you caring for a family member or friend with Alzheimer's Disease or a related dementia? Come join this compassionate group for helpful support and information. Call (541) 948-7214 for more info.

Social Security Basics

FREE

3rd Wednesday of the month:
4:30 - 5:30 pm.

If you will be eligible for Social Security soon, come learn about the many options available so you can make the choices that are right for you!

Medicare 101

FREE

3rd Wednesday of the month:
5:45 - 6:45 pm.

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

BSC HEALTH CLINICS

Provided by local health practitioners for your convenience.

Foot Clinic

Every Wednesday:
9:00 am - 3:00 pm
(not held on fifth Wednesday)

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

Blood Pressure Clinic

FREE

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



Silver & Fit®

The Bend Senior Center is proud to be a Silver & Fit Facility. Silver & Fit® provides eligible members with no-cost or low-cost fitness memberships through arrangements with certain health care plans. Silver & Fit® is designed to help seniors achieve better health through regular exercise and health education. Contact your Medicare Advantage Health Plan to see if you qualify. Visit SilverandFit.com for more information.



WEEKLY SOCIAL ACTIVITY SCHEDULE

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

Let's be social.

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

It's all fun and games.

Tuesday Afternoon at the Movies **FREE**

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

Thursday Afternoon Dance **FREE**

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

Sunday Afternoon Dance

On the first Sunday of the month, dance to The Notables Swing Band, 2:00 - 4:00 pm for \$5 per person.

Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

Pool/Billiards

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

Cards & Games

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

Lunch with us!

Souper Tuesday Lunch

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

Thursday Social Lunch

Every Thursday from 12:00 to 12:30 pm, the Central Oregon Council on Aging presents a rotating menu lunch (check the menu at the front desk) for \$3.50 or a donation for those 60-plus.



Come to an event!

Stroke Awareness Day **FREE**

Tuesday, May 3

Lunch: 11:45 am • Speaker: 12:00 pm

Resource Fair: 12:45 - 2:00 pm

Local caregivers, organizations and businesses will provide resources to those at risk and their families. Stroke coordinators and a physician from St. Charles Medical Center Bend will be providing education, blood pressure screening, blood sugar checks and stroke risk assessments.

Steel Drum Band Concert **FREE**

Thursday, July 21 • 11:00 am - 12:00 pm

Youth steel band, Bram Brata of Richland, Washington, are one of the bands that make up the Tri-Cities Steel Band Association. Bram Brata is made up of high school-aged musicians who have performed all over the Pacific Northwest, as well as in Hawaii and Canada. Come see these talented kids perform!

Premier World Discovery Armchair Travel Informational Meeting

Thursday, July 12,
11:45 am - 12:45 pm • FREE

Come learn about the great 2016 travel options. A representative will cover the program particulars and answer your questions.

Fit. Flexible. For life.

Weekly Fitness Classes

June 1 - August 31 (no classes 7/4)

Fee: Full Access Pass or single visit fee (see pages 16 - 17)
Updates at www.bendparksandrec.org.



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7:40-8:30 am Strength & Stretch	7:40-8:30 am Strength & Stretch	7:40-8:30 am Strength & Stretch	7:40-8:30 am Strength & Stretch		
	8:00-10:00 am Get Started in Weight Training	8:00-8:55 am Cardio Ball	8:15-9:15 am Indoor Cardio Walking	8:45-9:45 am Cardio Conditioning	8:00-10:00 am Get Started in Weight Training	
	8:45-9:45 am Nia	9:00-9:55 am Cardio Ball		9:00-10:00 am Strength & Condition	8:30-9:30 am 24 Movement Tai Chi	
	8:45-9:45 am Fitness Variety	9:00-10:00 am Strength & Condition	8:45-9:45 am Functional Fusion	9:00-10:00 am Zumba Gold	8:45-9:45 am Restorative Yoga Flow	9:00-10:00 am Strength & Condition
	8:45-9:45 am Cardio Conditioning				8:45-9:45 am Fitness Variety	
	10:15-11:15 am Functional Fitness	9:40-10:30 am 24 Movement Tai Chi	10:00-11:00 am Beginning Line Dance	10:15-11:15 am Moving to Music Arthritis Program	10:00-11:00 am Indoor Cardio Walking	9:15-10:15 am Zumba Gold
	10:15-11:15 am Moving to Music Arthritis Program	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Zumba Gold	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Beginning Barre	10:30-11:30 am Yoga Pilates
	10:00-11:00 am Zumba Gold	10:15-11:00 am Walk with Ease - Seated Exercise	11:30 am-12:30 pm Strength, Tone & Mightier Bone	10:15-11:15 am Functional Fitness	10:00-11:00 am Beginning Line Dance	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Seated Yoga	12:45-1:45 pm Personalized Circuit Training	11:30 am-12:30 pm Seated Yoga	11:30 am-12:30 pm Strength, Tone & Mightier Bone	
AFTERNOON	12:45-1:45 pm Personalized Circuit Training		1:00 - 1:50 pm Fitness Center Circuit Workout		12:45 - 1:30 pm Stretch & Relax	
	2:00-3:00 pm 8 Movement Tai Chi		2:00-3:00 pm 24 Movement Tai Chi			
EVENING	4:30 - 5:30 pm Hatha Yoga	4:15-5:15 pm Yoga Flow	3:30-4:30 pm Barre Stretch & Strength	4:15-5:15 pm Hatha Yoga		
	4:30-5:15 pm Total Body Pilates		4:30-5:30 pm Zumba			
	5:30-6:30 pm Barre Body	5:30-6:30 pm Bliss Dance Workout		5:30-6:30 pm Barre Body		

Class descriptions on
pages 48 - 54
in Adult Fitness.

Look for the  icon.

The BSC Fitness Center

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

- Treadmills
- Ellipticals
- Indoor Cycles
- Hand weights
- Multi-station Strength System

Fee: \$1.50 Drop-in, Senior Center Pass or Social Activity Pass

New users to the Fitness Center must attend "Get Started in Weight Training" prior to using the Fitness Center to learn how to safely and effectively use the equipment. No fee.

**Get Started
in Weight Training:**
M/F 8:00 - 10:00 am

Personal Training

Individual Training Rates:

- Introductory Session: \$75
- Ongoing Single Session: \$60
- 3 Session Package: \$171 (\$57 each)
- 6 Session Package: \$324 (\$54 each)

Partner Training Rates per person:

- Introductory Session: \$56
- Ongoing Single Session: \$45
- 3 Session Package: \$128 (\$43 each)
- 6 Session Package: \$243 (\$41 each)

BSC Personal Trainer Team

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

Visit www.bendseniorcenter.org for trainer bios.



discover the fun

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?

Music

Beginning Ukulele I

All Adults

Bend Senior Center

Join the growing group of friendly folks who are having a great time playing the ukulele. Learn basic chords, progressions and strumming patterns. You'll even play popular songs at the first class. No experience? No problem! Ukuleles are available to rent from the instructor.

Fee: \$35 ID \$42 OD / session

Program: 202106

W: 5:30 - 6:30 pm

Sessions: 6/8 - 29 7/6 - 27
8/3 - 24

Beginning Ukulele II

All Adults

Bend Senior Center

Now you're ready to learn more about your amazing ukulele! We will take you beyond beginning ukulele and will emphasize new strumming and picking techniques while learning to play more advanced chords. Soon, you'll play the songs you love. You are going to love this class as you progress your skills! Ukuleles are available to rent from the instructor.

Fee: \$35 ID \$42 OD / session

Program: 202118

W: 6:45 - 7:45 pm

Sessions: 6/8 - 29 7/6 - 27
8/3 - 24

Summertime Ukulele Fun!

NEW

All Adults

Bend Senior Center

Load up the Woody with the boards inside (and your ukulele)! It is summertime and time to learn how to play some classic Beach Boys songs. This class will build on your previous ukulele class experience. Each session we will learn four new songs and build on your past skills. Prerequisite: Beginning Ukulele I. Ukuleles are available to rent from the instructor.

Fee: \$35 ID \$42 OD / session

Program: 202128

M: 7:15 - 8:15 pm

Sessions: 6/6 - 27 7/11 - 8/1
8/8 - 29

WHAT ABOUT TEENS?

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

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

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

Beginning Guitar

All Adults

Bend Senior Center

Learn the basics of acoustic guitar playing. Topics will 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 will need to bring their own acoustic guitar.

Fee: \$35 ID \$42 OD / session

Program: 202119

M: 4:45 - 5:45 pm

Sessions: 6/6 - 27 7/11 - 8/1
8/8 - 29

Beginning Guitar II

All Adults

Bend Senior Center

In Beginning Guitar we learned basic chords, basic strumming and very basic songs. Now we will expand your knowledge base and learn how to use different strum patterns. We will also incorporate picking and simple bar chords to expand your chord and song knowledge, along with a little music theory. This is a fun class that will improve your skills and become a more confident guitar player.

Fee: \$35 ID \$42 OD / session

Program: 202120

M: 6:00 - 7:00 pm

Sessions: 6/6 - 27 7/11 - 8/1
8/8 - 29

MOM? DAD?

Did you know that
BPRD has summer
volunteering
opportunities for teens?

You betcha.

Learn more at
www.bendparksandrec.org
or call Kim at (541) 706-6127
for more information.

Online-Intro to Voiceovers

All Adults

Location To Be Determined

Fun, one-on-one, 90 minute, video chat class to get started in Professional Voice Acting, covering many details of the industry. Receive professional voice evaluation. Class is taught by a professional voice actor from the training company, Voices For All. This class takes place between an instructor and student at a mutually agreed time using video chat technology, such as Skype, iChat and FaceTime.

Fee: \$49 ID \$59 OD / session

Program: 202205

M - Su: At your convenience

Session: 6/1 - 8/31

Dance

Adult/Teen Ballet Class

Ages: 12 & up

Academie De Ballet Classique

This ballet offers something for adults and teens, whether you are a beginner or not, even if your ballet days were a few years past. This non-intimidating approach to classical ballet includes barre and fun center work to develop fundamental skills for a positive dance experience. Exercises adjusted to accommodate knee, hip or back issues. Wear comfortable dancewear or fitness attire. Ballet shoes are helpful but not required. Note: Class will meet on Tuesday, July 5 due to the 4th of July holiday.

Fee: \$66 ID \$79 OD / session

Program: 202255

M: 6:30 - 8:00 pm

Session: 6/20 - 7/25
(no class on 7/4, held on 7/5 instead)

Contemporary/Jazz Dance

NEW

Ages: 16 & up

Academie De Ballet Classique

A contemporary blend of jazz and ballet with focus on a full warmup to include stretching, technique and strengthening for a balanced dance class. Clever choreography with inspiring music gives all dancers that sense of really dancing full out. Wear fitness or dance attire, footwear jazz shoes (no black soles please), socks, ballet shoes or bare feet. Come discover how fun dance is, regardless of age or experience level.

Fee: \$35 ID \$42 OD / session

Program: 202257

Th: 6:30 - 7:30 pm

Session: 6/23 - 7/7

East Coast Swing I

NEW

All Adults

Bend Senior Center

East Coast Swing is one of the easiest and most fun dance styles for beginners to learn! Sometimes called Jitterbug, East Coast Swing is danced to up-tempo swing music. Partners are not required. Wear comfortable, non-marking shoes.

Fee: \$49 ID \$59 OD / session

Program: 202594

M: 7:00 - 8:00 pm

Session: 6/6 - 27



East Coast Swing II

NEW

All Adults

Bend Senior Center

Improve your East Coast Swing skills and take your dancing to the next level. A minimum of one month of prior ECS classes are required. Partners are not required. Wear comfortable, non-marking shoes.

Fee: \$49 ID \$59 OD / session

Program: 202596

M: 7:00 - 8:00 pm

Session: 7/11 - 8/1

West Coast Swing I

All Adults

Bend Senior Center

West Coast Swing is a smooth and fun dance style that is danced in a slot (narrow line), making it perfect for a crowded dance floor. Followers have more freedom with WCS than any other dance style and it can be danced to a wide range of music making it versatile and enjoyable for everyone. Partners are not required. Wear comfortable, non-marking shoes.

Fee: \$49 ID \$59 OD / session

Program: 202598

M: 7:00 - 8:00 pm

Session: 8/8 - 29

Culinary

Korean Cooking NEW

All Adults

Bend Senior Center

Students will learn how to cook authentic Korean dishes. This is a hands-on cooking experience that focuses on understanding Korean ingredients, learning traditional and modern Korean recipes, and experiencing differences in regional and seasonal Korean food.

Fee: \$49 ID \$59 OD / session

Program: 202549

Tu: 5:00 - 7:00 pm

Session: 5/24

A Taste of India

All Adults

Bend Senior Center

An introduction to an Indian culinary experience! Learn to make a traditional Indian meal. Explore Indian spices, traditional recipes and customs. Learn the basics of Indian cooking as you get hands-on experience creating a four course meal.

Fee: \$49 ID \$59 OD / session

Program: 202565

F: 5:00 - 7:30 pm

Session: 6/3

Let's Roll Sushi

All Adults

Bend Senior Center

Learn simple sushi rolling techniques, ingredients and proper sushi equipment. Sushi is not always made with raw fish, you can use lots of other ingredients. This is a great opportunity to sample and learn about sushi. Includes recipes, the cost of food and sushi to take home for the whole family. Bring containers to take leftovers home!

Fee: \$49 ID \$59 OD / session

Program: 202570

Sa: 10:00 am - 1:00 pm

Session: 6/4



Traditional Chinese Dumplings: Jiao Zi

All Adults

Bend Senior Center

Focus on learning how to construct dumplings and use a dumpling roller. Learn a recipe for filling as well as how to roll the dough, form the dumpling, and then steam them. Additional information regarding this Northern China staple as a primary food in the "culture that created dumplings" will be presented.

Fee: \$39 ID \$47 OD / session

Program: 202620

Th: 5:00 - 7:00 pm

Session: 6/9

Cooking a Traditional Mandarin Dinner

All Adults

Bend Senior Center

Take part in demonstration and instruction of the creation of a "normal" family dinner for Manchurians. There will be a presentation including information regarding the different cuisines in today's China with popular ones having their "flavor" defined. The menu may include pork ribs, a vegetable dish, rice, and soup.

Fee: \$39 ID \$47 OD / session

Program: 202625

Th: 5:00 - 7:30 pm

Session: 7/14

Summertime Ice Cream Treats NEW

All Adults

Bend Senior Center

Remember hand-cranking ice cream as a child? Come learn the same techniques of making deliciously simple ice creams for your family. Learn the differences between commercially-produced and homemade ice cream, the freezing process, flavor profiles and ingredient ratios. Learn tricks to make your own ice cream at home. Bring containers to take home your frozen treats!

Fee: \$49 ID \$59 OD / session

Program: 202546

Tu: 5:00 - 7:00 pm

Session: 6/14

Artisan Pizza NEW

All Adults

Bend Senior Center

Here's your chance to learn the secret behind flavorful pizza dough and how to create a crispy crust in a conventional oven at home. In this hands-on class, students will mix their own pizza dough by hand and craft their own personal artisan pizzas. Mama Mia that's a-good-a pizza pie!

Fee: \$49 ID \$59 OD / session

Program: 202547

Tu: 5:00 - 7:00 pm

Session: 7/26

Salads Galore & More! NEW

All Adults

Bend Senior Center

Fill your diet with an array of vibrant greens. By using a variety of greens, salads look stunning and taste great. Learn to make your own vinaigrettes and dressings to personalize your flavors with fresh, quality ingredients. Vinaigrettes are multi-functional and great for marinating foods, dressing fish or shellfish and to add flavor to vegetables or grains - an easy way to expand your culinary repertoire.

Fee: \$39 ID \$47 OD / session

Program: 202548

Tu: 5:00 - 7:00 pm

Session: 8/9

Cooking with Beer NEW

All Adults

Bend Senior Center

There's so much more you can do with beer than just drink it! Learn how to utilize beer without overwhelming other flavors along with what styles go best with foods. In addition, we will cover how to select beer styles based on your entree to enhance the flavor profiles in the food as well as in the beer itself. Cheers!

Fee: \$49 ID \$59 OD / session

Program: 202550

Tu: 5:00 - 7:00 pm

Session: 8/23

Intro to French Macarons

All Adults

Bend Senior Center

No, no, no - it's a macaron, not a macaroon and certainly not a macaroni! Come get to know about macarons, those delectably light, mini-meringues of French descent that involve a series of sophisticated techniques that can take time and practice to perfect. But learning to make macarons is remarkably simple when you can see how it's done with step-by-step, hands-on instruction. By the end of class, you will have the fundamentals down as well as have some different options for filling your macarons.

Fee: \$49 ID \$59 OD / session

Program: 202891

M: 4:30 - 7:30 pm

Session: 5/16

French Macarons: A Class for Parents & Children

Ages: 8 & up

Bend Senior Center

Celebrate some one-on-one time with your own petit sweet! This class is designed to teach you and your child the basics of French Macarons for you to recreate at home. Learn to incorporate seasonal flavors, piping with precision and even achieving the perfect "pied" (foot). We will explore different fillings for you to create your own colorful and fun version of these French treats. Parent will participate with child

Fee: \$49 ID \$59 OD / session

Program: 202893

M: 4:30 - 7:30 pm

Session: 6/6



French Pastry: A Class for Parents & Children NEW

Ages: 8 & up

Bend Senior Center

Learn how to how to create patisserie-quality French pastries at home with your child. These delicate beauties are easier than you think. We will walk through techniques for making cream puffs and fillings. Impress your family and friends when you share these delicious treats. . Parent will participate with child

Fee: \$49 ID \$59 OD / session

Program: 202895

M: 4:30 - 7:30 pm

Session: 7/11

Wellness

Simple Meal Plan: Healthy Eats for a Week in 2-Hours

All Adults

Bend Senior Center

Everyone knows they want to eat healthier, but how do you keep it simple and not spend all of your time in the kitchen? Come learn how to prepare healthy meals for a week in just two hours! You will leave with a complete meal plan that doesn't blow your budget, recipes and some smart short-cuts to healthy, delicious food.

Fee: \$35 ID \$42 OD / session

Program: 202713

M: 5:30 - 7:30 pm

Session: 6/6

Anti-Inflammatory Diet

All Adults

Bend Senior Center

Is chronic pain robbing you of living life to the fullest? Learn how a few simple shifts in nutrition and lifestyle can help you take your body back! In this class, we will cover the basic tenets of the anti-inflammatory diet, providing you with recipes, food samples and best lifestyle practices.

Fee: \$35 ID \$42 OD / session

Program: 202708

M: 5:30 - 7:00 pm

Session: 7/11

Day Trips & Outings

The Out to Lunch Bunch

All Adults

Bend Senior Center

Come and enjoy a "little bite of Bend." No need to dine alone - join us for monthly visits to local eateries. We may visit an ethnic food restaurant or dine in one of Bend's oldest establishments. We're talking good food and great people! Transportation, lunch and gratuity included. Restaurant will be announced two weeks prior to program date. Space is limited.

Fee: \$19 ID \$23 OD / session

Program: 202803

M: 11:00 am - 1:00 pm

Sessions: 6/13, 7/11, 8/6



Bend Makers Tour: Bend Soap Company NEW

All Adults

Bend Senior Center

Join us for a trip to the Bend Soap Company located just outside of Tumalo. We will meet the hardworking stars of the operation - the goat herd and the new kids as well as learn about the healing properties of goat's milk soap. A visit to the shop to learn about soap making will round out the afternoon. Transportation included.

Fee: \$15 ID \$18 OD / session

Program: 202599

M: 1:30 - 3:30 pm

Session: 6/6

Bend Makers Tour: Bend Whitewater Park NEW

All Adults

Bend Senior Center

Come along with us as we get up close to the Bend Whitewater Park in the Deschutes River. This one-of-a-kind water park features three channels - natural habitat, passageway and a whitewater wave channel with four different and fully-adjustable wave features. Learn about the unique technology, engineering and partnerships behind Bend's newest recreation feature! This will be a walking tour so please wear sturdy shoes. Transportation included.

Fee: \$15 ID \$18 OD / session

Program: 202615

F: 10:15 - 11:45 am

Session: 6/17

Bend Makers Tour: Bend Seed Extractory **NEW**

All Adults

Bend Senior Center

Take a trip to one of only two seed extractory centers in the US Forest Service nursery system. Region 6 processes over 3,000 seed species yearly and their scope includes processing, testing and storing native seed varieties. Come join us for a tour of this state-of-the-art facility for processing native seeds used in habitat enhancement, landscape restoration and nursery production. Transportation included.

Fee: \$15 ID \$18 OD / session

Program: 202500

M: 12:45 pm - 3:30 pm

Session: 6/27

Bend Makers Tour Two Old Hippies Acoustic Guitars **NEW**

All Adults

Bend Senior Center

Come along with us as we visit Two Old Hippies Acoustic Instrument Division (formerly Breedlove Guitars). The Oregon facility is the home of the custom shop, where each week seventy-five guitars and mandolins are transformed from wood to music. Come learn what makes these instruments so popular, right here in our own backyard. Transportation included.

Fee: \$15 ID \$18 OD / session

Program: 202612

M: 1:15 - 3:00 pm

Session: 8/15

More adventures in Adult Outdoors.

Walking, hiking and
more activities
in the great outdoors.

See pages 44 - 47.

Fiber Arts

Knit "Two-hoo" Cables **NEW**

All Adults

Bend Senior Center

Have you noticed the owl motif trend is on the horizon? Before the fall chill comes, learn how to knit the cable stitch 'owl'. This will be a knit-along project; the first owl will be formed on a mug cozy (knitted 'flat'). Those wanting more of a challenge could work the owl pattern into fingerless mittens. Participants will need basic skills: cast-on, knit and purl stitches. Projects are worked using bulky weight yarn and once learned, the cable is very easy. Class is suitable for those new to cables, and this motif is different to what was offered previously.

Fee: \$39 ID \$47 OD / session

Program: 202314

Tu: 9:30 - 11:30 am

Session: 5/10 - 24

Knitted Hat - **NEW** Beyond Basics

All Adults

Bend Senior Center

For knitters with some experience with basic skills (knit, purl, cast-on) this workshop is a good introduction to knitting a hat. The pattern is adult sized, designed to be fastened under a ponytail. Students will learn techniques commonly used in knitted hats: rib brim, working with double-pointed needles and decreasing for the crown. This class will be the prerequisite to the fall hat knitting class.

Fee: \$39 ID \$47 OD / session

Program: 202318

Tu: 9:30 - 11:30 am

Session: 6/14 - 28

Easy Crochet Squares **NEW**

All Adults

Bend Senior Center

Crochet squares are fairly easy to learn and can be quick, versatile and fun projects to carry with you. Not only will you learn how to crochet stitches common for 'squares', you will learn how to make them with different bands of color. The same method for making these small squares could be made as large as you like, for say an afghan or combine several in other projects. In the second session you will be shown two methods for joining squares together.

Fee: \$29 ID \$35 OD / session

Program: 202327

Tu: 9:30 - 11:30 am

Session: 5/31 - 6/7

Art

Mandala **NEW** Stone Art

All Adults

Bend Senior Center

Looking for a way to unwind from stress, focus your thoughts, or explore your creative side? Learn how to transform a flat river rock into a beautiful piece of art. Learn the basics of creating a one-of-a-kind mandala rock. Instructor: Carolyn Parker

Fee: \$31 ID \$37 OD / session

Program: 202607

Th: 3:30 - 6:00 pm

Session: 5/12



Todd Meadow in Acrylics **NEW**

All Adults

Bend Senior Center

All class participants will leave class with an idea of how fun the creative process can be. Students will learn how to make an interesting painting composition, design, color theory, lights and shadows to make your painting pop. Students will take home a finished piece featuring Todd Meadow. Instructor: Carol Picknell

Fee: \$20 ID \$24 OD / session

Program: 202317

Th: 1:00 - 3:30 pm

Session: 5/19

Flowers & More in Watercolor **NEW**

All Adults

Bend Senior Center

Join local flower painter, Jennifer Ware-Kempcke, to paint sunflowers and irises with a guided lesson in watercolor painting. She will teach layering, composition and color choice. At the end of the session you will have produced two small completed paintings of summer flowers. Students should have some experience in painting with watercolors. Materials list available at sign up.

Fee: \$24 ID \$29 OD / session

Program: 202551

Th: 1:00 - 4:00 pm

Session: 6/2

Paint with Tissue Paper on Silk

All Adults

Bend Senior Center

This is a different twist on painting a silk scarf using special tissue paper. No experience necessary - just have fun with the process. All supplies included. Instructor: Michelle Oberg.

Fee: \$39 ID \$47 OD / session

Program: 202363

Th: 1:00 - 3:30 pm

Session: 6/30

The Elements of Drawing

NEW

All Adults

Bend Senior Center

This 3-part series is designed for the beginner and those wanting to improve your drawing skills. Students will gain knowledge, skills, and understanding to enhance the artistic process through drawing. Pencil will be the main medium used, however charcoal, chalks and pen and ink will be used. We will break down complex concepts like line, tone, value, perspective and composition into ideas anyone can understand. Work on the fundamentals, geometric shapes, light and shadow, perspective and line. Each class will cover a different media format. Instructor: Carolyn Parker.

Fee: \$49 ID \$59 OD / session

Program: 202606

Th: 3:30 - 5:00 pm

Session: 6/2 - 16

**Volunteer coaches
needed for
youth sports.**

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



Intro to Chinese Painting

NEW

All Adults

Bend Senior Center

Learn the basics of traditional Chinese brush painting in this introductory class. Learn how the simple strokes of a paintbrush can capture a single object or an entire scene. \$14 supply fee due to instructor. Instructor: Michelle Oberg.

Fee: \$24 ID \$29 OD / session

Program: 202364

Th: 1:00 - 3:30 pm

Session: 7/21

Arts & Crafts

DIY: Soap Making 101

All Adults

Bend Senior Center

Learn to make homemade soap using the cold process method with LeCol. Although it may seem complicated at first, making your own soap from scratch (the way some of our grandparents did) using all-natural ingredients, can be both fun and rewarding, not to mention extremely addicting. LeCol is the originator of Bend's famous Dirty Girl Beer Soaps. This class will be part demonstration and part hands-on. Students will take home soap samples. Instructor: Leslie Colvin.

Fee: \$39 ID \$47 OD / session

Program: 102032

Th: 1:00 - 4:00 pm

Session: 6/9

Clay Flowerpot People

NEW

All Adults

Bend Senior Center

When it comes to adding a touch of charm, character and genuine good humor to your garden, there's nothing quite like these amazing Clay Flowerpot People! Bring your outdoor living spaces to life and be the envy of your neighbors in just a few simple steps and with a few basic tools - you won't believe how simple these incredible results can be. Supplies provided. Instructor: Diane Burns.

Fee: \$49 ID \$59 OD / session

Program: 202560

W: 3:30 - 6:00 pm

Session: 5/25



Fused Glass Workshop

NEW

All Adults

Bend Senior Center

Come learn the basics of fused glass in this introductory workshop. Learn the technical aspects of glass fusing in a fun, informative format. Class will cover the science of glass fusion, types of glass, fusing add-ons, cut and shape glass, how to use hand-cutters and grinders safely. Students will be able to complete a window hanging and jewelry set project in class. Projects will be available for pickup one week after class to allow time for kiln firing. Supplies provided. Instructor: Diane Burns.

Fee: \$59 ID \$71 OD / session

Program: 202568

Th: 4:00 - 6:30 pm

Session: 6/30

Hand Stamped Jewelry

All Adults

Bend Senior Center

Come learn the basics of hand stamping one-of-a-kind jewelry. We'll use letter and number stamps to spell out your name, your pet's name or even your favorite snippet of poetry. The possibilities are endless! The class begins with some hands-on practice to give you a feel for the tools and materials, teaching you how to successfully design and align your "message" on the metal blank before moving on to creating finished projects. Supplies provided. Instructor: Diane Burns.

Fee: \$39 ID \$47 OD / session

Program: 202561

Th: 3:30 - 6:00 pm

Session: 8/4



Technology

iPad Essentials

All Adults

Bend Senior Center

We will cover everything you need to start working with your iPad such as multitasking, apps and the App Store, creating folders and customizing your iPad. Bring your iPad with you running iOS 9. Taught by Apple Certified Support Professional.

Fee: \$39 ID \$47 OD / session

Program: 202517

M: 6:00 - 8:00 pm

Session: 8/15 - 22

iPad Beyond Essentials

All Adults

Bend Senior Center

Do you have an iPad and feel like you understand the basics but you want to take it to the next level? Dive deeper into the iPad's functionality and settings in this advanced hands-on class. Bring your iPad to class running iOS 9. Taught by Apple Certified Support Professional.

Fee: \$29 ID \$35 OD / session

Program: 202516

M: 6:00 - 9:00 pm

Session: 8/29

Specialized Fitness

Nordic Walking Clinic

NEW

All Adults

Bend Senior Center

Join Nordic Walking certified instructor Rose Kauffman for a group clinic using Nordic Walking poles. You will learn the ins and outs of how to size yourself for poles, proper body alignment and how to make the most of your workout. Using Nordic Walking poles for walking assists with balance and stability and will help you feel more confident in your outdoor adventuring.

Fee: \$18 ID \$21 OD / session

Program: 202979

W: 2:30 - 3:30 pm

Session: 5/11

More fitness classes in Adult Fitness.

Look on pages 48 - 54 to find your best fit.

Stand Tall-Don't Fall

Ages: 50 & up

Bend Senior Center

Loss of Balance can lead to fear of falling and can result in a decrease in quality of life. This multi-faceted, safe and fun program builds new skills to maintain balance. Class is taught by certified Arthritis instructors.

Fee: \$35 ID \$42 OD / session

Program: 202777

W: 10:00 - 11:00 am

Session: 6/8 - 8/10

Music, Memory & Mobility

Ages: 50 & up

Bend Senior Center

A relaxed paced, chair exercise class designed for individuals in the beginning stages of Alzheimer's or dementia. Class will consist of seated exercises to enhance mobility with fun games and activities to enrich the mind and memory. Caregivers are invited to attend with student.

Fee: \$35 ID \$42 OD / session

Program: 202977

Th: 11:30 am - 12:15 pm

Session: 6/23 - 7/28

Senior Self Defense

All Adults

Smith Martial Arts

This is a mixed martial arts approach to self-defense tailored for seniors and people with limited mobility. Learn how to use a cane, wheelchair, your environment, etc to defend yourself. The program is aimed at helping people overcome fear, gain confidence, improve awareness and build strength. The focus is on practical methods almost anyone can learn and use.

Fee: \$20 ID \$24 OD / session

Program: 202417

Tu: 10:15 - 11:15 am

Sessions: 6/14 7/12

8/16



Gardening

Hollinshead Community Garden Opening Day

Saturday, April 30th, 9:00 am

Registration for a vegetable garden plot is done in-person at Hollinshead Park on April 30th. The line forms early and is outdoors, so dress for the weather. Assignment of plots begins at 9:00 am on a first-come, first-served basis. A waiting list will be taken as well. Look for a variety of gardening classes to be offered throughout the season. For additional information, check the Central Oregon Master Gardener Association website at <http://www.goCOMGA.com>, the OSU Extension Service-Deschutes County website at <http://extension.oregonstate.edu/deschutes> or call (541) 548-6088 or (281) 610-8630.

Seed Starting & Central Oregon Vegetable Varieties

Ages: 14 & up

Bend Senior Center

Join OSU Master Gardeners to learn everything you need to know about seed starting and what varieties work best in our Central Oregon Climate. We'll have examples of seeds, seed starting medium and pots for some hands-on experimenting.

Fee: \$10 ID \$12 OD / session

Program: 102043

Sa: 10:30 am - 12:00 pm

Session: 5/21

Extended Tours

Discover Cuba: Highlights of Havana & Varadero

NEW

All Adults

Take a once and a lifetime trip with Bend Senior Center and Premier World Discovery to experience the enigmatic capital city whose nearly 500-year Old Havana is home to the largest collection of Spanish-Colonial architecture in the Americas. Cuba is a destination on the brink of historic change, while the history and culture are still to be experienced before Cuba transforms to its new identity and a modern day tourist destination for American travelers. The culture, music, hospitality and rhythm are bound to change your perspective on travel. Contact the Bend Senior Center to learn more information about your journey to this untouched destination.

Dates: 9 days

3/22 - 30 in 2017

Fee: \$5,195/each (dbl occupancy)
land/air/tax from Portland
(\$ 4595 per person double from MIA)

Call BSC for an information packet at (541) 388-1133.





Gardens & Mansions of New Orleans & Cajun Country NEW

All Adults

Join the Bend Senior Center and journey to New Orleans and Cajun Country. This inclusive tour will give you a true glimpse into this incredible region, the city of New Orleans, its history and culture. The program showcases a 7 day/6 night itinerary flying roundtrip from Portland/Redmond to New Orleans. Start your tour with a 3 night stay in the French Quarter in a supreme location. Later during the itinerary, visit Cajun Country to learn about life in Louisiana and its vast Civil War history, incredible Antebellum Mansions, industry and culture.

Dates: 8 days
5/15 - 22, 2017

Fee: \$2,250/each (dbl occupancy)
land/air/tax from Portland

Call BSC for an information packet at (541) 388-1133.



Best of Australia & New Zealand

All Adults

Enjoy the best of Australia and New Zealand on this trip down under. You will visit New Zealand's North and South Islands plus Australia's east coast. Learn of the native cultures including the Maori and Aborigines. Visit Cairns and take a catamaran ride to the Great Barrier Reef, Auckland, Melbourne and Sydney with all of the city's offerings. This is a guided tour full of adventure and unforgettable memories. Includes airfare, transportation to/from the airport, lodging in first class hotels, meals, daily tours, professional guide and admission to itinerary locations, deluxe motor coach, baggage handling and hotel transfer fees.

Dates: 16 days
10/25 - 11/9, 2016

Fee: \$6,995/each (dbl occupancy)
land/air/tax from Portland

Call BSC for an information packet at (541) 388-1133.

Washington D.C. & Williamsburg NEW

All Adults

Join the Bend Senior Center and travel to Washington D.C. and Williamsburg, and learn about our Nation's Capital. Experience the Arlington National Cemetery, Richmond, Jamestown, Yorktown and colonial Williamsburg. Enjoy your time and the opportunity to see many of the area's major highlights including the World War II memorial, the Smithsonian, Iwo Jima, Korean & Vietnam War Memorials, Capitol Hill and Embassy Row. In the evening in D.C., enjoy a DC Twilight Illumination Tour of the famous monuments including those dedicated to Lincoln & Jefferson. The program showcases a 7 day/6 night itinerary flying roundtrip from Portland/Redmond to Washington D.C.

Dates: 8 days
9/21 - 28, 2017

Fee: \$2,275/each (dbl occupancy)
land/air/tax from Portland

Call BSC for an information packet at (541) 388-1133.

DONATE TO RECREATION SCHOLARSHIPS

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

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

Bend Park & Recreation
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION



YEEHAW!
.....
**KAYAKING,
PADDLEBOARDING
& RAFTING**
.....
PAGES 44 - 47

You're greater outdoors.

There's nothing quite like the outdoors for refreshing the body and mind. Whether you're a bonafied nature buff or just wanting to step outside from time to time, a little adventure (or two or three or four) offers the exercise you're wanting while expanding your knowledge, too. In her own grand and beautiful style, Mother Nature always has a way of making us better, both inside and out.



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

Hiking & Walking

Rainbow Seekers Hikes

Ages: 50 & up

The Pavilion

Level 2 - Explore easy to moderate trails at a very comfortable pace. Hikes range from 5-7 miles. Join the camaraderie of a group of folks that enjoy socializing while on leisurely hikes. Leader: Dean Dobbs

Fee: \$72 ID \$86 OD / session

Program: 208740

Tu: 8:30 am - 3:30 pm

Session: 6/7 - 28 7/5 - 26
8/2 - 23 8/30 - 9/20

Wednesday Hikes

All Adults

The Pavilion

Level 2 - Mid-week adventures in Central Oregon! You pick the Wednesdays that work and we'll pick out some great hikes to match! Hikes range from 5-7 miles.

Fee: \$25 ID \$30 OD / session

Program: 208727

W: 8:30 am - 3:30 pm

Session: 6/1, 6/15, 6/29, 7/13,
7/27, 8/10, 8/24



High Desert Homesteaders

All Adults

The Pavilion

Level 1 - Explore the human habitation of the high desert: visit Fort Rock, the historic sandal cave, the Homestead Museum and then dine at the historic Cowboy Dinner Tree. Includes transportation, interpretation, fee for museum and a huge dinner (choose 26 oz top sirloin steak or whole roasted chicken). Leader: Leslie Olson

Fee: \$70 ID \$84 OD /session

Program: 208927

F: 10:00 am - 7:00 pm

Session: 6/10

Geology Outings

All Adults

The Pavilion

Level 2 - Explore the geology of Oregon through these great outings. Times and fees vary by destination. Leader: Eric Denzler and Leslie Olson.

Painted Hills: 4/20

Program: 108923

Fee: \$60 ID \$72 OD / session

W: 8:00 am - 4:00 pm

Fossil Beds & Condon Paleontology Center 5/11

Program: 108923

Fee: \$80 ID \$96 OD / session

W: 8:00 am - 6:00 pm

Cascade Geology Hike 7/20

Program: 208758

Fee: \$25 ID \$30 OD / session

W: 8:00 am - 5:00 pm

Newberry Geology Hike 9/7

Program: 208766

JFee: \$25 ID \$30 OD / session

W: 8:00 am - 5:00 pm

Crater Lake

Geology Bike Ride 9/24

Program: 208759

Fee: \$60 ID \$72 OD / session

Sa: 8:00 am - 8:00 pm



Trailpacers Hikes

All Adults

The Pavilion

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

Fee: \$69 ID \$83 OD / session

Program: 208715

Th: 8:30 am - 4:30 pm

Session: 6/9 - 23, 6/30 - 7/14

7/21 - 8/4, 8/11 - 25

9/1 - 15

Peak Baggers Hikes

All Adults

The Pavilion

Level 3+ - The view from the top is more spectacular when you've worked for it. Strenuous hikes to the top of local peaks around Central Oregon such as Marion Mtn., Crescent Mtn. or possibly The Brother. Leader: Mary Wooster

Fee: \$25 ID \$30 OD / outing

Program: 208722

Sa: 8:00 am - 5:00 pm

Session: 5/21, 6/18, 7/16,

8/20, 9/17

Boating & Water Sports

John Day River Exploration

All Adults

Harmon Park Outdoor Center

Flowing through a land of dramatic geology, scattered ranches and absorbing solitude, the John Day River (Class II) is the longest undammed river in Oregon. Join us for a peaceful, small group raft float multi-night adventure on this scenic gem. Camping is along the river, with time for short hikes out of camps in the evenings. Some camping gear available upon request. Transportation, leadership, meals and paddle rafts included. Questions? Please call Eric at (541) 706-6116 or EricD@bendparksandrec.org.

Registration deadline: 5/4.

Fee: \$400 ID \$450 OD / session

Program: 208205

M: 8:30 am - W 6:00 pm

Session: 5/23 - 25

PPP Kayak Clinic

All Adults

Tumalo Creek Kayak & Canoe

Join our paddling clinic to help get you ahead of the pack. Learn how to avoid common paddling mistakes, get an overview of the course and learn strategies to help you during this important section of the race. Bring the boat you will be racing with or borrow one of our boats at no extra charge.

Fee: \$45 ID \$54 OD / session

Program: 208969

W: 6:00 - 8:00 pm

Session: 5/4, 5/11, 5/18

Sa: 2:00 - 4:00 pm

Session: 5/14

Daytrippers:

Looking for some fabulous tours or day trips?

BPRD is hosting four different outings this summer.

See pages 39 - 40.

Hike & Walk Ratings

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

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

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

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

Important Outdoor Program Information

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

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

Program Info & Destinations: Clothing and equipment recommendations, destination calendars and other information are available on the website, at the front desk of the BPRD District office and at the Bend Senior Center. Proposed destinations may change due to weather or other circumstances. Arrive at least ten minutes before the start time. Programs typically conclude before the scheduled ending time. However, occasionally we arrive back later than planned.

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

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

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

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

Basic Skills Kayaking

All Adults

Tumalo Creek Kayak & Canoe

Learn flatwater paddling and safety skills as well as review the different types of kayaks and paddle gear. Practice essential paddle and rescue techniques on the water. Go from land to water with the knowledge and skills you need to embark on your own summer adventures. Equipment provided.

Fee: \$75 ID \$90 OD / session

Program: 208960

Th/Sa: 10:00 am - 2:00 pm

Sessions: Most Thursdays or Saturdays, 5/5 - 26

Th/Sa: 9:00 am - 1:00 pm

Sessions: Most Thursdays or Saturdays, 5/28 - 9/1

Intermediate Skills Kayaking

All Adults

Tumalo Creek Kayak & Canoe

Designed for beginning and intermediate paddlers who have taken the Basic Skills Kayaking Class and are ready to take things to the next level. Learn smooth paddle strokes, effective maneuvers, self-rescues and graceful re-entries as well as an introduction to expeditionary kayak skills such as packing and navigation. Class is held on Elk Lake where kayakers may experience conditions like waves and shifting winds. This is the perfect primer for those looking to plan longer ocean adventures.

Fee: \$105 ID \$126 OD / session

Program: 208961

Su: 9:00 am - 4:00 pm

Sessions: 6/19, 7/3, 7/17, 8/7, 8/21, 9/11



Whitewater Kayak

All Adults

Tumalo Creek Kayak & Canoe

A complete, two and a half-day introduction to the exciting sport of whitewater kayaking, this multi-day course covers essential safety techniques. Our ACA certified instructors are in the water with you to challenge yourself while you learn. Run a Class II river on the final day. Equipment provided.

Fee: \$245 ID \$294 OD / session

Program: 208962

F: 5:30 am - 8:00 pm

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

Sessions: 5/13 - 15, 5/27 - 29

6/10 - 12 (women only)

6/24 - 26, 7/8 - 10

7/22 - 24,

8/5 - 7 (women only)

8/19 - 21

Basic Stand Up Paddleboard

All Adults

Tumalo Creek Kayak & Canoe

This "crash course" is a great first step for those who might be slightly intimidated to try stand up paddleboarding. You will be introduced to basic paddleboarding skills as well as learn about the proper equipment for you to rent or purchase. Equipment provided.

Fee: \$55 ID \$66 OD / session

Program: 208963

Su: 10:00 am - 12:00 pm

Sessions: 5/8, 5/15, 5/22

Th or Su: 9:00 - 11:00 am

Sessions: Most Thursdays & Sundays 5/29 - 8/28

Intermediate Stand Up Paddleboard

All Adults

Tumalo Creek Kayak & Canoe

Take your paddleboarding to the next level with this continuation of the basic class. Gain additional confidence on your board and get ready for next step (whitewater, river surfing). Equipment provided.

Fee: \$55 ID \$66 OD / session

Program: 208964

Su: 11:30 am - 1:30 pm

Sessions: Most Sundays, 5/29 - 8/28



Deschutes River Half-day Tour

All Adults

Tumalo Creek Kayak & Canoe

Just 20 minutes from Bend, the Upper Deschutes River is completely undeveloped and pristine. We'll paddle upstream towards Benham Falls, passing ancient lava flows and colorful aspen groves. Equipment provided.

Fee: \$75 ID \$90 OD / session

Program: 208966

F: 10:00 am - 2:00 pm

Sessions: 5/6, 5/13, 5/20, 5/27

Tu or F: 9:00 am - 1:00 pm

Sessions: 6/3 through 8/26



Deschutes River Full-day Tour

All Adults

Tumalo Creek Kayak & Canoe

Paddle approximately nine miles of moving flat-water and experience the serenity and pristine beauty of paddling a winding river. Keep an eye out for deer, elk, cougars, black bears, bald eagles, red-tail hawks, and great blue herons. A great trip for families looking to get off the beaten path in Central Oregon; two sections to choose from. Sections may change due to conditions or access changes. Includes lunch and equipment.

Fee: \$105 ID \$126 OD / session

Program: 208967

Sa: 9:00 am - 4:00 pm

Sessions: 5/7, 5/14, 5/21, 5/28

W or Sa: 9:00 am - 4:00 pm

Sessions: 6/1 through 8/31

Hobie Kayak Sailing

All Adults

Meets at Elk Lake's Little Fawn Campground

Glide through the refreshing waters of an alpine lake with only the wind propelling you forward. Learn to sail on Elk Lake, one of Central Oregon's most picturesque bodies of water with a Hobie Adventure Island Sailing Kayak, a simple and stable sailing vessel. You'll be sailing away in no time. Equipment provided.

Fee: \$75 ID \$90 OD / session

Program: 208970

Su: 1:00 - 5:00 pm

Session: 7/31, 8/28

Outdoor Safety

Wilderness First Aid

Ages: 16 & up

Hollinshead Barn

Covers a wide range of wilderness medicine topics for people who travel in the outdoors: from hunters and fishermen, guides and activity leaders to the casual outdoor user. No previous experience/knowledge required. Presented by the Wilderness Medicine Institute of the National Outdoor Leadership School. CPR not included.

Fee: \$225 / session

Program: 408360

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

Session: 5/28 - 29, 10/29 - 30

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. Presented by WMI. Includes CPR.

Fee: \$735 / session

Program: 408364

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

Sessions: 10/18 - 27

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This WMI training is specifically designed to recertify the Wilderness First Responder certification. Includes CPR.

Fee: \$310 / session

Program: 408362

Daily: 8:00 am - 5:00 pm

Sessions: 9/24 - 26 (Sa - M)

10/14 - 16 (F - Su)

11/5 - 7 (Sa - M)

11/19 - 21 (Sa - M)



River Safety & Rescue

Ages: 14 & up

Pioneer Park

When it comes to recreating on the river, safety comes first. Learn basic recognition and avoidance of common river hazards, self-rescue techniques and simple rescues for swimmers or boaters in distress. Emphasis will be on personal safety and simple, commonly used skills in moving water. Participants must be in good physical condition and have basic swimming ability. Required equipment: PFD designed for whitewater use, whitewater helmet, drysuit or wetsuit for extended cold water swimming, protective footwear and neoprene gloves, and whistle. If you have additional rescue gear, please bring it. (Some gear available for rental). **Minors must be accompanied by enrolled and paid adult.**

Fee: \$125 ID \$150 OD / session

Program: 208980

Sa: 8:30 am - 5:00 pm

Session: 6/4, 6/25, 7/9, 8/6

Swiftwater Rescue - Advanced

Ages: 18 & up

Pioneer Park & McKenzie River

Take your river skills to the next level in this ACA (American Canoe Association) certified course. Specifically designed for river runners and professional guides in all river disciplines (raft, kayak, SUP, canoe, drift boat) that may be called upon to affect a rescue. Skills taught include: personal safety, group safety, proper use of rescue equipment, mechanical advantage and simple to complex rescue solutions. Participants should be in good physical condition and be comfortable in class III whitewater. Required equipment includes a whitewater personal floating device (rescue PFD recommended,) whistle, knife, whitewater helmet, drysuit or wetsuit and river shoes. Class locations: Day 1 - Pioneer Park, Day 2 - McKenzie River (transportation provided from Bend)

Fee: \$250 ID \$300 OD

Program: 208984

Sa - Su: 8:30 am - 5:00 pm

Session: 5/28 - 29, 6/11 - 12

7/16 - 17, 8/13 - 14



play with heart

VOLUNTEER
IN
FITNESS
.....


CONTACT KIM
(541) 706-6127


**SUMMER
KICKOFF**
JUNE 6 - 12
FREE FITNESS
CLASSES

Good for you.

At Bend Park & Recreation District, we're focused on offering fitness that feels right, both on the inside and out. Come join in more than 275 enjoyable, energizing group fitness classes per week led by our professional, motivating staff. Get moving, get fit and we'll get you feeling your best.

Two great fitness facilities!

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

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

Look for the JSFC and BSC icons with class descriptions.

Pass information on pages 16 - 17.

A variety of passes are available for you to enjoy drop-in classes and activities at both locations.

Looking for a westside workout?

Beginning this spring, select fitness classes will be offered at The Pavilion.

Follow us on Facebook for updates.

275+ Weekly Fitness Classes

All ages and fitness levels are welcome and you can start at any time. Classes are offered on a first-come, first-serve basis.

WEEKLY SCHEDULES: All classes are held on a weekly basis. Check schedules online at www.bendparksandrec.org. You can even download to your own calendar.

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

PASSES / FEES: Lots of pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 16 - 17.

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



Follow us on Facebook!

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



Fit 4U Low Impact • Light Intensity Fit 4U Fitness Programs

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

Look for the **Fit 4U** icon with class descriptions on pages 50 - 54.



Get Started!

Whether you are new to fitness or making a return, our expansive schedule of classes and personal training services offer something for everyone! All our fitness classes are ongoing and offered on a first-come, first-served basis. Please come to your first class ten minutes early for an orientation. Questions? Call our helpful staff for assistance at (541) 389-7665.

FREE Try out our Get Started classes for FREE during our special seasonal offerings shown at right.

Classes include Get Started in Yoga, Pilates, Indoor Cycling, Water Running and Weight Training.



Personal Training: **BSC** Individual & Group **JSFC**

Perfect for your fitness goals! Want help with your fitness routine? Or do you have a set goal in mind for your conditioning? A big adventure or event coming up? Perhaps you're stuck in a rut? We have a diverse group of trainers to help you achieve success with many services beyond traditional weight training and the flexibility to meet your needs.

Individual Training Rates:	Session: 1 hour
	Introductory Session (1.5 hour): \$75
	Ongoing Single Session: \$60
	3 Session Package: \$171 (\$57 each)
	6 Session Package: \$324 (\$54 each)

Partner Training Rates per person:

	Introductory Session: \$56
	Ongoing Single Session: \$45
	3 Session Package: \$128 (\$43 each)
	6 Session Package: \$243 (\$41 each)

Group Training Available: 40% off Individual Rate Are you and some friends training for a race or event? We offer small group trainings of 3 or more people to make it more affordable and fun with your buddies!

Visit our website at
www.juniperswimandfitness.com
for trainer bios and fitness options.

Call (541) 389-7665 and
set up your time with a trainer.



CLASSES,
WORKSHOPS
&
CLINICS

**SUMMER
KICKOFF
JUNE 6 - 12**

FREE

JSFC

BSC

Get connected, stay engaged
and be inspired!

Our team of fitness instructors and
community experts will present various
topics including:

- **GET STARTED CLASSES**
- **HEART RATE TRAINING ZONES**
- **FITNESS CENTER ORIENTATIONS**
- **FOAM ROLLER**
- **ASK A PT**
- **TRX TRAINING**
- **NORDIC WALKING**
- **BABY & ME FITNESS**
- **FIT KIDS**

See schedule of clinics and classes at
www.bendparksandrec.org/Juniper_Swim_Fitness/schedules/Specialty-Fitness/

Indoor Cycling:

Benefits: Indoor cycling is a non-impact, cardio workout for everyone! You do not have to be a cyclist to enjoy indoor cycling. Classes are fun and social and can be easily modified to meet your needs and goals. Want to cycle on your own? You are also welcome to use the bikes when classes are not in session.

Fit 4U Get Started in Cycling JSFC

Interested in trying indoor cycling? This session is designed to assist with bike set up, teach modifications and give new riders the skills and confidence to take a class.

Cycle JSFC

Full of variety, intervals, spin-ups, hill climbs and general cardio.

Fit 4U Fit 4 U Cycle JSFC

Non-impact workout with music and modified intensity level. Perfect for all levels, especially active, older adults.

Baby & Me Cycle JSFC

New moms and dads, bring baby and get back in shape while connecting with other parents. Baby can sit in a car seat, stroller, blanket, or other bouncy-type seat, while you ride. Babies welcome from six weeks to crawling.

Cycle/Boot Camp JSFC

Students will mount and dismount the bike as we incorporate moves similar to those in boot camp classes. Great class for athletes looking to cross train.

Cycle for Athletes JSFC

Fun and Fit for everyone! Get your game on and be a player without ever having to do a race

Express Cycle JSFC

Time crunched? All the variety of a regular cycle class but in a condensed format. A great start to indoor cycling.

Extended Cycle JSFC

Longer format class to build up endurance and work those legs. All the great variety of a regular cycle class but 90-minutes to push yourself to the next level.

Express Cycle/TRX Circuit JSFC

Get your cardio going with a pumping express cycle; then keep your workout going with a circuit style workout; complete with lunges, core, TRX and more!

Rhythm Ride JSFC

An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your coach who leads the pack through hills, flats, mountain peaks, time trials and intervals.

Rhythm Ride/Strength & Core JSFC

Rhythm Ride and more! Adds a double whammy by finishing up with off-the-bike strength and functional core training.

Interval Tempo Cycling JSFC

Longer intervals with short recovery. Intensity will be highly aerobic.

Cardio - Dance Conditioning:

Benefits: These classes will get your heart pumping and you movin' and groovin' as instructors keep you motivated.

Fit 4U Get Started in Cardio Dance JSFC

Come check out and learn the basic steps for all the various cardio dance programs that we currently offer. Classes are set to all genres of music. Check the online schedules for details for each weeks offering.

Fit 4U Zumba® Gold BSC

Modified for the older participant and beginners, this class has zesty Latin music, easy-to-follow moves and an invigorating atmosphere.

Zumba® JSFC BSC

A Latin-inspired, dance-fitness class that incorporates Latin and International music. Fun and easy to follow, this class is for dancers as well as non-dancers!

(Also see Aqua Zumba, page 53.)



Fit 4U Beginning Line Dance BSC

Designed for beginners as well as those that know basics and want to progress. Easy progression to variety of music.

Fit 4U Nia® JSFC BSC

A guts and grace workout that blends dance, martial arts and yoga to provide cardiovascular, whole body conditioning that's as much fun as it is good for your body, mind and soul.

Bliss™ Dance Workout JSFC BSC

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

Bliss™ Hip Hop JSFC

Super high energy, music-fueled workout that delivers a fierce cardio-blast while dancing to the best hip hop, funk and club beats! Phenomenal fun, serious sweat!

Bliss™ Amped JSFC

Amp up your cardio dance workout with weights and core!

Bliss™/Zumba® JSFC

Come for the full hour and get your cardio dance on! Make the most of your tight schedule with a Bliss Dance Workout for the first 30 minutes, followed by Zumba for the final 30. Whether it's a full hour or just 30 minutes, your body will thank you.

CIZE® JSFC

CIZE LIVE is a brand new cardio dance fitness format that will have you movin' to a hip, energetic beat, as you learn full dance routines. Gain cardio endurance, core stability, confidence and a courageous passion for dance.

Cardio - Fitness:

Benefits: Kick your cardio into high gear with high intensity steps to help you get your sweat on and burn those extra calories.

Fit 4U Fitness Variety BSC

Sample a variety of fitness forms including total body conditioning, core work, resist-a-ball, speed and agility drills, cardio kick boxing, Zumba and more!

Fit 4U Cardio Circuit BSC

This fast and fun class is designed for active adults focusing on exercises for agility, strength, flexibility, and balance. Using weights, bands, balls, mats, and your own body weight.

Fit 4U Cardio Ball BSC

Light, low impact cardio and core conditioning integrating exercise balls, chairs and light weights. Bring your own fitness ball.

Fit 4U Indoor Cardio Walking BSC

Alternating cardio walking with toning for quick, safe, fat-burning and body-toning results. With no complex or fancy footwork, these are easy-to-follow workouts.





Fit 4U Walk With Ease - **BSC** **Seated Exercises**

Tailored to people with mobility issues, all exercises are in a seated position to help increase flexibility, gain strength and have fun.

Cardio/Strength Challenge **JSFC**

25 minutes of cardio variety, including step and kick boxing followed by 25 minutes of stabilization strength challenge.

F.I.T. **JSFC**

Fat-burning, high intensity interval training! This class is full of variety, challenge and FUN! Cardio High Intensity Interval Training alternating with muscle conditioning and endurance training.

Turbo Kick® **JSFC**

This addictive workout combines shadow boxing, kickboxing, sports drills, dancing, yoga and simple dance moves in a party atmosphere where getting fit is the side effect of having fun.

Need child care while you work out?

With Kids' Corner, we've got you covered.
Learn more on page 25.

Strength Training & Conditioning:

Benefits: Start lifting and create a long sleek physique! Use weights, bands, tubes, weighted bars and steps to improve strength, bone density and endurance.

Fit 4U Get Started in **JSFC** **BSC** **Weight Training**

Great for those new to weight training. Learn how to safely and effectively use weights and resistance. Trainers will demonstrate a basic program using machines and free weights and help you find classes to meet your goals.

Fit 4U Fitness Center **JSFC** **Orientation**

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. We strongly recommend attending an orientation before using the fitness center and in some cases it may be required. Fitness center trainings are offered weekly and are free to 10-visit or monthly pass holders and \$12 otherwise.

Fitness Center Teen Time & Under 18 Use **JSFC**

16 - 17 year olds may use the fitness center without restriction although we recommend completing a teen training session. 11 - 15 year olds may workout in the fitness center under direct parent/guardian supervision or complete a teen training session to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Fitness center trainings are offered weekly and are free to 10-visit or monthly pass holders and \$12 otherwise.

Fit 4U Adult/Teen **JSFC** **BSC** **Circuit Workout**

Coached workout with a series of stations to get your whole body fit! Equipment use may be limited during Tues/Thurs 9:15-10:25 am Circuit Workout Class.

Fitness Center Workout **BSC**

Challenge yourself with a series of exercise stations to get your whole body fit. Exercises are modifiable to fit your needs.

Fit 4U Strength, Tone **BSC** **& Mightier Bone**

Strength and weight training with flexibility and resistance exercises for muscle mass and endurance. Designed to assist those with osteoporosis.

Fit 4U Stretch & Strength **BSC**

Start your day out right with proper techniques of strength training and stretching. Using a variety of equipment such as bands, weighted balls, weights and body weight. Sustained stretching will be woven throughout the class.

Fit 4U Personalized Circuit **BSC** **Training**

Individualized exercises to fit your needs and goals. Includes warm up, exercises for strength, flexibility, balance and cool down.

Fit 4U Strength & Conditioning **BSC**

Improve strength, range of motion, flexibility, balance and hand-eye coordination.

Fit 4U Functional Conditioning **JSFC**

Improve your daily function through a series of exercises using free weights, balls and resistance tubing while connecting with peers and making new friends.

Fit 4U Functional Fusion **BSC**

Combines Pilates, ballet barre, yoga, functional conditioning and circuit training, preparing you to excel in all kinds of exercise by improving strength, balance, endurance and flexibility. It's the full body workout!!

Fit 4U Functional Fitness **BSC**

Use of bands, straps, weights to increase flexibility, balance, and core strength. Helps to improve overall strength in all activities in your life.



Fit 4U Beginning Barre **BSC**

Class combines ballet conditioning, Pilates and yoga to help strengthen, lengthen and tone your muscles. Focuses on alignment and core strength. Improves balance, coordination and posture.

Barre Body **JSFC** **BSC**

Graceful head-to-toe strength and toning that follows elements of ballet and fundamentals of Pilates. Improve your balance and posture.

Barre Yoga **JSFC** **BSC**

Strength & Stretch
Slower-paced fitness-style class incorporating yoga/Pilates poses adapted for greater ease and comfort of the joints. Bands, barre, balls, mats and light hand weights may be used as we strengthen and stretch.

Cardio Barre **JSFC**

Let's sweat! This class uses the fundamentals of ballet, yoga and Pilates, fusing them in an easy-to-follow, fast-paced manner to create a heart pumping class. Mixing simple choreography, ballet moves and weight-bearing exercise to create a toned, refined physique.

Total Body Conditioning **JSFC**

Music will inspire you, the instructor will motivate you and the workout will make you sweat! Great cross training classes:

- TB Strength & Core
- TB TRX Circuit
- TB CF Conditioning
- TB Boot Camp



Yoga:

Benefits: Yoga is a beautiful form of fitness that connects your whole being, both mind and body. Increase flexibility and strength with focused breath awareness as you journey through your practice.

Fit 4U Get Started in Yoga **JSFC**

A great class to experience yoga and all of its the benefits.

Fit 4U Yoga Fundamentals **BSC**

Designed to help new students feel more comfortable in their yoga practice or for the more experienced wanting assistance with position and alignment.

Fit 4U Seated Yoga **JSFC** **BSC**

Practice is done seated in chairs or on a mat using modifications for each pose.

Fit 4U Gentle Yoga **JSFC**

A gentle practice that moves through a slow flow. Easy to follow poses.

Fit 4U Stretch & Relax **BSC**

Gentle stretching to relieve tension, increase flexibility and improve range of motion. Take time to relax, it feels great!

Fit 4U Hatha Yoga **BSC**

A practice of mindful movement to increase flexibility, strength and stamina while reducing stress. Ideal for beginner or intermediate levels.

Fit 4U Yoga Flow **BSC**

This class is focused on mindful, fluid movement guided by the breath. Includes longer held stretches to release tension.

Prenatal Yoga **JSFC**

Journey through this magical time together as you maintain fitness and well-being. Physician's or midwife's approval required before first class.

Baby & Me Yoga **JSFC**

Journey back into shape with baby at your side. Make new connections and build friendships. Babies are welcome from 6 weeks to walking.

Vinyasa Yoga **JSFC**

Flowing form of yoga incorporating: sun salutations, breathing techniques and connecting poses to create flow in your practice.

Fit 4U Yin Yoga **JSFC**

Stretches the connective tissue in the lower body. Poses are passive and are held for several minutes.

Vin/Yin Yoga **JSFC**

Flowing form of yoga incorporating: sun salutations, breathing techniques and connecting poses to create flow in your practice.

Fit 4U Restorative Yoga **JSFC**

A passive, meditative practice that moves at a much slower, relaxed, pace giving more time to lengthen tired muscles. Focuses on stretches of the hips, shoulders and back.

Fit 4U Restorative Flow Yoga **JSFC** **BSC**

Begins with a slow Vinyasa Flow, then moves into a passive restorative practice.

Fit 4U Sivananda Yoga **JSFC**

A deeply rejuvenating form of yoga that incorporates flexibility, strength and balance while teaching techniques for heightened breath awareness and relaxation.

Sunrise Yoga **JSFC**

A Kundalini style class that incorporates breathing, chanting and movement. Start your day feeling comfortable, peaceful and ready for whatever the day holds.

Flexible Strength Through Yoga **JSFC**

A fitness-style yoga class that continuously stretches and strengthens the body.

Power Vinyasa Yoga **JSFC**

A challenging practice that produces extraordinary results, this class is about personal discovery as it builds strength and flexibility.

Kundalini Yoga **JSFC**

Kundalini yoga is the yoga of awareness and consciousness. This dynamic class will heighten your awareness to your breath and how Prana, or life force, can lead you to a committed practice.

Intro to Ashtanga **JSFC**

Learn the classical sequence of asanas from which Vinyasa was born.

Yoga Core **JSFC**

Incorporate challenging poses that engage the Bandhas and fire the core into your yoga practice. With the focus on length, strength and total body toning, you will become flexibly strong and lean.

Yoga for Athletes **JSFC**

Enhance your performance and physical and mental awareness. Provides a holistic cross-training approach by opening tight muscles and conditioning the core.

Pilates:

Benefits: A method developed over 70 years ago to enhance posture and overall fitness. Learn to move your body from your core powerhouse.

Pilates Mat **JSFC**

The first 15 minutes of the class starts with Pilates' fundamentals and flows right into the series of Pilates exercises.

Yoga & Pilates Mat **JSFC** **BSC**

Techniques and benefits of both disciplines. Yoga will increase flexibility and balance; Pilates increases core strength and lengthens the muscles.

Total Body Pilates **BSC**

Designed to strengthen and challenge the core as well as increase proper posture and flexibility.

PiYo® **JSFC**

Challenging, low impact, athletic workout combining dynamic strength training and conditioning with Pilates and yoga-inspired muscle-sculpting exercises and flexibility training all set to current upbeat music. No previous Pilates or yoga experience required!

Pilates for Core **JSFC**

Props are used to strengthen from the core throughout the whole body.

Private & Semi-Private Yoga & Pilates Sessions

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

Fee: \$25/30 minute or \$50/60 minute session.

VOLUNTEER IN FITNESS

Contact Kim at
kim@bendparksandrec.org
or (541) 706-6127

Tai Chi:

Fit 4U 8 Movement Tai Chi **BSC**

Slow, circular movements to gently exercise muscles and improve range of motion. Relies on internal awareness to generate a feeling of overall health and vitality.

24 Movement Tai Chi **BSC**

Further your practice of Tai Chi to improve balance, movement, vitality and well-being.



Water Exercise:

Benefits: Cross train in the water! Water exercise uses the natural buoyancy, support and resistance of water to improve cardio fitness and strengthen and tone muscles with little to no impact on the joints. Classes are great for all levels as everyone can use the water's resistance to work at their own intensity level. No swimming skills needed but you should be comfortable in deep water. Floatation belts provided to keep you upright. Water shoes are recommended.

Fit 4U Get Started in Water **JSFC**

Get Ready, Set and Jump in to Water Exercise. Our professional instructors will orientate you so you can enjoy this safe and effective workout. Bring your water shoes, suit, towel and water bottle.

Fit 4U Water Workout **JSFC**

Total body workout for all ages and fitness levels. Offers cardio, core strength, muscle toning and stretching in a low to non-impact workout that is energizing and fun! Come to either shallow or deep water.

Fit 4U Win with Water **JSFC**

An exercise program done in the therapeutic environment of the water. Designed for individuals looking to step back into health to win with wellness. Beneficial for people with chronic conditions.

Fluid Running™ **JSFC**

A no-frills, moderate-to-high intensity running workout where you are tethered to a lane line so you can experience dynamic resistance. Note: Not recommended for prenatal students. New students, come early! First 10 minutes is a get started orientation.

Aqua Zumba® **JSFC**

This fun cardio dance class with Latin vibe takes place in the shallow end of the pool.

Aqua Dance **JSFC**

Wow! This fun cardio dance class, with motivating music, takes place in the shallow and deep end of the pool. All levels are welcome. Just come and have fun moving with the music.

1 - 2 - 3 HIIT it! **JSFC**

High intensity interval training in the pool that gives the toughest workout you will ever love!

Water Running Deep **JSFC**

Run, ski, stride and move against the resistance of the water in this high intensity, interval workout. Each stride will help you become a more effective and efficient runner with zero impact.

Prenatal Water Exercise **JSFC**

Prenatal participants are welcome in any of the water fitness programs for great exercise! An orientation is required before beginning as well as a doctor's or midwife's approval.

Water provides the freedom and support to help make exercising safe and effective during pregnancy. Water exercises can help you have a more pleasant pregnancy and prepare for labor.



Prenatal/Baby & Me Fitness

Pre Natal **JSFC** Fitness

Fee: Current Full Access Pass or drop-in fee.

If you are expecting, you are welcome to join in any fitness class. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.

In addition, there are classes that incorporate specifically designed, gentle-paced cardio with strength and stretching exercises that follow the American Congress of Obstetrics and Gynecology guidelines. Weekly classes in:

PRENATAL YOGA (page 52)

WATER EXERCISE (at left)

Contact our customer service team at (541) 389-7665 if you have questions or to schedule a personalized, pre-class orientation.

WEEKLY CLASSES:

Baby & Me Cycle **JSFC**

Baby & Me Yoga/Core **JSFC**

Ages: 6 weeks to walking

Fee: Current Full Access Pass or drop-in fee.

Details available on pages 50 and 52. Weekly schedules online at www.bendparksandrec.org.

New Moms On the Move

All Adults

Riverbend Park

Come enjoy the summer in this boot camp style class. Power walk, lunge, squat, push and pull baby in the stroller while having fun connecting with other new moms. Wear comfortable, workout clothes and bring a yoga mat, water bottle and snack.

Fee: \$30 ID \$36 OD / session

Program: 205336

Tu: 9:30 - 10:30 am

Session: 4/12 - 26 5/10 - 24

Specialized Fitness



Therapeutic Next Step Program JSFC

Safely move beyond physical therapy and take the next step to recovery. Both water and/or land exercise programs can be developed to meet your needs. Our specialists will work with you to build up your body's function after rehab. Through both land and water exercises, those affected by medical considerations can improve fitness, prevent subsequent health complications, and look forward to a better tomorrow.

The following classes require a one-time assessment before starting. Call us at (541) 389-7665 to schedule an appointment.

Fee: \$75

Backhab JSFC

Water provides a great environment to move without pain. Strengthen back muscles and increase mobility through core stabilization and flexibility. A program will be specifically designed for you.

Stroke & Individualized Water Fitness JSFC

Have you completed your physical therapy and want to continue your recovery? Our program will help you make the next step. A program will be specifically designed for you.

Fit 4U Moving to Music: An Arthritis Exercise Program BSC

A lively, fun chair exercise class with upbeat, varied music to help you move more freely and without pain. Taught by certified Arthritis instructors.

Fit 4U Arthritis Water Exercise JSFC

Join this friendly and supportive environment and start feeling better today. Taught by certified Arthritis Foundation instructors, this program features a series of exercises proven to reduce pain, restore joint range of motion and improve ability to function through activities of daily life.

Chronic Conditions: Win with Water JSFC

A comprehensive exercise program done in the therapeutic environment of water that effectively increases balance, core stability and mobility. Designed for individuals looking to step back into health and win with wellness - beneficial for people with chronic conditions. Make new friends as you exercise. Please contact Carolyn at (541) 706-6189 for personalized assistance in finding the right class for you.

Fit 4U Deep/Shallow JSFC

Water provides a safe and effective way to maintain or improve your fitness level without jarring your joints. Fun, active class with your choice of shallow or deep water. Connect with others and make new friends - geared towards 50 plus.

Specialized Fitness:

at Bend Senior Center

Benefits: Focused fitness and wellness classes addressing the specific needs of the adults over 50 and/or those with challenging health conditions.

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

Stand Tall - Don't Fall BSC

Ages: 50 & up

Loss of balance can lead to fear of falling and can result in a decrease in quality of life. This multi-faceted, safe and fun program builds new skills to maintain balance. Class is taught by certified Arthritis instructors.

Fee: \$35 ID \$42 OD / session

Program: 202777

W: 10:00 - 11:00 am

Sessions: 6/8 - 8/10

Music, Memory & Mobility BSC NEW

Ages: 50 & up

A relaxed paced, chair exercise class designed for individuals in the beginning stages of Alzheimer's or dementia. Class will consist of seated exercises to enhance mobility with fun games and activities to enrich the mind and memory. Caregivers are invited to attend with student.

Fee: \$35 ID \$42 OD / session

Program: 202977

Th: 11:30 am - 12:15 pm

Sessions: 6/23 - 7/28



GET IN THE
GAME
.....
**ADULT FALL
SOFTBALL
LEAGUE**
.....
PAGE 58

play on

Game time.

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

Basketball

3-on-3 NEW Basketball Leagues

The Pavilion

Get in on the action! The Pavilion is the spot for 3-on-3! Our 3-on-3 league is designed to provide recreational basketball experience for both beginners and experienced players alike. Sign up your team of 3 to 6 players today!

Fee: \$150 / team

Program: 210201

Registration deadline: 6/13

Leagues by Age:

15 - 18 years

19 - 49 years

50 years & up

M & Tu: 6:30 - 9:30 pm

Season: 6/27 - 8/23

Golf

Adult Golf League

All Adults

Lost Tracks Golf Club

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

Fee: \$699 / team

Program: 203444

Registration deadline: 6/1
or until full

M: 4:00 - 6:15 pm

Season: 6/13 - 7/25
(No league 7/4, will play Tuesday, 7/5)

Be a coach!
Volunteer coaches
needed for youth sports.

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

Adult Golf Lessons - Women's & Coed

All Adults

River's Edge Golf Course

This group lesson series is designed for the beginner or anyone interested in improving their golf game. Instruction will focus on full swing, stance, grip, putting, club selection and golf etiquette. Clubs provided or bring your own.

Fee: \$99 ID \$119 OD / session

WOMEN'S

Program: 203202

M: 3:30 - 5:00 pm

Sessions: 7/11 - 8/1 9/5 - 26

M: 5:30 - 7:00 pm

Session: 8/8 - 29

COED

Program: 203203

M: 3:30 - 5:00 pm

Session: 8/8 - 29

M: 5:30 - 7:00 pm

Sessions: 7/11 - 8/1 9/5 - 26



Soccer

Adult Recreational Soccer Leagues

All Adults

Big Sky Sports Complex

This league is designed to provide recreational soccer and a great fitness opportunity for both beginning and experienced soccer players. Teams are created from a pool of registered players and will consist of players of varying experience and skill levels. Please note this is a recreational league.

Fee: \$44 ID \$53 OD / season

SUMMER LEAGUE

Program: 203180

Registration deadline: 5/29

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

Season: 6/14 - 8/4

FALL LEAGUE

Program: 203181

Registration deadline: 8/28

Su: 12:00 - 6:00 pm

Season: 9/11 - 10/30

Be a Kid Again!

Old School PE NEW

Ages: 21 & up

The Pavilion

Come relive your school days! This new program offers adults a lot of fun playing games like dodgeball, kickball, floor hockey, Steal the Bacon and all your other P.E. and recess favorites. This is a stress free, social environment. It's all about having fun with your "classmates." Couples and singles are both encouraged to sign up.

Fee: \$30 ID \$36 OD / session

Program: 210223

Th: 6:30 - 7:45 pm

Session: 7/7 - 8/4



Adult Kickball League

All Adults

Harmon Park

Get your team together and join the action! Teams play an eight-game schedule. Tentative start date is 6/13. **All interested teams are encouraged to attend an organizational meeting on Tuesday, 5/24 at 5:00 pm at the BPRD office. Team registration only.**

Fee: \$139 / team

Program: 203445

Registration deadline: 6/1
or until full

M - W: Game times
at 6:00 and 7:00 pm

Season: 6/13 - 8/10

Martial Arts

Women's Kickboxing

Ages: 16 & up

Smith Martial Arts

Kick and punch your way into tip-top shape with this fun and energetic class. Features mitt/bag drills, bodyweight exercises, resistance training, kickboxing technique and self-defense. Beginners welcome. Includes t-shirt.

Fee: \$90 ID \$108 OD / session

Program: 202305

Tu/Th: 5:30 - 6:15 pm

Sessions: 5/17 - 6/9 7/12 - 8/4
7/28 - 8/30

Self Defense

Ages: 16 & up

Smith Martial Arts

You will learn how to get away in three moves or less and also learn how spontaneity in training is essential so that your body and mind train themselves to react automatically. Simple targets that you can remember under pressure and so much more.

Fee: \$25 ID \$30 OD / session

Program: 202306

F: 5:30 - 6:30 pm

Sessions: 6/17, 8/5

Get in the game at The Pavilion!

Pick-up sports and drop-in activities listed on pages 19 - 21.

Online schedules available at
www.bendparksandrec.org



Pickleball

Introduction to Pickleball

All Adults

Pine Nursery Park

In these sessions designed for the beginning pickleball player, you'll learn rules, scoring and basic court positioning. After one session, you'll be ready to participate in organized play. Equipment available to borrow; wear non-marking court shoes. If a class is full, sign up on the waiting list.

Fee: \$12 ID \$14 OD / session

Program: 203575

Tu: 6:30 - 8:00 pm

Sessions: Any Tuesday, 6/7 - 9/27

Advanced Beginner Pickleball

All Adults

Pine Nursery Park

The next step for beginners! Perfect your basic stroke techniques, strategies and proper court positioning.

Fee: \$12 ID \$14 OD / session

Program: 203576

W: 6:30 - 8:00 pm

Sessions: Any Wednesday,
6/8 - 9/28

Pickleball Courts & Organized Play

For information on courts and organized play opportunities, go to www.bendparksandrec.org/Parks__Trails/Park_Features/Pickleball/.

Pickleball Intermediate Drill & Play

All Adults

Pine Nursery Park

Consisting of fast-moving, strategy-based drills that will improve your technique, shot selection and court positioning, this clinic will help get you to the next level and add to your skills.

Fee: \$12 ID \$14 OD / session

Program: 203573

Sa: 2:30 - 4:00 pm

Sessions: 5/28, 6/25, 7/30,
8/27, 9/24

Pickleball Advanced Drill & Play

All Adults

Pine Nursery Park

The most advanced, fast-paced drill session available! Instructors play in fast-moving, strategy-based drills that will improve your shot technique, reaction time, shot selection and court positioning. Perfect your skills with other advanced players while you work on all aspects of your game.

Fee: \$12 ID \$14 OD / session

Program: 203574

Sa: 4:00 - 5:30 pm

Sessions: 5/28, 6/25, 7/30,
8/27, 9/24



Tennis

Adult Tennis Lessons I

All Adults

Bend High School

Players will learn the rules, basic playing skills and court positioning. The sessions are action-oriented and include a lot of fun!

Fee: \$60 ID \$72 OD / session

Program: 203571

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

Sessions: 6/7 - 30 7/12 - 8/4
8/9 - 9/1



13TH ANNUAL
BEND PARK & RECREATION FOUNDATION

Gopher Broke

SCRAMBLE

SUPPORTING RECREATION SCHOLARSHIPS
FOR CHILDREN & FAMILIES

FRIDAY
SEPT. 30, 2016

12:30 PM
SHOTGUN START
BEND GOLF & COUNTRY CLUB

Register now. Tournament fills fast!

Teams of 4 and individuals welcome.
\$150 player fee includes:
18 fabulous holes of golf with cart • Great food & beverage on the course • Outstanding prizes & awards.

Registration form available online at
www.bendparksandrec.org/info/foundation
or call 541-706-6127.

THANKS TO:







Softball

Adult Fall Softball League

All Adults

Skyline Park Sports Complex

Get your team together! Teams play a seven-game schedule including a single elimination tournament at season's end. Tentative start date is August 15th and continues until mid-October. Teams play one or two games per week. Space is limited; first-come, first-served.

Fee: \$420 /team

Program: 203447

Registration deadline: 7/29
or until full

M: Women's

Tu - Th: Men's

Season: 8/15 - 10/18



Adult Tennis Lessons II

All Adults

Bend High School

Sessions focus on continued skill development coupled with actual match experiences. Players review basic shot-making techniques, undertake more advanced drills, learn and practice doubles and play matches.

Fee: \$60 ID \$72 OD / session

Program: 203572

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

Sessions: 6/7 - 30 7/12 - 8/4
8/9 - 9/1

Adapted Sports

Wheelchair Sports

Ages: 16 & up

The Pavilion

If you have limited mobility or use a wheelchair for mobility and are looking for another recreation outlet, come play wheelchair sports such as basketball, rugby and more. You will learn rules, basic playing skills, wheelchair mobility and have plenty of time for practice. Sports wheelchairs are provided. .

Fee: \$3 drop-in fee per night

Program: 204500

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

Sessions: 6/27 - 8/24



Volleyball

Adult NEW Volleyball League

All Adults

The Pavilion

Come enjoy The Pavilion all decked out for summer! Play 6 vs 6 or 4 vs 4 on a beautiful covered, outdoor court. This is a reverse coed, self-officiated league. Multiple divisions will be created based on skill level indicated at registration. Team standings will be kept; prizes awarded to league champs. Team sign-up only.

Fee: \$315 / team

Program: 210185

COED 4's

Tu: 6:30 - 10:00 pm

Season: 6/21 - 8/9

COED 6's

Th: 6:30 - 10:00 pm

Season: 6/23 - 8/11

Don't have a team?

No worries! Drop-in volleyball will be offered on Tuesday evenings at the same time as league play.

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6121.



With Inclusion, Everybody Benefits!

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

want an assessment team to contact you about disability accommodations." Someone from the Therapeutic Recreation Department will contact you to discuss what we can do to make your experience a success!

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

Youth Therapeutic Recreation

Seekers Day Camp

Ages: 5 - 12

Harmon Park

Join us for a week full of adventures as we have fun at the lakes, go bowling, play games, do crafts, visit local parks and playgrounds and enjoy some warm summer days together.

Fee: \$185 ID \$222 OD / session

Program: 204878

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

Session: 7/5 - 8



Kids Adventure Days

Ages: 6 - 13

Harmon Park

Kids, save the cartoons for later, and come join us for exciting activities in and around Bend. Activities may include swimming, arts and crafts, games, visiting local lakes, cycling with adapted bikes or a visit to a farm.

Fee: \$40 ID \$48 OD / session

Program: 204555

Sa: 10:00 am - 3:00 pm

Sessions: 7/23, 8/13

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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

Payment Assistance

1) The "Fun with Friends" Plan:

This plan has been developed exclusively for Therapeutic Recreation participants. For those who want to participate in several programs, the cost of paying for them all at once can be overwhelming. To make it easier, we allow you to secure your spot on the roster while paying a fixed rate every month. To qualify you must:

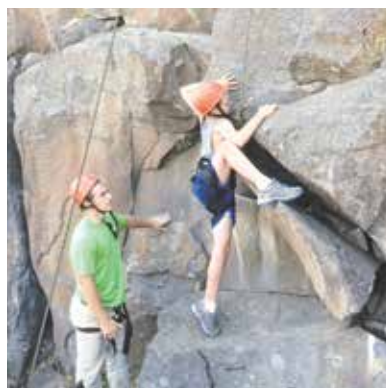
- Sign up for **at least** four different program sessions.
- Take the total fee and divide by five months. Pay that fee by the 5th of each month.
- If you do not pay the monthly fee, you will forfeit your spot in the program and it will be given to someone on the wait list.
- You must write "Attention Cheryl" on registration and all pay plan checks.
- If you need assistance or have any questions, please call Cheryl at (541) 706-6121.

2) Third Party Payees: We accept payment from the following third party payees:

- Deschutes County Mental Health
- Central Oregon Resources for Independent Living
- Bend-La Pine Schools

If a third party is paying for your programs, your registration must be accompanied by a letter from the third party payee stating the amount that is authorized to be billed.

3) Needs Based Assistance: Needs based assistance is available to cover a percentage of program fees for those who qualify. See page 18 for details.



Extended Adventures

Ages: 13 - 21

Harmon Park

Join us for exciting summer adventures as we take excursions around central Oregon. Activities will include rafting, rock climbing, games, hiking, swimming and other community outings. Participants must be able to hike one mile unassisted, walk over uneven terrain and roll front to back while floating with life jacket.

Fee: \$200 ID \$240 OD / session

Program: 204133

M: 9:00 am - 4:00 pm

Session: 7/11 - 8/1

Excel

Ages: 14 - 21

Westside Village Magnet School

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

Fee: \$200 ID \$240 OD / session

Program: 204150

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

Session: 7/12 - 8/4

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

Session: 7/13 - 8/5

Come for the morning to
THE PAVILION WITH THE PAC
only \$12 from 7:30 to 11:30 am

G.R.O. - Growth Through Recreation Opportunities

Ages: 6 - 13

Westside Village Magnet School

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

Fee: \$200 ID \$240 OD / session

Program: 204180

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

Session: 7/12 - 8/4

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

Session: 7/13 - 8/5

Come for the morning to
THE PAVILION WITH THE PAC
only \$12 from 7:30 to 11:30 am

Camp G.R.O.

Ages: 6 - 12

Harmon Park

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

Fee: \$200 ID \$240 OD / session

Program: 204185

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

Sessions: 8/8 - 12 8/15 - 19

Camp Excel

Ages: 14 - 21

Harmon Park

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

Fee: \$185 ID \$222 OD / session

Program: 204186

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

Sessions: 8/22 - 25

Adult Therapeutic Recreation

That Famous Mouse & Friends Decor & Art Projects NEW

Ages: 14 & up

Norton Avenue Apartments

Who doesn't have a favorite Disney character or movie? With that as your inspiration, make art projects to decorate your room, wear or give as a gift.

Fee: \$50 ID \$60 OD / session

Program: 204707

W: 6:30 - 8:00 pm

Session: 6/1 - 22



Creative Fridays

Ages: 14 & up

Bend Senior Center

Make your Fridays even more fabulous! Learn how to create a variety art projects while enjoying time with friends.

Fee: \$47 ID \$56 OD / session

Program: 204170

F: 4:30 - 6:00 pm

Session: 6/10, 7/15, 8/12



Sisters Rodeo

Ages: 16 & up

Norton Avenue Apartments

Grab your boots and cowboy hats and head to the Sisters Rodeo! Join us for an afternoon full of watching bull riding, steer wrestling and great fun!

Fee: \$26 ID \$31 OD / session

Program: 204220

Sa: 11:30 am - 4:30 pm

Session: 6/11

Saturday Club

Ages: 16 & up

Norton Avenue Apartments

Join your pals for Saturday Club as you explore Central Oregon. Take advantage of our incredible summer weather by cooling off in local lakes and rivers, enjoying local hiking trails and delighting in community events. Saturday Club 1 is for the less active participant.

Fee: \$100 ID \$120 OD / session

Program: 204270

Sa: 9:00 am - 4:00 pm

Sessions: 6/18 & 7/9 Club I

6/25 & 7/16 Club II

Game Nights

Ages: 16 & up

Norton Avenue Apartments

Join us for an evening of games, snacks, and friendly competition. We will play a few old favorites as well as learn a couple of new games to enjoy with your friends.

Fee: \$30 ID \$36 OD / session

Program: 204099

F: 6:00 - 8:00 pm

Session: 6/24, 7/22, 8/5

Scrapbooking

Ages: 14 & up

Twin Knoll Transition Co-Op

Do you have a lot of pictures of friends and vacations? Bring your pictures to make a scrapbook to keep or give as a gift. We will also be venturing out to take pictures around town; bring your camera with SD card or use the pictures staff have taken during outings.

Fee: \$50 ID \$60 OD / session

Program: 204990

W: 5:30 - 7:30 pm

Session: 7/6 - 27

Bend Elks Baseball Game

Ages: 16 & up

Norton Avenue Apartments

Join us for an evening of Bend Elks baseball. Come cheer for our local baseball team as they take on the Medford Rouges!

Fee: \$16 ID \$19 OD / session

Program: 204221

Tu: 6:00 - 9:30 pm

Session: 8/2

Munch & Music

Ages: 16 & up

Norton Avenue Apartments

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

Fee: \$25 ID \$30 OD / session

Program: 204222

Th: 6:00 - 9:00 pm

Session: 8/11



Swingin' Summer Dance

Ages: 16 & up

Hollinshead Barn

Swing into summer with our annual summer dance! The festivities will begin with a scrumptious barbeque and continue into the night with dancing to some rockin' tunes!

Fee: \$25 ID \$30 OD / session

Program: 204422

F: 6:00 - 9:00 pm

Session: 8/19

Cooking

South of the Border Cooking

NEW

Ages: 14 & up

Twin Knoll Transition Co-Op

Join your friends to cook food popular in Central and South America.

Fee: \$80 ID \$95 OD / session

Program: 204506

W: 4:30 - 6:30 pm

Session: 6/1 - 22

NEW

Adult Therapeutic Recreation SUMMER REGISTRATION BY SURVEY

In an effort to make the registration process accessible to everyone, BPRD-TR used a survey to increase the likelihood that many of you would be selected to enroll in several of your top choices for summer programs. The survey closed on March 31st.

If you would like to register for classes now through May 15th, please contact Cheryl Kelley at (541) 706-6121 or Cheryl@bendparksandrec.org.

After May 15th, any unfilled and added classes will be open for anyone to register. Should you ever have any questions, please contact Cheryl Kelley at (541) 706-6121 or Cheryl@bendparksandrec.org.



Outdoors

Hiking Central Oregon

Ages: 14 & up

Norton Avenue Apartments

Join your friends hiking throughout Central Oregon! Visit a beautiful new spot each week. Appropriate hiking shoes and clothing required. Bring a snack, water bottle and day pack.

Fee: \$65 ID \$78 OD / session

Program: 204001

Tu: 5:30 - 8:30 pm

Session: 7/5 - 26

Day on the Deschutes

Ages: 16 & up

Norton Avenue Apartments

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

Fee: \$60 ID \$72 OD / session

Program: 204051

Sa: 9:00 am - 4:00 pm

Session: 7/30

McKenzie Mayhem

Ages: 16 & up

Norton Avenue Apartments

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

Fee: \$75 ID \$90 OD / session

Program: 204052

Sa: 8:00 am - 5:00 pm

Session: 8/6

River Float

Ages: 16 & up

Norton Avenue Apartments

Drift down the Deschutes River though town! Grab your float, sunscreen and water bottle and let's go! (Float provided if needed.)

Fee: \$25 ID \$30 OD / session

Program: 204333

Tu: 4:30 - 7:00 pm

Session: 8/9

Summer Campout

Ages: 18 & up

Norton Avenue Apartments

We are off to adventure in Silver Falls State Park so pack your sleeping bag, hiking shoes, swimsuit and sunscreen for the annual campout! Days will be spent swimming, hiking and playing along the river. Evenings will be spent telling stories around the campfire, playing games and roasting marshmallows. This trip is a very active campout. We will be hiking 2-3 miles for each hike along the waterfall trails.

Fee: \$250 ID \$300 OD / session

Program: 204272

F - Su: 2:00 pm - 12:00 pm

Session: 8/26 - 28



Oregon Coast Trip

Ages: 18 & up

Norton Avenue Apartments

For this year's annual beach trip we will be headed to Newport. You'll get to spend two nights in yurts camping, eat delicious seafood, play at the beach, hike the trails and do a little shopping at the local shops. What a fun weekend getaway!

Fee: \$325 ID \$375 OD / session

Program: 204511

F - Su: 10:00 am - 4:00 pm

Session: 9/23 - 25

Fitness

Get Fit

Ages: 14 & up

Norton Avenue Apartments

Be challenged to reach your personal fitness goals and to live a healthier lifestyle. We'll use a variety of training methods to increase your strength, flexibility and endurance including swimming, circuit training and weightlifting.

Fee: \$70 ID \$84 OD / session

Program: 204111

Tu / Th: 6:15 - 8:00 pm

Session: 5/31 - 6/23

Zumba

Ages: 14 & up

Bend Senior Center

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

Fee: \$42 ID \$50 OD / session

Program: 204191

Tu: 4:30 - 5:45 pm

Session: 5/31 - 6/21

Aqua Zumba

Ages: 14 & up

Juniper Swim & Fitness Center

If you like Zumba and you enjoy the water, then Aqua Zumba is for you! An exciting and easy way to work out by yourself or with some friends on a summer evening!

Fee: \$50 ID \$60 OD / session

Program: 204192

Th: 4:45 - 6:00 pm

Session: 7/7 - 8/4

Adapted Sports

Wheelchair Sports

Ages: 14 & up

The Pavilion

If you have limited mobility or use a wheelchair for mobility and are looking for another recreation outlet, come play wheelchair sports such as basketball, rugby and more. Learn rules, basic playing skills, wheelchair mobility and have plenty of time for practice. Sports wheelchairs provided.

Fee: \$6 drop-in fee per night

Program: 204500

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

Sessions: 6/27 - 8/24

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6121.



FREE!
PLAYFUL
PETS
.....
JUNE 18
.....
SEE BELOW

it's play time

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.

Nature

Puddle Stompers

FREE

Ages: 3 - 5 and family
First Saturdays, Now - June
11:00 - 11:45 am

Rain or shine, join us as we stroll through parks and explore nature up-close. Be a part of little adventures while we look for birds and bugs to stimulate your child's sense of wonder.

Date:	Location:
5/7	Sawyer Park
6/4	Pine Nursery Park

Playful Pets **FREE**

All ages

Saturday, June 18
10:00 am - 12:30 pm
Ponderosa Park,
Picnic Shelter/Pavilion

Do you want to hold a guinea pig, pet a chicken or feed a rabbit? Whether you are interested in 4-H or want to learn more about small animals stop by and learn from experts. This hands-on experience will open your eyes to the joys of owning a small animal and the opportunities it brings.

Arts & Crafts

Little Kids Pottery Camp

Ages: 4 - 6

BLSD Education
Building, Room 230

Get creative with John Kinder to get your little one started early with clay! Fantasy sculptures, super heroes and slab built castles are just a few fun projects. Every young artist gets to make a few pots on the pottery wheel. You can chose which projects will be painted/glazed and fired then ready for pick up. Bring healthy snacks for breaks.

Fee:	\$85 ID \$102 OD / session
Program:	206120
M - Th:	1:00 - 3:00 pm
Sessions:	6/20 - 23 7/25 - 28
	8/8 - 11

Preschool

Summer Buddies

Includes daily swimming!

Ages: 3 - 5

Juniper Swim & Fitness Center

Children will enjoy afternoons swimming, making crafts, playing outdoor games and much more. No prior swimming experience required. Children must be potty trained.

Fee: \$76 ID \$90 OD / session

Program: 205600

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

or

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

Sessions: 6/27 - 7/14

(no program 7/4; fee \$63 ID \$75 OD)

7/18 - 8/4

8/8 - 25



Busy Buddies Preschool

Includes weekly swim lessons and yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee:

2 days/week: \$150 ID \$180 OD

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

Registration Fee: \$20 non-refundable registration fee is due at the time of enrollment.

Registration begins May 23rd.

Program: 205601

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

or

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

Dates: Sept. 12 - June 14



Dance

Born to Dance

Ages: 2 - 4

Academie De Ballet Classique

You're never too young to dance! This class will help develop motor and coordination skills as well as rhythm through the use of props and imaginative movement. Great for future creative activity, emotional development and promotes group interaction.

Fee: \$48 ID \$58 OD / session

Program: 206005

Tu/Th: 5:30 - 6:10 pm

Sessions: 6/21 - 7/7 7/12 - 28

Th: 10:00 - 10:40 am

Session: 6/23 - 7/28

ABC Summer Dance Camp

NEW

Ages: 4 - 7

Academie De Ballet Classique

Featuring high energy themes, sessions are filled with crafts, dance games, free movement, ballet and rhythm dances. We'll create our own story dance from students' ideas complete with a mini performance for friends and parents. Bring a healthy snack.

Fee: \$60 ID \$72 OD / session

Program: 206002

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

Session: 6/20 - 22

Tu - Th: 9:30 am - 12:00 pm

Session: 7/5 - 7

More programs for little guys and gals at:

Fitness, pages 28 -31

Swimming, pages 28 - 31

Sports, pages 90 - 106



Little Swans Ballet

Ages: 4 - 7

Academie De Ballet Classique

A delightful start to ballet! Together, we'll develop fundamentals of classical dance and creative movement in a lively environment. Based on the Russian method with an individual approach to promote an understanding of music, increased flexibility, swan arms and improved coordination. Includes turns and encourages group interaction by working with partners. Dancers use props such as ribbons, scarves and tambourines to enrich their experience.

Fee: \$54 ID \$65 OD / session

Program: 206003

M/W: 5:30 - 6:15 pm

Sessions: 6/20 - 29 (Fee: \$45 ID \$54 OD)
7/11 - 27

Th: 10:30 - 11:15 am

Session: 6/23 - 7/28



Martial Arts

Lil Dragons

Ages: 3 - 5

Odyssey Martial Arts

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

Fee: \$59 ID \$71 OD / session

Program: 206500

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

Sessions: 6/6 - 29 7/11 - 8/3

8/8 - 31

9/7 - 28 (Fee: \$52 OD \$63 OD)

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

Sessions: 6/7 - 30 7/12 - 8/4

8/9 - 9/1 9/6 - 29

Learning Workshops

Little Medical School NEW

Ages: 3 - 5

Harmon Park, Hobby Hut

Little Medical School brings medicine, science and the importance of health to children in a fun way. Age appropriate hands-on activities, crafts and games will inspire children to create healthy lifestyles and explore the world of medicine. There's even a graduation ceremony during the last class!

Fee: \$50 ID \$60 OD / session

Program: 206241

W: 10:00 - 10:45 am

Sessions: 7/6 - 27 8/10 - 31

Read Ahead!

Entering Grades: PreK - 1

Sylvan Learning Center

A jumpstart to basic literacy skills: students learn early phonemic awareness and beginning reading skills in a fun and interactive way!

Fee: \$199 ID \$239 OD / session

Program: 206553

M - F: 1:00 - 3:00 pm

Session: 8/1 - 5



Kindermusik

Sing & Play: Rain or Shine

Ages: 1 - 2 with parent

Cascade School of Music

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

Fee: \$75 ID \$90 OD / session

Program: 206161

W: 9:00 - 9:45 am

Sessions: 6/8 - 29 7/6 - 27

Wiggle & Grow: Beach Days

Ages: 1 - 4 with parent

Cascade School of Music

Children love the beach! We will bring the beach indoors as we sing, move and play while learning about the outdoors, nature and all kinds of interesting and unique coastal creatures. So put on your beach clothes and join us for an ocean adventure! Materials included.

Fee: \$75 ID \$90 OD / session

Program: 206160

W: 10:30 - 11:15 am

Sessions: 6/8 - 29 7/6 - 27

Splash into Music

Ages: 3 - 4

Cascade School of Music

This class is filled with fun and water as we sing about penguins, whales, bath time and pirates! With lots of pretend play, dancing, instruments and stories, your child will go on a wonderful water adventure this summer that is filled with learning and giggles! Materials included.

Fee: \$75 ID \$90 OD / session

Program: 206164

Th: 9:30 - 10:15 am

Session: 7/7 - 28

Musical Summer

Ages: 4 - 6

Cascade School of Music

It's a musical summer! Your child will learn, sing and dance to different styles of music from classical to folk. They will learn to play melodies on their own flutophone (it's similar to a recorder), begin to read music, play percussion instruments, dance, sing and express themselves musically. Materials included.

Fee: \$75 ID \$90 OD / session

Program: 206166

Th: 10:30 - 11:15 am

Session: 7/7 - 28

Little Singers!

Ages: 5 - 8

Cascade School of Music

This is a beginning singing class for children who love to sing. We will incorporate vocal exercises and solfège techniques with movement to engage their whole body while singing fun and silly songs that every child should know.

Fee: \$80 ID \$96 OD / session

Program: 206356

Tu: 9:30 - 10:30 am

Session: 6/21 - 7/26





kiddin' around



Presented by the
Children's Forest of
Central Oregon Partners

Discover FREE Nature Days

Thursdays,
July 14 - August 18
11:00 am - 12 noon
Ages: 5 - 10

Bring your family to a
different park each week for
an interactive experience
and learn, play and have fun
in nature!

JULY 14: PONDEROSA PARK

"What's all the BUZZ About?" presented by Discover Your Forest. Meet and Greet the local buzzing, burrowing, and creeping bugs of our forests through science activities, stories, and games.

JULY 21: HOLLYGRAPE PARK

Birds of Prey presented by High Desert Museum. Experience an up-close encounter with a raptor, learn about its amazing adaptations, and play a game about bird migration.

JULY 28: SAWYER PARK

Amphibious Adventure! presented by Sunriver Nature Center. Jump into the wet and wild world of your favorite amphibian! We'll explore the life of frogs and their relationship with wetland ecosystems.

AUGUST 4: HOLLINSHEAD PARK

The Invisible Tracker presented by Wildheart Nature School. Learn how to walk like an invisible fox, the science of bird language, and the art of being undetected while tracking in nature!

AUGUST 11: SHEVLIN PARK

Watery Wonders presented by Upper Deschutes Watershed Council. Explore the watery wonders of Tumalo Creek, collect and identify stream critters, and learn about what makes a healthy stream.

AUGUST 18: SUN MEADOW PARK

Predators and Prey with The Environmental Center. Have fun learning about the diverse animals that call Central Oregon home through exciting games and interactive science activities!

Learn more about Discover Nature Days happening throughout Central Oregon at childrensforestco.org/discover-nature-days.

Free Awesomeness!

Playful Pets FREE

All ages

Saturday, June 18 • 10:00 am - 12:30 pm
Ponderosa Park, Picnic Shelter/Pavilion

Do you want to hold a guinea pig, pet a chicken or feed a rabbit? Whether you are interested in 4-H or want to learn more about small animals stop by and learn from experts. This hands-on experience will open your eyes to the joys of owning a small animal and the opportunities it brings.

Art in the Parks FREE

Ages: 5 - 12

Join the Art Station and local artists to learn about the natural colors, textures and patterns that occur in our environment. You'll be inspired by nature's beauty and other artists to create a masterpiece. Every child under the age of 8 must be accompanied by an adult.

Tu:	10:30 - 11:30 am
7/12	Larkspur Park
7/19	Orchard Park
7/26	Sun Meadow Park
8/2	Harmon Park
8/9	Al Moody Park



LOCATED
AT A
PARK NEAR
YOU!

CRAFTS
GAMES
SPORTS
PLAY



BEND PARK & RECREATION
FOUNDATION

Days OF Play

FREE

Crafts • Games • Sports • Play

Ages: 4 - 10

Orchard Park

Mondays
1:00 - 3:30 pm
6/27 - 8/15
(No program 7/4)

Pilot Butte Park

Tuesdays
9:30 - 12:00 pm
6/28 - 8/16

Harmon Park

Tuesdays/Thursdays
1:00 - 3:30 pm
6/28 - 8/18

Larkspur Park

Wednesdays
1:00 - 3:30 pm
6/29 - 8/17

Sun Meadow Park

Thursdays
9:30 - 12:00 pm
6/30 - 8/18

Al Moody Park

Fridays
1:00 - 3:30 pm
7/1 - 8/19

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

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

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

BROUGHT TO YOU BY:

BEND PARK & RECREATION FOUNDATION

For Kids' Sake

Bend Park & Recreation District and Bend La Pine Public Schools work cooperatively so that kids have convenient locations for Bend-La Pine's summer lunch program.

SCHOOL SUMMER LUNCH SITES

Weekdays: June 20 - August 26

(no program 7/4)

Elk Meadow
Elementary
11:15 am - 12:15 pm

Pilot Butte
Neighborhood Park
11:15 am - 12:15 pm

Ensworth Elementary
(across from Al Moody Park)
11:15 am - 12:15 pm

Sun Meadow Park
11:45 am - 12:45 pm

Harmon Park
12:00 - 1:00 pm

Boys & Girls Club -
Downtown
11:45 am - 12:45 pm

Larkspur Park
11:30 am - 12:30 pm

Boys & Girls Club -
St Francis
11:45 am - 12:45 pm

Orchard Park
11:30 am - 12:30 pm



Dates & Times subject to change.

USDA & Bend-La Pine Schools are equal opportunity providers & employers

SUMMER DAY CAMP: ENTERING GRADES 1 - 3

BEND PARK & RECREATION DISTRICT'S

OPERATION RECREATION

Where having fun is an order.



Entering Grades: 1 - 3

Pine Ridge Elementary School

Operation Recreation offers exciting weekly themes that include enrichment, group activities and amazing daily field trips. Children enjoy a complete recreation experience while making new friends and lasting memories.

NOTE: New this summer, 3rd and 4th graders are invited to participate in The PAC at The Pavilion. See the next page.

Fee: \$200 ID \$240 OD / week session

Program: 201401

M - F: 7:00 am - 6:00 pm

Weekly: 6/23 - 8/19 (no program 7/4)

WEEKLY THEMES

Ignite Your Summer

Week 1: 6/23 & 24

Fee: \$80 ID \$96 OD / week

It's time to blast off into summer fun! Games and new adventures await you these first few days of camp.

American Road Trip

Week 2: 6/27 - 7/1

Travel across our great nation! Celebrate the stars and stripes of our many amazing and wonderful states.

Week of Mystery

Week 3: 7/5 - 7/8

Fee: \$160 ID \$192 OD / week; No program 7/4

You'll never know what's coming during this wacky week. Become a super hero, experiment with some surprise slime...oops, we've already told you too much.

Butterflies & Beyond

Week 4: 7/11 - 15

Bug out to the activities this week! We will unearth incredible insects, creepy crawlers and things with wings.

Medieval Mischief

Week 5: 7/18 - 22

Experience a day in the knight! Take a trip back in time while we explore castle, dragons, kings and all royal things.

Ocean Commotion

Week 6: 7/25 - 29

Catch a wave and find hidden treasures while discovering all the wonders of the sea. Water you waiting for?

Up in the Air

Week 7: 8/1 - 5

Soar high with roaring rockets, colorful kites and things that fly. If it defies gravity, we'll explore it!

Under Construction

Week 8: 8/8 - 12

Welcome to our creation station! Let's develop our imaginations while we craft and build with a variety of materials.

Final Countdown

Week 9: 8/15 - 19

Time to live it up! Let's celebrate our last days of summer with water activities and some all-day field trips.

THE PAC: ENTERING GRADES 3 - 8

The Pavilion

During the summer, the PAC takes over The Pavilion - Bend's newest and most exciting recreation center!

Each day is different as you get to choose what you want to do! There are always awesome choices whether you want to "play hard or chill out."

We're talking sports, water play, floating the river, cool art projects, outdoor adventures, your favorite games and just hanging out with friends, both old and new. PAC participants will even get to create activities and special events!

So that everyone has an awesome time at The Pavilion, PAC staff are big kids at heart who also know the importance that positive choices and safety play into having a good time.

M - F: 6/20 - 9/2 (no program 7/4)

Full-day: 7:30 am - 5:30 pm

Half-day: 12:30 - 5:30 pm

AGES 8 - 10

At The PAC, you decide how to spend your day! Choose between your favorite activities like group games and cool art projects, as well as opportunities to try new things and plan off-site adventures. We'll also have designated areas and lockers just for you including time on the skatepark features and rock wall! Rock on!

AGES 11 - 14

Banish boring - Don't just hang out at home, join the PAC! Come spend your day with friends and fill your days with your favorite activities! You'll also get a chance to plan your own off-site special adventures. Bonus! Those over the age of 12 are able to check themselves in and out of The PAC (with parent pre-approval) and go off-site as needed.



NEW

CHOOSE FROM THESE ACTIVITIES & MORE:

SKATE FEATURES

Open skate with skatepark ramps and more. Skateboards, scooters and BMX bikes welcome.

TOURNAMENTS

Badminton
Volleyball
Basketball
Ping pong
Card games
(Golf, Slap Jack, Crazy 8's, War)
Rochambeau

GUEST SPEAKERS

Skate gurus
Athletes
Musical groups
Artists
Cars, technology and other hobbyist groups

COURT SPORTS

Basketball
Volleyball
Badminton
Pickleball
Dodgeball
Matt ball
Sprout ball
Tag games
Floor hockey
Futsal

ROCK CLIMBING WALL

CONTESTS & GAMES

Lego & building
Water play
Cornhole
Ladder ball
Bocce ball
Croquet
SNAG Golf

FIELD TRIPS

Floating the river
Columbia Park
Riverbend Park
Farewell Bend Park
South Canyon trail
Harmon Park
Phil's Trail
Skyline Park & Sports Complex
Drake Park

ART

Nature-inspired art
Phone photography
Beading
Drawing
Paper crafts
Recycled art, upcycling
Chalk art

PAC PASSES:

To accommodate a wide range of families needs, The PAC offers a variety of pass and drop-in fees. Need last minute care for your child? Drop in at The PAC and pay the daily rate. No pre-registration necessary!

NOTE: Special events offered at The PAC may feature an additional fee.

PASSES	Program	ON OR BEFORE MAY 17			AFTER MAY 17		
		In-District	Out-of-District		In-District	Out-of-District	
FULL SUMMER	210600	\$1380	\$1656	Up to 30% Discount	\$1665	\$1998	Up to 20% Discount
25-VISIT PASS	210600	\$680	\$816	Up to 25% Discount	\$820	\$984	Up to 15% Discount
10-VISIT PASS	210600	\$290	\$348	Up to 20% Discount	\$345	\$414	Up to 10% Discount
DAILY	210601				\$38	\$46	
HALF-DAY	210602				\$22	\$26	

PAVILION SUMMER PREVIEW

FREE

Sunday, May 1
12:00 - 3:00 pm

Come see what summer at The Pavilion is all about!



IT'S YOUR SUMMER TO PLAY YOUR WAY!



COME DROP-IN!

Want to come join in The PAC at the last minute? No problem! Kids can come at any time throughout the day. Perfect for locals and visitors alike, kids can drop in at The PAC and pay the daily or half-day rate. No pre-registration necessary!

"PAC OUT" & GET OUTSIDE!

YOUTH OUTDOORS + THE PAC:

Want to max out your outdoor adventures? Look for half-day outdoor programs on pages 86 - 87 to match up with a half-day of The PAC for only \$16 additional fee. Combine rock climbing, caving and so much more.

YOUTH THERAPEUTIC RECREATION + THE PAC:

Combine half-day Camp Excel and Camp G.R.O programs on page 60 and match up with afternoons of The PAC for only \$12 additional fee.



Endless Summer Camp

Entering Grades: 1 - 3
Hollinshead Barn

It's all fun, games and lots of cool crafts to wrap up a spectacular summer. After a morning field trip we'll head to Juniper Swim & Fitness Center or a local park to cool off with some afternoon water play. We return to the barn in the late afternoon for snacks and more fun. Bring a swimsuit, sunscreen, towel and lunch daily.

Fee: \$210 ID \$252 OD / session
Program: 206410

M - F: 7:00 am - 6:00 pm
Sessions: 8/22 - 26 8/29 - 9/2

Camp Invention

Entering Grades: 1 - 6
Miller Elementary

Camp Invention is where BIG ideas become the next BIG thing! Local educators lead a week of hands-on Science Technology Engineering and Math (STEM) activities. Students build solar powered crickets, design innovative eco adventures, and work as scientists, programmers and biologists through a series of fun filled interactive games and activities designed to awaken the inventor within!

Fee: \$265 ID \$315 OD / session
Program: 206416

M - F: 9:00 am - 3:30 pm
Session: 6/20 - 24

BPRD's Creative Magic

WITH DIANE BURNS

Into The Wild NEW

Entering Grades: 3 - 6

Cascade Middle School

Nature painting, building clay birdhouses, and learning to weave on a tree are just some of the wonderful things that we will create in this class.

Fee: \$55 ID \$66 OD / session
Program: 206193

M - Th: 9:00 - 10:30 am
Session: 6/20 - 23

Woodworking: Let's Make a Helicopter NEW

Entering Grades: 3 - 6

Cascade Middle School

Bring your hammer and we'll supply the nails. Join us for building and painting a toy helicopter that you will be sure to show off.

Fee: \$25 ID \$30 OD / session
Program: 206223

F: 9:00 am - 12:00 pm
Session: 7/8

Fun Fused Glass NEW

Entering Grades: 5 - 7

Cascade Middle School

You will design, grind, and glue glass together as we create a beautiful one-of-a-kind night light and key chain. Pick up your finished project at the District office one week after class.

Fee: \$50 ID \$60 OD / session
Program: 206190

Th: 9:00 - 11:30 am
Session: 6/30

Storybook Art NEW

Entering Grades: K - 4

Cascade Middle School

Create vibrant art projects inspired by Eric Carle, the wonderful author who brought us The Very Hungry Caterpillar and Brown Bear, Brown Bear. These fun and bright projects are sure to please.

Fee: \$25 ID \$30 OD / session
Program: 206192

Tu: 9:00 - 11:30 am
Session: 7/5

Oh, the Places Your Art Will Go! NEW

Entering Grades: K - 4

Cascade Middle School

Let's create fun art and celebrate our silly favorite books like "Green Eggs and Ham" and "One Fish, Two Fish, Red Fish, Blue Fish." This expressive class is inspired by the works of Dr. Suess and his illustration style.

Fee: \$25 ID \$30 OD / session
Program: 206194

W: 9:00 - 11:30 am
Session: 7/6

Volunteer with kids!

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



T-Shirt Factory

Entering Grades: 3 - 6

Cascade Middle School

Make unique t-shirts to wear this summer! Use screen printing techniques, batik, tie-dye and fabric paints to create fun and fashionable tees.

Fee: \$55 ID \$66 OD / session
Program: 206203

M - Th: 9:00 am - 10:30 pm
Session: 7/11 - 14

Art Inspired by that Famous Mouse & Friends NEW

Entering Grades: 2 - 5

Cascade Middle School

Put some fun into your summer as we are inspired by all the magical art of Disney each day. Round out your week with art projects such as t-shirts, fish prints and more featuring your favorite movies and characters.

Fee: \$55 ID \$66 OD / session
Program: 206195

M - Th: 11:00 am - 12:30 pm
Session: 6/20 - 23

Fun with Fused Beads NEW

Entering Grades: 2 - 5

Cascade Middle School

Expand your skills with Perler beads and create new designs inspired by Minecraft, super heroes and Star Wars characters. Take home your new jewelry, magnets, zipper pulls with your own book of patterns.

Fee: \$55 ID \$66 OD / session

Program: 206224

M - Th: 9:00 - 10:30 am

Session: 7/18 - 21

Pet Toys & Joys

Entering Grades: 2 - 5

Cascade Middle School

Make toys and special treats for your cat or dog. Take a treasure home for your special friend every day. Your pet will not want this class to end!

Fee: \$55 ID \$66 OD / session

Program: 206204

M - Th: 9:00 - 10:30 am

Session: 7/25 - 28

Sewing for Beginners NEW

Entering Grades: 3 - 6

Cascade Middle School

Get comfortable with simple sewing basics and learn how to make your very own pillow case. Projects are geared toward the beginner but all levels welcome. Supplies are included but you can bring a yard of your favorite print if you wish.

Fee: \$55 ID \$66 OD / session

Program: 206197

M - Th: 9:00 - 10:30 am

Session: 8/1 - 4



Colorful Canvases

Entering Grades: 3 - 6

Cascade Middle School

Create colorful paintings to decorate your room! Discover how to express yourself with paint, paper and canvas.

Fee: \$55 ID \$66 OD / session

Program: 206191

M - Th: 11:00 am - 12:30 pm

Session: 8/1 - 4

Crafty Kids

Entering Grades: 3 - 6

Cascade Middle School

You'll love the variety of art projects in this class. We'll sample felting, metal stamping, and tie-dyeing and pair them with favorites like painting, drawing, and crafting.

Fee: \$55 ID \$66 OD / session

Program: 206196

M - W: 9:00 - 10:30 am

Session: 8/15 - 17

Monster Mash NEW

Entering Grades: 2 - 5

Cascade Middle School

Whether soft, cuddly, silly or scary, who doesn't love to create a monster? We will sculpt, sew and paint all sorts of funny monsters that are sure to put a smile on your face.

Fee: \$55 ID \$66 OD / session

Program: 206199

M - Th: 9:00 - 10:30 am

Session: 8/8 - 11

Kids in the Kitchen NEW

Entering Grades: 2 - 5

Cascade Middle School

Learn to cook as you make a yummy lunch every day! We'll make easy foods to enjoy in class with a recipe book to take home so you can make great food for your family and friends. Come hungry! This summer's offerings have weekly themes so try one, or try them all. Geared towards the beginner but all interests welcome.

Fee: \$60 ID \$72 OD / session

Program: 206198

M - Th: 11:00 am - 12:30 pm

Sessions: Themes:

7/11 - 14 Tiny Tastes, Big Flavor!

7/18 - 21 Foods Around the World

7/25 - 28 M - Th: 9:00 - 10:30 am
Breakfast Brunch

8/8 - 11 Restaurant
Copycat Favorites

8/15 - 18 Holiday Memories

Cooking - Camp Out Style NEW

Entering Grades: 3 - 6

Pioneer Park

We will pretend we're at a real campout and explore the traditional activities and treats that summer camping offers. Make walking tacos, monkey bread and more. Yum!

Fee: \$55 ID \$66 OD / session

Program: 206231

Th: 9:00 am - 12:00 pm

Session: 7/7



Wanted! Teen Volunteers

Ages: 12 & up

BPRD has a summer jam packed with fun programs and we are looking for teen volunteers who want to join in to help us make it the best summer ever!

Here's some of the fun you can help with:

- Junior Lifeguard and Swim Instructor Aide programs
- Fit Kids, Kids Triathlon and Girls/Guys Get Fit
- Summer Buddies
- Cougar Camp
- Days of Play
- Day camp programs for children with disabilities
- Pottery, science, cooking, craft, theatre and adventure programs
- Bend Youth Track & Field Meet and July 4th Pet Parade & Old-Fashioned Festival

Find out more at www.bendparksandrec.org. Click on the Volunteer tab for information and sign up though the online registration for the opportunities that are right for you.

It might just be your best summer too!

Arts & Crafts

Scenic Nature Art NEW

Entering Grades: 3 - 6

Observe the naturally beautiful scenery in our local parks and learn the techniques to bring those images to life in your art. We will use paints, pastels and other mixed mediums to create our nature art.

Fee: \$18 ID \$22 OD / session

Program: 206219

F: 9:00 - 11:00 am

Sessions: 7/1 Riverbend Park
7/22 Shevlin Park
8/5 Sawyer Park
8/19 Harmon Park

Knitting

Entering Grades: 3 - 6

Highland Elementary, basement of gym

Knitting hands are happy hands as you work with soft and colorful yarns! We will make our own set of knitting needles and learn how to knit fun summer toys and accessories. All materials provided.

Fee: \$55 ID \$66 OD / session

Program: 206220

M - Th: 9:00 - 10:30 am

Session: 8/15 - 18

Duct Tape Designs

Entering Grades: 3 - 6

Cascade Middle School, Foods Room

Impress your friends with your amazing duct tape skills. Using fun patterns and colors; create simple and sassy accessories that will catch everyone's eye.

Fee: \$55 ID \$66 OD / session

Program: 206222

Tu - F: 9:00 - 10:30 am

Session: 7/5 - 8



Girls' Sugar & Spice Spa

Entering Grades: 3 - 6

Highland Elementary, basement of gym

Start your morning with aromatherapy and some great stretching before learning how to make your own all-natural bath and beauty products that you will take home. You'll sew your own eye pillows, practice applying face masks, paint nails and learn a few new hair styles, too!

Fee: \$55 ID \$66 OD / session

Program: 206230

M - Th: 9:00 - 10:30 am

Session: 8/8 - 11

Fashion Sketchbooks

Ages: 8 - 12

Highland Elementary, basement of gym

Draw your dream styles! Using fabric swatches, patterns and pretty trims, we will make cute cut-out paper clothes, and fill a sketchbook of your own designs.

Fee: \$55 ID \$66 OD / session

Program: 206218

M - Th: 9:00 - 10:30 am

Session: 7/11 - 14

Animal Spirit Summer NEW

Ages: 6 - 12

River Song School

Welcome to a summer version of River Song's Annual Animal Spirit Art Show! Children will choose an animal of importance, and learn about themselves through art and yoga, presenting their creations to family and friends at a ceremony and art show Saturday, 8/13.

Fee: \$100 ID \$120 OD / session

Program: 206012

Tu/Th: 3:30 - 5:30 pm

Session: 7/12 - 8/11

Watercolor Wonders NEW

Art Station

Learn watercolor techniques such as blotting, glazing and resisting. Experiment with adding oil pastels and collage to create unique artworks.

Fee: \$95 ID \$114 OD / session

Program: 206360

Ages: 6 - 8

M - Th: 1:00 - 4:00 pm

Session: 6/27 - 30

Ages: 9 - 12

M - Th: 9:00 am - 12:00 pm

Session: 6/27 - 30

Fantastical Papier Maché NEW

Ages: 6 - 8

Art Station

Let's take an adventure in 3-D! We'll get slimy and messy in this class using paper and paste to create a zany character or fantasy creature.

Fee: \$95 ID \$114 OD / session

Program: 206361

M - Th: 9:00 am - 12:00 pm

Session: 6/27 - 30

Charcoal & Graphite Drawing NEW

Art Station

Learn how to draw from observation using charcoal and graphite. Observe objects and draw with value rather than line. Discover shading and blending techniques to make realistic drawings.

Fee: \$75 ID \$90 OD / session

Program: 206362

Ages: 6 - 8

Tu - Th: 9:00 am - 12:00 pm

Session: 7/5 - 7

Ages: 9 - 12

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

Session: 7/5 - 7

Paper Mobiles & Sculptures NEW

Ages: 9 - 12

Art Station

Make many textured and brightly colored painted papers that you will turn into mobiles and sculptures. Explore cold connections with wire, tape, glue and more.

Fee: \$75 ID \$90 OD / session

Program: 206363

Tu - Th: 9:00 am - 12:00 pm

Session: 7/5 - 7

Out of this Universe

NEW

Art Station

Apply elements and principles of art as you paint, draw and sculpt the features and inhabitants of your universe.

Fee: \$95 ID \$114 OD / session

Program: 206365

Ages: 6 - 8

M - Th: 1:00 - 4:00 pm

Session: 7/11 - 14

Ages: 9 - 12

M - Th: 9:00 am - 12:00 pm

Session: 7/11 - 14

Horse Myths & Magic

NEW

Art Station

Admired by children, these galloping animals are magical! Create horses of clay, relief sculpture of horseshoes, unicorns created with mixed media and more.

Fee: \$95 ID \$114 OD / session

Program: 206366

Ages: 6 - 8

M - Th: 1:00 - 4:00 pm

Session: 8/29 - 9/1

Ages: 9 - 12

M - Th: 1:00 - 4:00 pm

Session: 7/11 - 14

Mixed Media Madness

NEW

Art Station

Imagine all the possibilities in this crazy, fun camp! You will paint a large, colorful work of art, sculpt with aluminum foil and plaster and draw and design plates to print.

Fee: \$95 ID \$114 OD / session

Program: 206367

Ages: 9 - 12

M - Th: 1:00 - 4:00 pm

Session: 7/18 - 21

Ages: 6 - 8

M - Th: 9:00 am - 12:00 pm

Session: 7/18 - 21



Sculpture

Ages: 6 - 8

Art Station

The sky's the limit in this wildly fun building camp! Working from your drawings, learn the fundamentals of form and shape using mixed media, wood, wire, found objects and recycled materials.

Fee: \$95 ID \$114 OD / session

Program: 206369

M - Th: 1:00 - 4:00 pm

Session: 7/18 - 21

Make it Giant & Glow

NEW

Art Station

Make it giant; make it glow! Learn to look closer and how to enlarge small subjects. Draw, decorate and embellish your visions.

Fee: \$95 ID \$114 OD / session

Program: 206370

Ages: 6 - 8

M - Th: 1:00 - 4:00 pm

Session: 7/25 - 28

Ages: 9 - 12

M - Th: 9:00 am - 12:00 pm

Session: 7/25 - 28

Explore Drawing Outside

NEW

Art Station

Drawing and sketching techniques will be introduced in pencil, colored pencil, charcoal, oil pastels and soft pastels. Projects will vary in medium, subject, size and style.

Fee: \$95 ID \$114 OD / session

Program: 206372

Ages: 9 - 12

M - Th: 1:00 - 4:00 pm

Session: 8/1 - 4

Ages: 6 - 8

M - Th: 9:00 am - 12:00 pm

Session: 8/1 - 4

Jewelry Designers

Ages: 9 - 12

Art Station

Become your own designer, where you can choose from different colors and textures to make one-of-a-kind pieces. Design necklaces, bracelets and earrings with beads and wire wrap techniques.

Fee: \$100 ID \$120 OD / session

Program: 206373

M - Th: 9:00 am - 12:00 pm

Session: 8/1 - 4

Piggy Banks & Treasure Boxes

NEW

Ages: 6 - 8

Art Station

Learn how to make a piggy bank and a treasure box to keep your favorite trinkets and valuables safe after this fun, creative class.

Fee: \$95 ID \$114 OD / session

Program: 206374

M - Th: 1:00 - 4:00 pm

Session: 8/1 - 4

Beatlemania

NEW

Art Station

Take a magical music and art journey in our yellow submarines through strawberry fields forever. Draw, paint and print your way through the Beatles anthology.

Fee: \$95 ID \$114 OD / session

Program: 206375

Ages: 9 - 12

M - Th: 9:00 am - 12:00 pm

Session: 8/8 - 11

Ages: 6 - 8

M - Th: 1:00 - 4:00 pm

Session: 8/8 - 11

Painter's Palette

NEW

Art Station

Learn painting techniques in watercolor, tempera and acrylic paints. Still-life, portrait and landscape projects will be introduced in representation style.

Fee: \$95 ID \$114 OD / session

Program: 206377

Ages: 9 - 12

M - Th: 1:00 - 4:00 pm

Session: 8/15 - 18

Ages: 6 - 8

M - Th: 9:00 am - 12:00 pm

Session: 8/15 - 18



Comic Book Arts NEW

Art Station

Learn to draw comics, create characters and develop a story. Use pencil, pen and color to create a comic strip or panel.

Fee: \$95 ID \$114 OD / session

Program: 206380

Ages: 6 - 8

M - Th: 1:00 - 4:00 pm

Session: 8/22 - 25

Ages: 9 - 12

M - Th: 9:00 am - 12:00 pm

Session: 8/22 - 25

Papier Maché Figures NEW

Ages: 9 - 12

Art Station

Design fantastic papier maché figures and fashion them in 3-D. Learn how to paint them to make them life-like.

Fee: \$95 ID \$114 OD / session

Program: 206382

M - Th: 1:00 - 4:00 pm

Session: 8/22 - 25

Fashion Illustration NEW

Ages: 9 - 12

Art Station

Do you have a passion for art and a flair for fashion? Learn how to draw figures and develop a portfolio. Design and execute wearable objects using unconventional materials and repurposed clothing.

Fee: \$95 ID \$114 OD / session

Program: 206383

M - Th: 9:00 am - 12:00 pm

Session: 8/29 - 9/1

Drawing

Ages: 6 - 8

Art Station

Learn to draw what you see. Develop the basic skills including shading techniques, developing solid planes and more. Exercises enhance a personal approach to drawing. Bring a 9x12 inch sketch book.

Fee: \$95 ID \$114 OD / session

Program: 206384

M - Th: 1:00 - 4:00 pm

Session: 8/29 - 9/1

Pottery

Garden Clay NEW

Ages: 9 - 12

Art Station

Have fun playing in the "mud" as you create fun things for your garden. Bird feeders, flower pots, toad houses, troll bridges or wind chimes could be decorating your backyard at the end of this camp.

Fee: \$95 ID \$114 OD / session

Program: 206357

M - Th: 9:00 am - 12:00 pm

Session: 6/20 - 23

Clay Robots NEW

Art Station

Construct unique robots in clay. Bring your robots to life using extruded pieces to create arms, legs, tentacles and more.

Fee: \$95 ID \$114 OD / session

Program: 206359

Ages: 6 - 8

M - Th: 1:00 - 4:00 pm

Session: 6/20 - 23

Ages: 9 - 12

M - Th: 1:00 - 4:00 pm

Session: 6/27 - 30

Clay Pirate Bounty NEW

Ages: 6 - 8

Art Station

Create your own clay pirate bounty; coins, treasure chest, parrot, hook or skull and cross bones. Learn hand-building basics - coils, slabs, pinch pots and extruded shapes. Finish your creations using glazes.

Fee: \$75 ID \$90 OD / session

Program: 206364

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

Session: 7/5 - 7

Animal Hybrids NEW

Art Station

Challenge yourself to blend the bizarre, cute and ferocious. Make clay animals using hand-building techniques including slabs, coils, pinch pots and extruded tubes.

Fee: \$95 ID \$114 OD / session

Program: 206371

Ages: 9 - 12

M - Th: 1:00 - 4:00 pm

Session: 7/25 - 28

Ages: 6 - 8

M - Th: 9:00 am - 12:00 pm

Session: 7/11 - 14

Clay Zoo NEW

Art Station

Are you mad about mammals, birds, reptiles, insects and amphibians? Make clay zoo animals and habitats. Design and create a zoo environment for your clay artworks.

Fee: \$95 ID \$114 OD / session

Program: 206376

Ages: 9 - 12

M - Th: 1:00 - 4:00 pm

Session: 8/8 - 11

Ages: 6 - 8

M - Th: 9:00 am - 12:00 pm

Session: 8/8 - 11

Wheel Experience

Ages: 9 - 12

Art Station

Learn the fundamentals of throwing pottery on the wheel! Discover techniques and processes to make a mug and bowl. Explore glazing techniques and learn firing basics, where art and science meet.

Fee: \$95 ID \$114 OD / session

Program: 206378

M - Th: 9:00 am - 12:00 pm

Session: 8/15 - 18



Clay Boot Camp NEW

Ages: 9 - 12

Art Station

Discover a variety of techniques for working with clay including wheel throwing, coiling and hand-building. Explore glazing techniques and learn firing basics, where art and science meet.

Fee: \$95 ID \$114 OD / session

Program: 206385

M - Th: 9:00 am - 12:00 pm

Session: 8/29 - 9/1

FUNctional Clay

Ages: 6 - 8

Art Station

Create usable pottery with your own unique touch. Create mugs, bowls, toothbrush holders and so much more. Design, make and glaze objects to use in your home or give as gifts!

Fee: \$95 ID \$114 OD / session

Program: 206379

M - Th: 1:00 - 4:00 pm

Session: 8/15 - 18

Clay Creatures & Characters

Ages: 6 - 8

Art Station

Create clay creatures and characters to make your story come alive. Whether it's a fairytale hero, a giant octopus or the Loch Ness Monster, animals are central to some of the world's classic stories.

Fee: \$95 ID \$114 OD / session

Program: 206381

M - Th: 9:00 am - 12:00 pm

Session: 8/22 - 25



Volunteer with kids!

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



Kids' Pottery Camp

Ages: 6 - 8

BLSD Education Building, Room 230

Local artist John Kinder teaches pottery wheel projects and sculpture techniques for this class. Make pots you can eat and drink from. Build pots on the wheel or with the coils of clay or make a slab wall hanging inspired by nature and more. Students also get to select work to be glazed and fired. Bring healthy snack for break.

Fee: \$95 ID \$114 OD / session

Program: 206122

M - Th: 9:30 am - 12:00 pm

Sessions: 6/20 - 23 6/27 - 30 7/25 - 28

8/1 - 4 8/8 - 11

Big Kids' Pottery Camp

Ages: 9 - 12

BLSD Education Building, Room 230

Local artist John Kinder will guide these big kids' creativity into overdrive. Self-portrait sculpture and pottery wheel are just a few projects to explore. Free time to make projects will be included. Students will select some pieces to be glazed and fired as well. Bring a healthy snack for break.

Fee: \$95 ID \$114 OD / session

Program: 206121

M - Th: 12:30 - 3:00 pm

Sessions: 6/27 - 30 7/5 - 8 (Tu-F: 12:30 - 3:00 pm)

8/1 - 4



Science & Technology

**BROUGHT TO YOU
BY THE BPRD "SCIENCE
ROCKS" TEAM OF THE
MASTER & DR. NOPE.**

Bring your sense of fun and adventure along with a water bottle, lunch and healthy snack.

Girls Only Science

Ages: 6 - 11

Highland Elementary

A great opportunity to meet girls your age who are interested in science. Join us for fun, hands-on learning about chemistry, physics, paleontology and other sciences! Bring a water bottle and prepare to have fun without all those pesky boys!

Fee: \$115 ID \$138 OD / session

Program: 206100

M - Th: 9:00 am - 1:00 pm

Session 6/27 - 30

Space Explorers

Ages: 6 - 11

Highland Elementary

Exploring our solar system, we will make rockets, a Mars probe and do many other fun and challenging activities! Please bring a lunch, snack, water bottle, and 2 liter bottle, and be prepared to get messy!

Fee: \$115 ID \$138 OD / session

Program: 206105

Tu - F: 9:00 am - 1:00 pm

Session: 7/5 - 8

Dinosaur Adventures

Ages: 5 - 10

Highland Elementary

If you want to learn about paleontology this is the camp for you! Go back in time for some hands on pre-historic adventures. We will be examining fossils and learning how scientists find and determine what they came from. Please bring a lunch, snack, water bottle, and be prepared to get messy!

Fee: \$115 ID \$138 OD / session

Program: 206104

M - Th: 9:00 am - 1:00 pm

Session: 7/11 - 14

Secret Agent Science

Ages: 6 - 11

Highland Elementary

Come learn the science of stealth and disguise. Create a secret identity and make some cool spy gadgets. Please bring a lunch, snack, water bottle, and be prepared to get messy!

Fee: \$115 ID \$138 OD / session

Program: 206107

M - Th: 9:00 am - 1:00 pm

Session: 7/25 - 28



Detective Work Science

Ages: 7 - 11

Highland Elementary

Learn about the science of fingerprints, trace evidence, chemistry, and blood splatter analysis. Join us as we use forensic science to solve a crime. Please bring a lunch, snack, water bottle, and be prepared to get messy!

Fee: \$115 ID \$138 OD / session

Program: 206108

M - Th: 9:00 am - 1:00 pm

Session: 8/1 - 4

Mad Science 1: Minions!

Ages: 6 - 10

Highland Elementary

Dreaming of ruling the world but not sure where to begin? Join us for a crash course in the basics of biology and physics that you will need to make your plan. Please bring a lunch, snack, water bottle, and 2 liter bottle, and be prepared to get messy!

Fee: \$175 ID \$210 OD / session

Program: 206101

M - Th: 9:00 am - 3:00 pm

Session: 8/15 - 18

More Mad Science 2: Henchmen

Ages: 7 - 11

Hollinshead Barn

It's all about the secret lair! Use the diabolical skills to teach you to design and build your base of operations for world domination. Please bring a lunch, snack, water bottle, and be prepared to get messy!

Fee: \$175 ID \$210 OD / session

Program: 206106

M - Th: 9:00 am - 3:00 pm

Session: 8/22 - 25

Mad Scientists 3: Masterminds!

Ages: 7 - 11

Hollinshead Barn

Test your world domination skills against other "Mad Scientists". We will supply the materials and the challenge; you bring your creativity and talent!

Fee: \$175 ID \$210 OD / session

Program: 206103

M - Th: 9:00 am - 3:00 pm

Session: 8/29 - 9/1

More Science & Technology

Little Medical School NEW

Ages: 6 - 12

Highland Elementary, Cafeteria

Little Medical School brings medicine, science and the importance of health to children in a fun way. Hands-on activities, crafts, and games will inspire children to explore the world of medicine and create healthy lifestyles. Parents will be invited to attend a graduation ceremony during the last class.

Fee: \$205 ID \$246 OD / session

Program: 206240

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

Sessions: 6/27 - 7/1 7/11 - 15
8/15 - 19 8/29 - 9/2

4-H Intro to the Engineering of Robots

Ages: 9 - 12

Sky View Middle School, Cafeteria

Gain an introduction to basic engineering principles such as mechanical design, computer programming and biomimicry by bringing a robot to life! Work together in pairs using an NXT computer "brain," various sensors and LEGO® components to build a custom creation that will do your bidding. No prior experience necessary.

Fee: \$125 ID \$150 OD / session

Program: 206188

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

Sessions: 6/27 - 30 7/18 - 21

Volunteer with kids!

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

4-H Advanced Robotics

Ages: 9 - 12

Sky View Middle School, Cafeteria

Building on principles learned in the 4-H Intro to the Engineering of Robots class, we will go further into programming by building advanced algorithms and more intricate robot challenges. Work together in pairs using an NXT computer "brain," various sensors and LEGO® components to build a custom creation that will do your bidding. *Prerequisite: must have previously taken 4-H Intro to the Engineering of Robots.

Fee: \$150 ID \$180 OD / session

Program: 206187

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

Session: 8/15 - 19

Coding 101/102

Entering Grades: 3- 5

Sylvan Learning Center

Get familiar with programming by designing and building 2D video games from start to finish, including animated players, music, and sound effects!

Fee: \$249 ID \$299 OD / session

Program: 206552

M - F: 1:00 - 3:00 pm

CODING 101:

Session: 6/27 - 7/1 (Main Center)

CODING 102:

Session: 8/15 - 19 (NW Crossing Center)

Engineering 101

Entering Grades: 1 - 3

Sylvan Learning Center - NWX

Gears, levels, pulleys, oh my! Students learn STEM concepts by creating simple machines and testing their engineering creativity!

Fee: \$199 ID \$239 OD / session

Program: 206555

M - F: 1:00 - 3:00 pm

Session: 8/1 - 5



Engineering 201/301: Super Structures NEW

Sylvan Learning Center

Learn STEM concepts in a fun, interactive, engaging and hands-on way. Students use K'NEX to build and test various bridge engineering designs!

Fee: \$199 ID \$239 OD / session

Program: 206556

M - F: 1:00 - 3:00 pm

Entering Grades: 3 - 4

ENGINEERING 201:

Session: 8/29 - 9/2 (NW Crossing Center)

Entering Grades: 5 - 6

ENGINEERING 301:

Session: 7/18 - /22 (Main Center)

Robotics 101/102

Entering Grades: 2 - 4

Sylvan Learning Center

Stretch your imagination and STEM skills by creating and programming robots using LEGO® pieces. Students will program their robots to come to life in a hands-on and highly interactive class!

Fee: \$199 ID \$239 OD / session

Program: 206546

M - F: 1:00 - 3:00 pm

ROBOTICS 101:

Session: 7/11 - 15 (Main Center)

Robotics 102:

Session: 8/8 - 12 (NW Crossing Center)

Robotics 201/202

Entering Grades: 4 - 6

Sylvan Learning Center

Students use STEM skills to build sophisticated robots based on a new theme each day! Use LEGO® pieces, computer programming technology, and problem-solving skills to create awesome robots!

Fee: \$199 ID \$239 OD / session

Program: 206557

M - F: 1:00 - 3:00 pm

ROBOTICS 201:

Session: 7/25 - 29 (Main Center)

Robotics 202 Session:

Session: 8/22 - 26 (NW Crossing Center)

Bot Lab 100/200

Sylvan Learning Center

Enjoy a one-day crash course of building robots and programming them to come to life! Students use LEGO® and computer technology to put their STEM skills into action!

Fee: \$49 ID \$59 OD / session

Program: 206558

Entering Grades: 2 - 4

W: 1:00 - 3:00 pm

Lab 100: 6/22, 7/6, 8/31 (Main Center)

Entering Grades: 4 - 6

Th: 1:00 - 3:00 pm

Lab 200: 6/23, 7/7, 9/1 (Main Center)



Cooking & Baking

Slice, Dice & Cook!

NEW

Ages: 8 - 12

Cascade Middle School,
Foods Room

Learn the basics of being in the kitchen while we cook up tasty recipes like pizza, egg rolls and empanadas. This savory menu will leave you confident to try more cooking in your own kitchen.

Fee: \$55 ID \$66 OD

Program: 206221

Tu - F: 11:00 am - 12:30 pm

Session: 7/5 - 8

Delicious Desserts

Ages: 10 - 14

Cascade Middle School,
Foods Room

Sweet crepes, cookies and pies - Yumm! You'll enjoy learning how to make delicious desserts at home that you can share with family and friends.

Fee: \$75 ID \$90 OD / session

Program: 206118

M - Th: 10:00 am - 12:00 pm

Session: 6/20 - 23

Braided Breads & Rising Doughs

Ages: 10 - 14

Cascade Middle School,
Foods Room

New York pretzels, coffee cake and cinnamon rolls! In this hands-on class we will knead, roll and braid dough to make different kinds of breads that you and your family will love.

Fee: \$75 ID \$90 OD / session

Program: 206117

M - Th: 10:00 am - 12:00 pm

Session: 6/27 - 30

Make Your Own Sushi

Ages: 10 - 14

Harmon Park, Hobby Hut

Would you like to learn how to make Sushi? Learn simple sushi rolling techniques, ingredients and how to use proper sushi equipment. Sushi is not always made with raw fish, we'll show you how to make it with lots of other ingredients. The fee includes recipes, the cost of food and sushi to take home for the whole family. Please bring food containers.

Fee: \$45 ID \$54 OD / session

Program: 206095

Sa: 12:00 - 3:00 pm

Sessions: 6/25 7/30

Animals

Caring for Animals

Ages: 10 - 14

The Pavilion

Learn about volunteer opportunities with animals. We'll visit several local organizations, shelters and rehab centers dedicated to improving the quality of life for animals and you'll have the opportunity to help out at several of the sites. Dress for the weather and bring water, sunscreen, working gloves and a lunch.

Fee: \$60 ID \$72 OD / session

Program: 206136

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

Sessions: 7/18 - 22 8/15 - 19



Horseback Riding Camp

Ages: 7 - 14

Seventh Mountain Resort
Stables, LLC

Experience hours of riding! Gain hands-on experience as you handle, bathe and saddle your horse. Explore a variety of techniques and games to develop horsemanship and confidence. Helmet provided; boots with heel required.

Fee: \$295 ID \$345 OD / session

Program: 206169

M - F: 2:00 - 5:00 pm

Weekly: 6/20 - 8/26



Dance

Fun Funky Fresh Dance Camp

NEW

Ages: 6 - 12

Sky View Middle School

Kids move to rhythms and beats while exploring their creativity and using their bodies as instruments. A great way to unleash energy while having fun with other props!

Fee: \$55 ID \$66 OD / session

Program: 206205

M - Th: 12:00 - 1:30 pm

Sessions: 6/20 - 23 7/11 - 14
8/1 - 4

Hoop Dance

NEW

Ages: 7 - 11

Highland Elementary,
basement of gym

Hoop dancing is a creative way to express yourself, get your body moving and make friends. Learn the basics of on and off the body hooping, a series of tricks and isolations and finding your hoop flow. Make and wrap your own custom-size hoop to take home for practice and perform a choreographed dance at the end of the week. Great for girls and boys!

Fee: \$55 ID \$66 OD / session

Program: 206232

M - Th: 11:00 am - 12:30 pm

Session: 8/8 - 11

ABC Summer Dance Camp

Ages: 4 - 7

Academie De Ballet Classique

Featuring high-energy themes, sessions are filled with crafts, dance games, free movement, ballet and rhythm dances. We'll create our own story dance from students' ideas complete with a mini performance for friends and parents. Please bring a healthy snack.

Fee: \$59 ID \$71 OD / session

Program: 206002

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

Session: 6/20 - 22

Tu - Th: 9:30 am - 12:00 pm

Session: 7/5 - 7

Little Swans Ballet

Ages: 4 - 7

Academie De Ballet Classique

A delightful start to ballet! Together, we'll develop fundamentals of classical dance and creative movement in a lively environment. Based on the Russian method with an individual approach to promote an understanding of music, increased flexibility, swan arms and improved coordination. Included turns and encourages group interaction by working with partners. Dancers use props such as ribbons, scarves and tambourines to enrich their experience.

Fee: \$54 ID \$65 OD / session

Program: 206003

M/W: 5:30 - 6:15 pm

Sessions: 6/20 - 29 (Fee: \$45 ID \$54 OD)
7/11 - 27

Th: 10:30 - 11:15 am

Session: 6/23 - 7/28



Jazzy Kids: Beginning Jazz & Hip Hop

Ages: 5 - 9

Academie De Ballet Classique

Learn all the cool moves you see on TV and in movies! Choreograph your own dance to perform for your friends at the session end, use fun props including hula-hoops and gymnastics ribbons. Classes are technique based and include floor work, center work, and improvisation.

Fee: \$30 ID \$36 OD / session

Program: 206006

Tu: 6:30 - 7:30 pm

Sessions: 6/21 - 7/5 7/12 - 26

Jump into Fantasy Dance

Ages: 5 - 12

Academie De Ballet Classique

We will promote an understanding of music, expressive flexibility, freedom of movement, grace, and encourage group interactions. Together we will dance with ribbons, scarves, and other fun props including crafts you make yourself. Dancers can show off their new moves to family and friends with a concert on the final day at 11:30 am. Please bring a healthy snack.

Fee: \$60 ID \$72 OD / session

Program: 206004

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

Session: 7/25 - 27

Leap, Soar, Dance!

Ages: 7 - 11

Academie De Ballet Classique

This class mixes a potpourri of dance styles - ballet, jazz, hip-hop, lyrical, theatrical Character Dance, and Broadway theater dance. You'll explore lots of ways to move. This is a high energy day camp so bring healthy snacks to keep that energy up! Craft supplies provided. Final presentation on last day. Be sure to invite parents, siblings and friends.

Fee: \$105 ID \$126 OD / session

Program: 206008

M - Th: 9:00 am - 12:30 pm

Session: 7/18 - 21

Dance Away! NEW

Ages: 7 - 13

Academie De Ballet Classique

This fun camp will promote an understanding of music, expressive flexibility, freedom of movement, grace, and encourage group interactions. Together we will dance with ribbons, scarves, and other fun props including crafts you make yourself. Dancers can show off their new moves to family and friends with a concert on the final day at 11:30 am.

Fee: \$72 ID \$87 OD / session

Program: 206009

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

Session: 6/27 - 29

Evening Lilies Dance Camp

NEW

Ages: 4 - 11

Academie De Ballet Classique

Parents get three evenings to play as young ones dance the night away learning styles like ballet, jazz, hip hop and improvisation. Class will promote an understanding of music, expressive flexibility, freedom of movement and grace. Dancers will make their own dance props for extra fun to add to the creativity of our performance. On the third night of class, Friday, July 15th, at 8:00 pm, family and friends can come enjoy a dance performance. Bring a healthy snack to each class.

Fee: \$60 ID \$72 OD / session

Program: 206010

W - F: 6:00 - 8:30 pm

Session: 7/13 - 15

Teen Dance Intensive

Ages: 12 - 18

Academie De Ballet Classique

Explore various dance forms including hip hop, jazz, contemporary, lyrical, ballet and Broadway theater dance. Choreograph a dance and make props for a performance on the last day.

Fee: \$105 ID \$126 OD / session

Program: 206001

M - Th: 9:00 am - 12:30 pm

Session: 7/18 - 21

Volunteer with kids!

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

On Stage with BPRD AND MISS LOVELY

Miss Lovely's Puttin' on the Play

Entering Grades: 1 - 8

Westside Village Magnet
School

Calling all performers! Kids become the stars in their own production as they audition, practice and perform. Family, friends and the whole community enjoy a show on Friday!

Fee: \$175 ID \$210 OD / session

Program: 206180

M - F: 9:30 am - 12:30 pm

Sessions: 7/11 - 22 8/1 - 12

Miss Lovely's The Art of Theatre

Entering Grades: K - 6

Westside Village Magnet
School

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits or short play for family and friends will be held on Friday.

Fee: \$75 ID \$90 OD / session

Program: 206181

M - F: 9:30 - 11:30 am

Sessions: 6/27 - 7/1 8/29 - 9/2



Miss Lovely's Sing, Dance, Act

Entering Grades: 2 - 8

Westside Village Magnet
School

Learn to sing like the professionals do, practice vocalizing techniques, enjoy fun choreography and move to international music. Work with a group to make up your own unique performance to showcase on Friday.

Fee: \$90 ID \$108 OD / session

Program: 206184

M - F: 9:30 am - 12:00 pm

Sessions: 6/20 - 24 7/25 - 29

Miss Lovely's Story Theatre

Entering Grades: 2 - 8

Westside Village Magnet
School

Let's get creative and embark on a fabulous journey into the world of theatre and self-expression. Students practice and perform a beautiful fairytale of their choice. Friends and family are welcome to our performance on Friday.

Fee: \$85 ID \$102 OD / session

Program: 206185

M - F: 9:30 am - 12:00 pm

Session: 8/15 - 19

Performing Arts

Improv

Ages: 11 - 15

BEAT Studio

With fun improvisational games, students learn techniques to enhance their next play or performance. Dress comfortably.

Fee: \$120 ID \$144 OD / session

Program: 206141

M - Th: 1:00 - 4:00 pm

Session: 8/8 - 11

Musical Theatre

Ages: 12 - 15

BEAT Studio

Designed for aspiring middle and high school musical theatre performers, this class offers student participation in dance, voice and acting to develop skills and techniques used by Broadway actors.

Fee: \$120 ID \$144 OD / session

Program: 206146

M - Th: 9:00 am - 12:00 pm

Session: 8/15 - 18

Music for the Actor

Ages: 11 - 18

BEAT Studio

Take confidence in your singing voice! Actors will learn the fundamentals of sight reading, keeping rhythm and expressing a song dynamically. Don't be afraid of sheet music! Together, the class will practice musical theater pieces and students may select solos of any genre themselves. Performance on the last day.

Fee: \$120 ID \$144 OD / session

Program: 206149

M - Th: 9:00 am - 12:00 pm

Session: 8/22 - 25

Three One Act Plays

Ages: 6 - 10

BEAT Studio

Let's put on a show! Okay, how 'bout three shows! Involving budding young actors throughout the production, we'll put together three mini one-act plays, culminating in a performance on the last day. Kids will learn lines, create their own costumes and sets as well as learn how to perform on stage.

Fee: \$120 ID \$144 OD / session

Program: 206142

M - Th: 1:00 - 4:00 pm

Session: 7/25 - 28

The Mini Musical

Ages: 8 - 12

BEAT Studio

For the young actor interested in a short musical theatre experience, mini musicals are a culmination of a short story worked together with song and dance to enable each actor to learn what it takes to be on stage. It's fast-paced and a lot of fun for everyone. Performance for friends and family on the last day.

Fee: \$125 ID \$150 OD / session

Program: 206143

M - Th: 9:00 am - 12:00 pm

Sessions: 7/18 - 21 8/1 - 4



Acting for the Serious Actor

Ages: 11 - 15

BEAT Studio

This class is for the serious actor that wants to improve and expand their acting skills. All levels of acting experience welcome

Fee: \$120 ID \$144 OD / session

Program: 206144

M - Th: 1:00 - 4:00 pm

Session: 8/22 - 25

The Next Step Acting Class

Ages: 7 - 11

BEAT Studio

Has your child taken "Is Acting for You" and is interested in continuing? This is the next step for learning additional skills for acting techniques, character development using props/costumes and breakthrough games. Performance is on the last day.

Fee: \$120 ID \$144 OD / session

Program: 206139

M - Th: 1:00 - 4:00 pm

Session: 8/15 - 18

Is Acting For You?

Ages: 5 - 10

BEAT Studio

Learn acting techniques through breakthrough games as well as understand character portrayal and how costumes and props help you on stage. A fun-filled week capped by a performance on the last day.

Fee: \$120 ID \$144 OD / session

Program: 206140

M - Th: 9:00 am - 12:00 pm

Sessions: 8/1 - 4 8/8 - 11

Music & Voice

Little Singers!

Ages: 5 - 8

Cascade School of Music

This is a beginning singing class for children who love to sing. We will incorporate vocal exercises and solfege techniques with movement to engage their whole body while singing fun and silly songs that every child should know.

Fee: \$80 ID \$96 OD / session

Program: 206356

Tu: 9:30 - 10:30 am

Session: 6/21 - 7/26

Drums 101

Ages: 8 - 12

Cascade School of Music

Learn the basics to get you drummin' this summer! We'll use both electronic and acoustic drums in this class to learn beats and rhythms, and introduce notated music and multi-part percussion ensemble music.

Fee: \$95 ID \$114 OD / session

Program: 206348

W: 4:30 - 5:20 pm

Session: 6/22 - 7/27

Beginning Guitar

Cascade School of Music

Learn the basics to get you strummin'! We'll go over tuning, how to hold, strum and pick the guitar, chords, leads and some cool songs too. Electric or acoustic guitars OK, no experience required. A perfect introduction to the instrument! Please call 541-382-6866 for recommendations. Limited rentals are also available.

Fee: \$95 ID \$114 OD / session

Program: 206343

Ages: 8 - 10

Tu: 4:00 - 4:50 pm

Session: 6/21 - 7/26

Ages: 10 - 14

Tu: 5:00 - 5:50 pm

Session: 6/21 - 7/26

Bend Boys Choir

Ages: 7 - 12

Cascade School of Music

The tradition of boys' choir is a rich one and this fun group will sing a variety of music (Bach to the Beatles) and learn about musical styles, singing technique and students will gain performing experience. Choir director Julie Hanney keeps it fun and interesting while teaching important musical concepts. No experience necessary and no auditions.

Fee: \$85 ID \$102 OD / session

Program: 206346

Tu: 5:30 - 6:30 pm

Session: 6/21 - 7/26

Volunteer with kids!

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



Ready, Set, Go!

Ages: 8 - 11

Cascade School of Music

This class is designed to launch your child into the world of instrumental music. Each child will get a chance to try four different instruments: violin/cello, guitar, piano and drums. Kids will then choose an instrument that speaks to them and when they are ready, private lessons are the way to GO!

Fee: \$135 ID \$162 OD / session

Program: 206352

READY: INTRODUCTION TO MUSICAL INSTRUMENTS

M - Th: 9:00 am - 12:00 pm

Sessions: 6/20 - 23 6/27 - 30

7/5 - 8 (Tu-F: 9:00 am - 12:00 pm)

7/11 - 14 7/18 - 21

SET: INSTRUMENT SPECIFIC INSTRUCTION

GUITAR (instrument rental included)

M - Th: 9:00 am - 12:00 pm

Session: 7/25 - 28

PIANO

M - Th: 1:00 - 4:00 pm

Session: 7/25 - 28

DRUMS

M - Th: 9:00 am - 12:00 pm

Session: 7/25 - 28

VIOLIN/CELLO

(instrument rental included)

M - Th: 1:00 - 4:00 pm

Session: 7/25 - 28



SuperPop Chorus

Ages: 7 - 10

Cascade School of Music

This chorus is for girls who love to sing. We will sing a variety of songs (jazz to pop to show tunes), learn about musical genres and have a ton of fun doing it! Choir director Julie Hanney makes it easy to come out of your shell and experience the joy of singing with others. No experience necessary and no auditions.

Fee: \$85 ID \$102 OD / session

Program: 206347

Tu: 4:15 - 5:30 pm

Session: 6/21 - 7/26

Discover Music Camp

Ages: 6 - 8

Cascade School of Music

This popular camp is perfect for kids who want to explore the world of music making. We'll sing, dance and play with some kid-friendly instruments, create music inspired craft projects and stage a short musical production for families. Fundamental musical concepts such as pitch and rhythm will be introduced.

Fee: \$125 ID \$150 OD / session

Program: 206354

M - Th: 1:00 - 4:00 pm

Sessions: 6/20 - 23 6/27 - 30

7/5 - 8 (Tu-F: 1:00 - 4:00 pm)

7/11 - 14

7/18 - 21

Rock U: Rock Band 101

Ages: 10 - 15

Cascade School of Music

This class is for brand new rockers who have "the basics" down on their instruments but have never played in a band. We'll focus initially on simpler "Jams" as we build a unified sound as a group. Open to guitars, bass, drums and keyboards. One year experience required on your instrument.

Fee: \$155 ID \$186 OD / session

Program: 206349

M/W/F: 4:30 - 5:45 pm

Sessions: 6/20 - 7/1 7/11 - 22

Learning Workshops

Babysitter's Training

Ages: 11 - 15

American Red Cross, Service Master Location

Complete this course in just one day and begin babysitting the next. It includes what you need to know and what every parent wants in a safe and responsible babysitter. Learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch.

Fee: \$85 ID \$102 OD / session

Program: 206156

F: 8:30 am - 3:30 pm

Session: 6/24

Sa: 8:30 am - 3:30 pm

Sessions: 5/28, 6/11, 7/16, 8/27

KPOV Radio Camp

Ages: 10 - 14

KPOV Radio

Learn how to be a DJ, interview a friend, tell a story with sound effects, music, and humor. The show produced will be broadcast on 88.9 and you'll get a copy on CD to take home!

Fee: \$105 ID \$126 OD / session

Program: 206119

M - F: 1:00 - 4:00 pm

Sessions: 6/20 - 24 7/18 - 22

8/8 - 12

Girl Power!

Ages: 10 - 13

Sortor Bushido Kai Karate

Gain confidence, improve self-esteem, increase body awareness with a fun filled mix of yoga, self-defense training, tumbling and falling drills. Develop mindfulness with activities and crafts that encourage positive thoughts and actions and enhance a mind body spirit connection. Bring a snack and a water bottle. Wear comfortable workout style clothes. Instructor: Andrea Newcomb

Fee: \$150 ID \$180 OD / session

Program: 206176

M - F: 1:00 - 4:00 pm

Session: 6/27 - 7/1

Check Mate Chess Camp

Ages: 6 - 14

Highland Elementary Cafeteria

Learn strategy and sharpen your mind! Catering to beginner through intermediate levels, each day starts with instructions for your level and ends with matches with other participants.

Fee: \$24 ID \$29 OD / session

Program: 206102

M - Th: 4:30 - 5:30 pm

Session: 7/11 - 14

Read Ahead!

Entering Grades: PreK - 1

Sylvan Learning Center

A jumpstart to basic literacy skills, students learn early phonemic awareness and beginning reading strategies in a fun and interactive way!

Fee: \$199 ID \$239 OD / session

Program: 206553

M - F: 1:00 - 3:00 pm

Session: 8/1 - 5



Multiply & Divide

Entering Grades: 3 - 5

Sylvan Learning Center

A refresher course reviewing multiplication/division fact families as well as math strategies to start next school year off on the right foot!

Fee: \$199 ID \$239 OD / session

Program: 206551

M - F: 1:00 - 3:00 pm

Session: 8/15 - 19

Plan for Fall: Before & Afterschool Programs

KIDS INC.

bend park & recreation district

Grades: K - 5

WHY KIDS INC?

CONVENIENT: Great program for working parents with convenient locations at several elementary schools.

HEALTHY LIFESTYLE: Active games and play promote movement and fitness. Daily healthy snacks are offered every afternoon.

TEAMWORK: Opportunities for socialization, leadership and confidence through cooperative games and group activities.

SKILL BUILDING: Creative, theme-based enrichment activities that challenge the children and encourage problem solving.

PROFESSIONAL STAFF: Dedicated to the care and safety of your child. Staff are engaged and interacting with participants while being good role models and mentors. All staff are trained in youth development, CPR/first aid, and receive background checks.

School Locations:

AMITY CREEK (am only)
BEAR CREEK
BUCKINGHAM
ELK MEADOW
ENSWORTH
HIGH LAKES
HIGHLAND
JEWELL
JUNIPER
LAVA RIDGE
MILLER
PINE RIDGE
PONDEROSA
SILVER RAIL



2016 - 17 SCHOOL YEAR
REGISTRATION OPENS: MAY 23RD

REGISTRATION FEE:

\$20 AM / \$20 PM per child
for each program - Non-refundable

MONTHLY FEES:

AM Fee: \$59/month

PM Fee: \$139/month

AM and PM fee is a single price regardless of number of days used.

FOR MORE INFORMATION: Call (541) 389-7275.

HOURS OF OPERATION:

Before School: 7:00 - 8:30 am

Afterschool: 3:30 - 6:00 pm

Early Release Wednesday:
 2:00 - 6:00 pm

WESTSIDE SCHOOLS:

*PM Care for Amity, Westside Village & Highland students register for Highland KIDS INC.

REC ZONE

Grades: K - 5

School Locations:
HIGH LAKES
HIGHLAND
MILLER

Features opportunities for self-guided physical activity, socialization and play time under the supervision of staff.

Note: This is a drop-in program, we will not notify you if your child does not arrive at program. Kids who attend will be required to sign in and be signed out upon pickup.

HOURS OF OPERATION:

M/T/Th/F: 3:30 - 4:30 pm

(no program Wednesday afternoon)

2016 - 17 SCHOOL YEAR
REGISTRATION OPENS: MAY 23RD

REGISTRATION FEE:

\$20 per child - Non-refundable

MONTHLY FEES: \$35/month

FOR MORE INFORMATION: Call (541) 389-7275.

ENRICHMENT WEDNESDAYS

Plan for Fall: Afterschool Programs

Sign up for the new school year!

Fee: \$60 ID \$72 OD per session
W: 2:00 – 3:30 pm
 Sessions: 9/14 - 10/19

Each week, Bend LaPine Schools have school improvement Wednesdays where kids end their school day at 2:00 pm! What to do? Don't fret, Enrichment Wednesdays are here for you! We host five enrichment offerings each year and they are all located at your child's school - how convenient! Each offering rotates every six to eight weeks depending on the school calendar year. Offerings include movement classes like dance, games or martial arts and a variety art, science and foreign language options. Try something new or try them all!

BEAR CREEK ELEMENTARY

Program: 406601

Fun Science Projects
 Grades: K - 5

BUCKINGHAM ELEMENTARY

Program: 406602

French Immersion
 Grades: 3 - 5

Martial Arts
 Grades: K - 5

ELK MEADOW ELEMENTARY

Program: 406603

Mixed Martial Arts
 Grades: K - 5

ENSWORTH ELEMENTARY

Program: 406604

Fun, Funky, Fresh
 Grades: K - 5

HIGH LAKES ELEMENTARY

Program: 406605

Spanish Immersion
 Grades: K - 5

Creative Coding **NEW**
 Grades: 3 - 5

HIGHLAND ELEMENTARY

Program: 406606

Sportsters
 Grades: K - 5

Kapow Comics **NEW**
 Grades: K - 5

JEWELL ELEMENTARY

Program: 406607

Art Around the World
 Grades: K - 5

JUNIPER ELEMENTARY

Program: 406608

Hoop Dance **NEW**
 Grades: K - 5

LAVA RIDGE ELEMENTARY

Program: 406609

**Awesome
Animal Art** **NEW**
 Grades: K - 5

MILLER ELEMENTARY

Program: 406610

Creation Station
 Grades: K - 5

HOOT Hangout
 Grades: K - 5

PINE RIDGE ELEMENTARY

Program: 406611

**Double Dutch
Jump Rope**
 Grades: K - 5

PONDEROSA ELEMENTARY

Program: 406612

Cascade WILDS
 Grades: 1 - 5

SILVER RAIL ELEMENTARY

Program: 406613

Monster Mash **NEW**
 Grades: K - 5

Volunteer with kids!

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



Make adventure habit.

Follow a trail. Go boating. Camp under the stars. Observe animals in their habitat. Catch a fish. Play in a park. Explore Oregon's culture and history. Make this a summer of discovery and exploration.

Be greater outdoors.

Fishing

Youth Learn **FREE** to Fish Event

Ages: 17 & under
Pine Nursery Park Pond
Saturday, May 21
9:00 am - 1:00 pm

Join the Oregon Department of Fish and Wildlife for a FREE youth fishing event. ODFW staff and volunteers will be on-hand to help young anglers learn how to fish. Loner rods, reels and tackle will be available. The pond will be stocked with rainbow trout before the event. NOTE: A juvenile angling license is required for children ages 12 - 17. All state angling regulations apply.

Annual Jason Freiboth Kid's Fishing Clinic

Ages: 5 - 11
Shevlin Park

This clinic includes instruction, equipment and fun! The pond at Shevlin Park will be stocked with trout and volunteers will be on hand with donated equipment to help the kids and their families learn about fishing. A parent or other adult must attend and participate with the child.

Fee: \$4 ID \$5 OD / session
Program: 203620
W: 6:15 - 8:00 pm
Session: 5/25

Fly Fishing Camp

Ages: 10 - 14
Shevlin Park

This unique program offers children the opportunity to experience and learn fly fishing basics. The experts from the Central Oregon Fly Fishers Club will teach campers various fly casts, fishing techniques and strategies, fly tying, safe wading and even the basic bugs that fish like to eat. Bring your own equipment and lunch. We have a limited amount of equipment for campers to use.

Fee: \$49 ID \$59 OD / session
Program: 203625
M - W: 9:00 am - 1:00 pm
Session: 6/20 - 22





Outdoor Camps

Shevlin Park

Cougar Camp, located in beautiful Shevlin Park, is one of Bend's favorite summer camps! The unique camp setting, skits and games will keep your child in love with the great outdoors! Activities include: hiking, biking, swimming, games and nature exploration. The whole family shares in a BBQ potluck and camp activities on Wednesday evening at 6:00 pm. The kids stay for an overnight in the teepees following the BBQ. Don't miss the fun!

Camp Times:

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

W/Th: 9:00 am - 12:00 pm
(Overnight)

Fee: \$179 ID \$204 OD / session

Cougar Camp 1

Entering Grades: 3 & 4

Program: 206401

Sessions: 6/27 - 30 7/18 - 21
8/1 - 4 8/15 - 18

Cougar Camp 2

Entering Grades: 5 & 6

Program: 206402

Sessions: 7/11 - 14 7/25 - 28
8/8 - 11

Cougar Camp 1 & 2

Entering Grades: 3 - 6

Program: 206403

Session: 8/22 - 25



Cougar Adventures

Entering Grades 6 & 7

Shevlin Park

The Cougar Camp adventure continues! For campers who are a bit older, we're taking our Cougar Adventures farther afield. On the first day, we meet in Shevlin Park for games, outdoor activities, and possibly a dip in the ol' swimming hole. On the second day, we'll meet at the park and drive out for an overnight camp in the mountains (see session for camping location) where you'll learn about setting up camp, cooking outdoors, making s'mores over a campfire, and exploring nature beyond Bend, with lots of time for PLAY! Overnight food, group tents, transportation and group gear provided. Get ready to make new great memories!

Fee: \$160 ID \$192 OD / session

Program: 207403

Sessions: 7/6 - 8

McKenzie River Group Camp

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

7/19 - 21

Paulina Lake Group Camp

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

8/30 - 9/1

Elk Lake Group Camp

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

Adventure Camp

Entering Grades 6 - 9

The Pavilion

Let's ADVENTURE! Raft the McKenzie River, rock climb at Smith Rock State Park, mountain bike to a lake, swim and more! Meet new friends and challenge yourself with a variety of fun outdoor activities that make Central Oregon a great place to live and play. Each day is a different, active adventure, so a basic ability to ride a bike, swim and hike will be needed. All equipment supplied.

Fee: \$230 ID \$276 OD / session

Program: 207500

M - W: 8:30 am - 4:30 pm

Th: 7:30 am - 6:00 pm

Entering Grades: 6 - 7

Sessions: 7/18 - 21 8/22 - 25

Entering Grades: 7 - 9

Sessions: 6/27 - 30 8/1 - 4



Outdoor Adventures

Archery - The Ancient Art

Ages: 10 - 15

The Pavilion

Learn the 10,000 year-old art of bows and arrows. A fun morning that emphasizes shooting safety and developing basic archery skills using recurve bows on our outdoor range outside of Tumalo. No previous experience necessary; all skill levels welcome. All archery equipment is provided.

Fee: \$29 ID \$35 OD / session

Program: 207710

W: 8:30 am - 12:30 pm

Sessions: 7/20, 8/3, 8/17, 8/24

F: 8:30 am - 12:30 pm

Sessions: 7/1, 7/15, 7/22, 7/29,
8/5, 8/12, 8/19, 8/26

Extend for the afternoon at
THE PAVILION WITH THE PAC
only \$16 from 12:30 to 5:30 pm

Beginning Trail Biking

Ages: 10 - 14

The Pavilion

It's a rush! Pedal your way through forests and meadows along beautiful lakes and streams while learning how to navigate 'round trees, through rock sections, over small obstacles, up/down hills and more. A morning of instruction and riding fun singletrack trails (and some doubletrack, too) for those with little or no trail riding experience. Equipment provided or bring your own mountain bike.

Fee: \$29 ID \$35 OD / session

Program: 207536

Th: 8:30 am - 12:30 pm

Sessions: 6/30, 7/14, 7/28, 8/4

Extend for the afternoon at
THE PAVILION WITH THE PAC
only \$16 from 12:30 to 5:30 pm

Caving

Ages: 10 - 14

The Pavilion

Head underground on a hot summer day to explore a local lava tube. Wear long jeans, sturdy shoes and bring a light jacket to protect your arms. Helmets, gloves and flashlights provided.

Fee: \$29 ID \$35 OD / session

Program: 207712

W: 8:30 am - 12:30 pm

Sessions: 7/13

Th: 8:30 am - 12:30 pm

Sessions: 7/21, 8/25

Extend for the afternoon at

THE PAVILION WITH THE PAC

only \$16 from 12:30 to 5:30 pm

Unicycling

Ages: 10 - 14

The Pavilion

Ride the wheel! Unicycling is about as basic as cycling can get, but challenging just the same. Come learn this fun activity and build a skill. We provide the cycles, you provide the laughter. Bring gloves and a bike helmet.

Fee: \$28 ID \$33 OD / session

Program: 207537

M: 10:30 am - 12:30 pm

Sessions: 7/11, 7/25, 8/15, 8/22

Extend for the afternoon at

THE PAVILION WITH THE PAC

only \$16 from 12:30 to 5:30 pm



HALF-DAY ADVENTURES:

Extend the afternoon at

AT THE PAVILION

WITH THE PAC

only \$16 from

12:30 to 5:30 pm

Entering Grades: 3 - 8

See pages 22 - 23.

Rock Climb

Ages: 11 - 15

The Pavilion

Enjoy top-rope rock climbing in a small group at magnificent Smith Rock State Park. All skill levels welcome. All necessary equipment is provided.

Fee: \$48 ID \$58 OD / session

Program: 207530

M: 7:30 am - 2:00 pm

Sessions: 7/18, 8/1, 8/22

Tu: 7:30 am - 2:00 pm

Sessions: 7/12

W: 7:30 am - 2:00 pm

Sessions: 7/27

Extend for the afternoon at

THE PAVILION WITH THE PAC

only \$12 from 2:00 to 5:30 pm

Lift Your Limits on the High Desert Challenge Course NEW

Ages: 12 - 15

The Pavilion

Should you accept this challenge, you will be faced with a series of goals to complete that will help build your problem-solving and leadership skills. Spend the morning 30 feet in the air on the High Desert Challenge Course (High Elements Ropes Course) exercising your physical and mental capabilities. Wear sturdy, lace up shoes and appropriate layers for the weather.

Fee: \$44 ID \$53 OD / session

Program: 207714

M: 8:00 am - 1:30 pm

Sessions: 8/22

F: 8:00 am - 1:30 pm

Sessions: 7/1, 7/29

Extend for the afternoon at

THE PAVILION WITH THE PAC

only \$13 from 1:30 to 5:30 pm

Grow A Garden

Ages: 6 - 12

The Environmental Center

We'll learn what it takes to tend to our very own garden bed, check on bees, care for worms, pick berries, make garden art and sample fresh garden food. Let's get dirty in the garden!

Fee: \$90 ID \$108 OD / session

Program: 206312

W: 10:00 - 11:30 am

Session: 7/6 - 8/17



Whitewater Raft

Ages: 12 - 15

Harmon Park

What could be better during the heat of summer than spending a day running rapids (up to Class III) and swimming in a refreshingly cool river? All experience levels welcome. Make it your summer tradition!

Fee: \$60 ID \$72 OD / session

Program: 207532

M: 7:30 am - 6:00 pm

Sessions: 8/15

Tu: 7:30 am - 6:00 pm

Sessions: 7/19, 8/23

Need Help Selecting An Outdoor Program?

Our outdoor programs offer varying combinations of physical activity, challenge, engaging children with nature, time spent outdoors, environmental education and stewardship opportunities.

If you have questions about the best match for your child, please contact Eric Denzler, Outdoor Program Coordinator at (541) 706-6116 or EricD@bendparksandrec.org to discuss your child's interests, skill level and previous experience and he will help guide you in making your selection.

Outdoor Program Details

After you register your child for an outdoor program, you can expect any important details on equipment needed, schedules and other information to be communicated to you directly via email. Please be sure your account contact information is up-to-date so that you're in the loop.

Questions? Concerns?: Contact Eric Denzler, Outdoor Program Coordinator at (541) 706-6116 or EricD@bendparksandrec.org.



The Bend Park & Recreation District is an equal opportunity recreation provider under

Special Use Permit with the Deschutes National Forest and the Prineville District of the BLM.



Kids on TOP! NEW Mountain Hikes

Ages: 12 - 15

The Pavilion

Join us on our quest to journey to the top as we gradually hike our way up progressively taller peaks in Central Oregon, building up our skills, stamina and strength each week while enjoying awesome views, with the ultimate goal of hiking the South Sister on August 29. To be on the South Sister hike, please join us on at least two of the other hikes.

Program: 207720

Tumalo Mtn (3.6 miles, 1400' elevation)

M: 8:30 am - 1:30 pm

Fee: \$30 ID \$36 OD / session

Sessions: 7/11

Tam McArthur Rim

(7 miles, 1400' elevation)

M: 8:30 am - 4:30 pm

Fee: \$45 ID \$54 OD / session

Sessions: 7/25

Black Crater

(7.4 miles, 2400' elevation)

M: 8:30 am - 4:30 pm

Fee: \$45 ID \$54 OD / session

Sessions: 8/8

Mt. Bachelor

(6 miles, 2600' elevation)

M: 8:30 am - 4:30 pm

Fee: \$45 ID \$54 OD / session

Sessions: 8/15

South Sister

(11 miles, 4900' elevation)

M: 7:00 am - 6:00 pm

Fee: \$55 ID \$66 OD / session

Sessions: 8/29

Deschutes River Float

Ages: 10 - 14

Harmon Park

Spend a summer day floating the Deschutes River near Warm Springs on our highly stable paddle rafts. Bounce through small rapids, jump into the refreshing water or just relax for the journey.

Fee: \$47 ID \$56 OD / session

Program: 207540

M: 8:30 am - 4:30 pm

Sessions: 7/11

Tu: 8:30 am - 4:30 pm

Sessions: 7/26, 8/16

W: 8:30 am - 4:30 pm

Sessions: 6/29

Kids Whitewater Kayak Camp

Ages: 10 - 15

Tumalo Creek Kayak & Canoe

If your kids are looking for a big time adrenaline rush this summer, sign them up! We will practice paddle strokes, introduce the kayak roll, meet new friends and run some easy Class II rapids by the end of the week. Geared to both beginning and intermediate paddlers with kids being grouped according to their ability. Taught by ACA Certified Whitewater Instructors.

Fee: \$395 ID \$445 OD / session

Program: 207942

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

Sessions: 7/5 - 8 (Tu-F)

8/1 - 4 8/29 - 9/1

Paddlesports Adventure Camp

Ages: 8 - 15

Tumalo Creek Kayak & Canoe

The opportunity to try it all! This camp includes stand-up paddleboarding on Elk Lake, flatwater kayaking on the Deschutes, rafting on the McKenzie and sailing on Elk Lake.

Fee: \$395 ID \$445 OD / session

Program: 207946

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

Sessions: 6/27 - 30 7/11 - 14

7/18 - 21 7/25 - 28

8/8 - 11 8/15 - 18

8/22 - 25

Cascade WILDS

Ages: 6 - 14

Shevlin Park

Get outside and experience nature like never before as we explore Shevlin Park. We will play games, learn ancient survival skills, camouflage with our surroundings and share adventures. Each day will be full of fun and empowering nature-based activities, challenges and games. Be sure to pack a bag lunch and dress for the weather.

Fee: \$195 ID \$234 OD / session

Program: 206186

M - Th: 9:00 am - 3:00 pm

Sessions: Age groups:

6/20 - 23: 6 - 8

6/27 - 30: 6 - 8 9 - 12

7/5 - 8: 7 - 9 10 - 14

(Note: Tu - F: 9:00 am - 3:00 pm)

7/25 - 28: 7 - 9

8/1 - 4: 10 - 14

8/8 - 11: 7 - 9

8/16 - 19: 6 - 8 9 - 12

(Note: Tu - F: 9:00 am - 3:00 pm)

8/22 - 25: 7 - 9 10 - 14

8/29 - 9/1: 7 - 9 10 - 12



Survival Camp

Ages: 6 - 14

Intro Level at Sawyer Park - An exciting adventure in wilderness survival! Shelter building, traps, cordage, navigation, tracking, fire building concepts (no actual fires built) and more. Experienced instructors use games and scenarios ("what would you do if?") typically seen on popular TV shows to introduce campers to common but fun and challenging skills. Campers work on focus, cooperation and listening skills.

Advanced Level at Shevlin

Park - Building on the beginner class, take nature exploration to a whole new level. Campers use increasingly complicated team scenarios such as being lost, accidents in remote places, dealing with natural disasters (including the Zombie Apocalypse) to develop real survival, disaster response and primitive skills. Shelters, traps, orienteering, primitive skills, tracking and fire building concepts. Leadership, communication and decision-making skills are built through the week.

Fee: \$215 ID \$258 OD / session

Program: 207511

Intro: Ages 6 - 9

M - F: 9:00 am - 1:00 pm

Sessions: 7/11 - 15

Advanced: Ages 9 - 14

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

Sessions: 7/18 - 22



Overnight Adventures

John Day Overnight

Ages: 12 - 15

Harmon Park

Snow this winter means water in the rivers in Summer! Float the fantastic John Day River in tandem inflatable kayaks on this overnight adventure. Enjoy sun, swimming, some small rapids (one Class II) and an overnight camp along the river. Meals, kayaks, tents and other group gear provided. No previous experience necessary.

Fee: \$160 ID \$192 OD / session

Program: 207518

W: 8:30 am - Th 5:00 pm

Session: 6/22 - 23

Deschutes Raft Adventure

Ages: 12 - 15

Harmon Park

Three incredible days of getting soaked paddling multiple Class III rapids, swimming from the rafts in calm stretches, and two nights camped along the 48 miles of Deschutes River from below Maupin to the Columbia River. Meals, tents and other group gear provided. Previous "wilderness" camping recommended, as the Deschutes River Canyon can be quite isolated in places.

Fee: \$225 ID \$270 OD / session

Program: 207520

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

Session: 7/12 - 14

Girls Rock! and Roll Adventure

Ages: 12 - 15

Harmon Park

A great way to dive into summer - just for the girls! Day one, we rock climb at Smith Rock State Park. No previous climbing experience necessary. Next, we roll down to the river for an overnight of rafting, swimming and camping on the Lower Deschutes River. Meals, tents and other group gear provided. Tuesday 8:30 am - 4:30 pm, Wednesday 8:30 am through Thursday 4:30 pm

Fee: \$199 ID \$239 OD / session

Program: 207501

Tu: 8:30 am - 4:30 pm

W: 8:30 am - Th: 4:30 pm

Session: 7/26 - 28

McKenzie River Overnight Raft & Tree Climb

Ages: 12 - 15

Harmon Park

It's an overnight adventure on the west side of the mountains! Rafting, campfires, fun and a special tree-climbing experience with trained staff. We'll raft the McKenzie River (up to one Class III rapid) and camp along the scenic river for the night. Day two, we'll drive to Eugene and join tree climbing specialists to scale some very large trees. Meals, tents and other group gear provided. No experience necessary.

Fee: \$160 ID \$192 OD / session

Program: 207516

W: 8:30 am - Th: 4:30 pm

Session: 8/17 - 18

Horseback Riding & Caring for Animals

See page 78 for more information.



A Traditional Summer Camp Designed Especially for Central Oregon Youth!

Located on the shores of Dark Lake in Deschutes National Forest, Camp Tamarack has been offering a traditional camp filled with water fun, outdoor adventures, games, arts and crafts and a whole lot of fun, all in a magical forested setting since 1935.

Camp Tamarack has a staff to camper ratio of 1 to 4 so campers get great supervision, creating the best camp experience possible. Campers live in rustic cabins that house 6 - 8 children with programs that are age-specific to bring out the best in everyone. Younger campers try their hands at camp activities with close supervision and bedtime routines to help them feel comfortable sleeping away from home. Older campers discover more challenging adventures and leadership opportunities in addition to all the traditional camp activities. All campers are given daily choices from a variety of activities, such as art projects, swimming, boating, archery, sports and games. Days end with campfires, skits, singing, laughter and gorgeous sunsets over Dark Lake.

Easy Payments Available: Register now and pay in increments for your convenience. Contact Katie at (541) 706- 6114

Camp Tamarack Traditional Overnight Camp

Ages: 9 - 13

Registration Fee:

\$475 ID \$525 OD / session

(Van Transportation to and from camp available for an additional fee)

Program: 206435

Days: Sunday, 3:00 pm to Friday, 11:00 am

Sessions: A) 7/17 - 22
B) 7/24 - 29
C) 7/31 - 8/5
D) 8/7 - 12
E) 8/14 - 19
F) 8/21 - 26



keep playing

CAMPS & MORE
.....
**SOCCER!
SOCCER!
SOCCER!**
.....
PAGES 98 - 101

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.

Sports Camps

All Sport Camp

Grades: 1 - 8

Cascade Indoor Sports

Come alone or join your friends! We'll play your favorite games such as soccer, kickball, tag, ultimate Frisbee, flag football, dodgeball, capture the flag, floor hockey, volleyball, garbage ball, skating and more. It's fun above all else! Bring water bottle and snack each day. Two groups will be created at the start of each week: grades 1 - 4 and grades 5 - 8.

WEEKLY

Fee: \$120 ID \$144 OD / session

Program: 203109

M - Th: 8:30 am - 12:30 pm

Sessions: 6/20 - 23	6/27 - 30	7/5 - 9 (No camp 7/4)
7/11 - 14	7/18 - 21	7/25 - 28
8/1 - 4	8/8 - 11	8/15 - 18
8/22 - 25	8/29 - 9/1	

DAILY

Fee: \$40 ID \$48 OD / session

Program: 203110

M - Th: 8:30 am - 12:30 pm

Sessions: Daily, 6/20 - 9/1 (No camp 7/4)

Jordan Kent Skill Camps

Ages: 6 - 12

Run by Jordan Kent, former University of Oregon three-sport athlete and former wide receiver for the Seattle Seahawks, this multi-sport skills camp that offers life skills education and instruction in football (non-contact), basketball, soccer, agility training and nutrition education for boys and girls. All campers will receive a camp shirt, socks, post camp gift and a snack. No lunch provided, campers must bring their own.

HALF DAY CAMP

Fee: \$120 ID \$144 OD / session

Program: 203684

M - Th: 9:00 am - 1:00 pm

Sessions: 6/20 - 23	Pacific Crest MS
7/18 - 21	Sky View MS
8/8 - 11	Pacific Crest MS

FULL DAY CAMP

Fee: \$160 ID \$192 OD / session

Program: 203686

M - Th: 9:00 am - 3:00 pm

Sessions: 6/20 - 23	Pacific Crest MS
7/18 - 21	Sky View MS
8/8 - 11	Pacific Crest MS

Skyhawks Camps

Mini-Hawk 3-Sport Camp

Ages: 4 - 7

Ideal for introducing athletics, Mini-Hawk allows children to sample three different sports - soccer, baseball and flag football - in one camp!

Mighty Hawk Hoop

Ages: 5 - 8

The focus of this camp is on ball handling, passing, shooting, defense and rebounding. A great camp for kids!

Mighty Hawk Soccer

Ages: 5 - 8

The Skyhawks tradition continues in Bend! Not only do kids learn how to dribble, pass, shoot and head the ball, they also learn lifelong skills in a great environment.

Mighty Hawk Football

Ages: 5 - 8

Kids learn how to pass, catch and run routes as well as lifelong skills in a great environment.

Two Camp Specials

Ages: 5 - 8

Attend both Mighty Hawk camps that week for one low price. Bring a lunch and snacks each day.

Basketball

Ages: 7 - 12

Participants learn lifelong skills in a great environment while practicing dribbling, passing, shooting and defense.

Soccer

Ages: 7 - 12

Not only do kids learn how to dribble, pass, shoot and head the ball, they learn lifelong skills in a great environment.



Flag Football

Ages: 7 - 12

Sure to deliver classic gridiron action, this camp offers a fun, invigorating training environment and features the core skills of passing, catching and de-flagging or defensive positioning.

WEEK 1: 6/20 - 24

High Lakes Elementary School

Fee: \$115 ID \$138 OD

Mini-Hawk 3-Sport

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

Program: 203416

WEEK 2: 6/27 - 30

Skyline Sports Complex

Fee: \$95 ID \$114 OD

Mighty Hawk Football

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

Program: 203411

Mighty Hawk Soccer

M - F: 1:00 - 4:00 pm

Program: 203410

Two Camp Special (Football & Soccer)

Fee: \$159 ID \$191 OD

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

Program: 203417

WEEK 4: 7/11 - 15

Cascade Middle School

Fee: \$115 ID \$138 OD

Mini-Hawk 3-Sport

M - F: 8:30 - 11:30 am

Program: 203416

WEEK 5: 7/18 - 22

High Lakes Elementary School

Fee: \$115 ID \$138 OD

Mighty Hawk Soccer

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

Program: 203410

Mighty Hawk Hoop

M - F: 1:00 - 4:00 pm

Program: 203412

Two Camp Special (Soccer & Hoop)

Fee: \$189 ID \$227 OD

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

Program: 203417

WEEK 6: 7/25 - 29

Sky View Middle School

Fee: \$115 ID \$138 OD

Mini-Hawk 3-Sport

M - F: 8:30 - 11:30 am

Program: 203416

WEEK 7: 8/1 - 5

Cascade Middle School

Fee: \$155 ID \$186 OD

Basketball

M - F: 8:30 am - 2:30 pm

Program: 203414

WEEK 8: 8/8 - 11

Lava Ridge Elementary School

Fee: \$95 ID \$114 OD

Mighty Hawk Football

M - Th: 8:30 - 11:30 am

Program: 203411

Mighty Hawk Hoop

M - Th: 12:30 - 3:30 pm

Program: 203412

Two Camp Special (Football & Hoop)

Fee: \$159 ID \$191 OD

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

Program: 203417

WEEK 9: 8/15 - 19

Harmon Park

Fee: \$115 ID \$138 OD

Flag Football

M - F: 9:30 am - 12:30 pm

Program: 203413

WEEK 10: 8/22 - 25

Skyline Sports Complex

Soccer

Fee: \$129 ID \$155 OD

M - Th: 9:00 am - 3:00 pm

Program: 203409

Mighty Hawk Soccer

Fee: \$95 ID \$114 OD

M - Th: 9:00 am - 12:00 pm

Program: 203410

WEEK 11: 8/29 - 9/1

The Pavilion

Fee: \$95 ID \$114 OD

Mighty Hawk 3-Sport

M - Th: 8:30 - 11:30 am

Program: 203416



COBO Basketball Training & Camps

These sessions offer an excellent opportunity to begin your off-season skill work under the direction of 10-time IMC Championship coach Craig Reid. These camps offer a friendly environment to gain basketball knowledge and experience, develop individual skills and learn team concepts.

LITTLE DRIBBLERS CAMP

Grades: 1 - 5

Fee: \$79 ID \$95 OD / session

Program: 203909

M - Th: 9:00 am - 12:00 pm

Sessions: 6/27 - 30

Mtn. View HS

7/18 - 21

Cascade MS

MIDDLE SCHOOL BASKETBALL CAMP

Grades: 6 - 9

Fee: \$82 ID \$98 OD / session

Program: 203939

M - Th: 10:00 am - 1:00 pm

Session: 6/27 - 30

Mtn. View HS

M - Th: 1:00 - 4:00 pm

Session: 7/18 - 21

Cascade MS

ADVANCED BASKETBALL CAMP

Fee: \$99 ID \$119 OD / session

Program: 203929

Grades: 4 - 6

M - Th: 9:00 am - 12:00 pm

Grades: 7 - 9

M - Th: 1:00 - 4:00 pm

Session: 8/8 - 11

Mtn. View HS

Challenger Multi Sport Camp NEW

Ages: 7 - 12

Harmon Park

Motivate, activate and energize your child with a memorable week of nonstop action, fun and competition lead by Challenger Sports' team of British coaches. Your child will get to experience new British sports and develop new skills with team-building activities that include more than just running, jumping, catching, kicking and throwing! Sports include: Tag Rugby, Non-Stop Cricket, Rounders, 5-A-Side Football (Soccer), team relays, and obstacle courses.

Fee: \$149 ID \$179 OD / session

Program: 203687

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

Session: 8/1 - 5

Basketball

Summit Girls Basketball Camp

Grades: 2 - 9

Summit High School

Presented by Summit High School girls basketball coaching staff and players, this camp covers the fundamentals of shooting, passing, dribbling, rebounding and defense. Includes camp t-shirt.

Program: 203156

Grades: 2 - 4

Fee: \$65 ID \$78 OD / session

M - Th: 9:00 am - 10:30 am

Grades: 5 - 9

Fee: \$90 ID \$108 OD / session

M - Th: 9:00 am - 12:00 pm

Session: 6/20 - 23

Teen 5-v-5 NEW Basketball League

Grades: 9 - 12 (2016-17 School Year)

The Pavilion

Come play ball this summer! This is recreational basketball league for teens features players serving as team captains. Officials, scorekeepers and team t-shirts are provided. Register for your grade for the upcoming 2016-17 school year.

Fee: \$52 ID \$62 OD / session

Program: 210950 Grades 9 & 10

210951 Grades 11 & 12

Registration Deadline: 5/19

or until full

Su: 5:00 - 9:00 pm

Season: 6/5 - 7/24

Bend Lava Bears Basketball Camps

Bend High School

Presented by Bend High School coaching staff and players, these basketball camps cover the fundamentals of shooting, passing, dribbling, rebounding and man-to-man defense. Includes camp t-shirt.

BOYS CAMP

Program: 203058

Grades: 3 - 5

Fee: \$58 ID \$70 OD / session

M - Th: 9:00 - 11:00 am

Grades: 6 - 9

Fee: \$68 ID \$82 OD / session

M - Th: 12:00 - 3:00 pm

Session: 6/20 - 23

GIRLS CAMP

Grades: 5 - 9

Fee: \$65 ID \$78 OD / session

Program: 203056

M - Th: 9:00 am - 12:00 pm

Session: 6/27 - 30



3-on-3 NEW Basketball Leagues

The Pavilion

Get in on the action! The Pavilion is the spot for 3-on-3! Our 3-on-3 league is designed to provide recreational basketball experience for both beginners and experienced players alike. Sign up your team of 3 to 6 players today!

Fee: \$150 / team

Program: 210201

Registration deadline: 6/13

Leagues by Age:

11 - 14 years

15 - 18 years

M & Tu: 6:30 - 9:30 pm

Session: 6/27 - 8/23

Get in the game at The Pavilion!

Pick-up sports and drop-in activities listed on pages 19 - 21.



Baseball & Softball

Elks Baseball Camp

Ages: 7 - 14

Vince Genna Stadium

A great chance to improve your game with the Elks coaching staff and players. This camp is held at Genna Stadium, home of the Elks! Bring your baseball glove, water and a snack each day.

Program: 203915

Fee: \$88 ID \$106 OD / session

Tu - F: 8:30 am - 12:00 pm

Session: 6/21 - 24

Fee: \$69 ID \$73 OD / session

Tu - Th: 8:30 am - 12:00 pm

Session: 7/5 - 7

Girls Softball Camp

Ages: 7 - 14

Summit High School

Some of the best local high school and club team coaches lead this camp, stressing fundamentals in a fun atmosphere; the finer points of pitching will be covered. Bring your glove each day.

Fee: \$69 ID \$83 OD / session

Program: 203615

M - Th: 9:00 am - 12:00 pm

Session: 6/20 - 23

BMX

Bicycle Motocross Camp

Grades: 3 - 6

Big Sky Sports Complex

If you can ride a bike, you can ride BMX! Our professional BMX coaches will introduce young riders to the sport of BMX. Camp is focused on the basic skills needed to safely navigate the track, the starting gate, corners and the bump section of the track along with racing skills! Bring your bike and helmet or we can provide equipment if needed. Wear closed-toe shoes, long sleeve shirt and pants.

Fee: \$200 ID \$240 OD / session

Program: 203010

M - Th: 1:00 - 4:00 pm

Session: 6/27 - 30

Football Camps

7-v-7 Football Skills Camp & League

Grades: 6 - 8

Register by high school attendance area

Join local middle school coaches for four weeks of skills, drills and 7-v-7 games! These training sessions are a great opportunity for players to advance their skills and prepare for their upcoming football season. This program will be comprised of skill development, instruction and game play. Includes a team t-shirt.

Fee: \$45 ID \$54 OD / session

Program: 203847

W/Su: 6:00 - 7:30 pm

Session: 7/6 - 31



Quarterback & Receiver Camp

NEW

Grades: 6 - 8

Sky View Middle School

Providing quarterbacks and receivers the technical, physical and leadership tools that they need to succeed! Coach Smith's camp not only teaches proper fundamentals required for becoming an elite quarterback or receiver but also places heavy emphasis on leadership and character development.

Fee: \$109 ID \$131 OD / session

Program: 203777

Th/F/Su: 1:30 - 4:30 pm

Session: 7/14 - 15

Youth Tackle Football Camp

Grades: 4 - 6

Mountain View High School

This is the best way to get ready for the coming football season! The Mtn. View High School football staff and players lead this great camp that stresses the fundamentals in a fun atmosphere.

Equipment for camp will be issued Monday, 8/1 at the old fire station building on the corner of Neff Rd and Hamby Rd. Participants must be registered for the BPRD Tackle Football League.

Fee: \$49 ID \$59 OD / session

Program: 203060

Registration deadline: 7/31

or until full

Tu - F: 3:00 - 5:00 pm

Session: 8/2 - 5

Full-Contact Football Camps

Grades: 7 - 8

Mountain View High School & Summit High School

Come join us for a fast-paced camp and get ready for the coming football season. Includes camp t-shirt.

Fee: \$59 ID \$71 OD / session

Program: 203066

COUGAR

Equipment for camp will be issued at your middle school Monday, 8/1 only.

Registration deadline: 8/1

or until full

Tu - F: 5:30 - 7:30 pm

Session: 8/2 - 5 Mtn. View HS

STORM

Equipment for camp will be issued at your middle school Monday, 8/8 only.

Registration deadline: 8/7

or until full

M - Th: 6:30 - 8:30 pm

Session: 8/8 - 11 Summit HS

Get in the game at The Pavilion!

Pick-up sports and drop-in activities listed on pages 19 - 21.

Online schedules available at www.bendparksandrec.org



Football Leagues

Youth Flag Football

EARLY
REG.

Boys & Girls, Grades 1 - 6 (2016 - 17 school year)

Flag football promotes physical fitness and teaches youngsters valuable life skills including teamwork, good work ethic and sportsmanship. Kids will learn basic football fundamentals, game play and, most importantly, have tons of fun. Teams practice twice a week and games are played on Sundays. This program is dependent on volunteer coaches. Anyone interested in coaching a team this fall should contact Rich at (541) 706-6126. Practice days, time and location chosen by volunteer coaches.

Register by 7/26, fee is \$63 ID/\$76 OD.
Register after 7/26, fee is \$73 ID/\$86 OD

Registration Deadline: 7/31

Season: 9/6 - 11/6

Program:	Grade:
203071	Grade 1 - 2
203073	Grade 3 - 4
203075	Grade 5 - 6

Youth Tackle Football

EARLY
REG.

Boys & Girls, Grades 4 - 6 (2016 - 17 school year)

This program emphasizes skill development, participation, teamwork, sportsmanship and fun. School-based teams practice twice a week and play games on Sundays. All protective gear and jersey provided. This program is dependent on volunteer coaches. Anyone interested in coaching should contact Greg at (541) 706-6124. Practice days, time and location chosen by volunteer coaches.

Register by 6/8, fee is \$115 ID/\$135 OD.
Register after 6/8, fee is \$135 ID/\$155 OD.

Registration Deadline: 6/24

Season: 8/15 - 10/23

4TH & 5TH GRADE DIVISION:

8-man football Program: 203454

6TH GRADE DIVISION:

11-man football Program: 203450

Air Bear Football Camp

Grades: 4 - 8

Bend High School

This camp is a great way to start your season! Campers will receive quality instruction in the fundamentals of the game of football. Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used during this camp.

Fee: \$50 ID \$60 OD / session

Program: 203059

M - Th: 9:00 - 11:00 am

Session: 8/8 - 11

Flag Football Camp

Grades: 1 - 3

Sky View Middle School

Get ready for the upcoming season with BPRD staff and local football expert, John Nason. Skills include passing, running, catching and agility drills. Designed specifically for our younger players. This program is extremely popular so register early.

Fee: \$25 ID \$30 OD / session

Program: 203139

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

Session: 8/22 & 24



Pre-Season Football Training Camps

Grades: 7 - 8

Cascade, Pacific Crest & Sky View Middle Schools

Middle School football coaches will help you get a jump on the season and improve your game. Emphasis on individual and team offensive and defensive skills and conditioning with participation in scrimmage and game situations. Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used.

Fee: \$46 ID \$55 OD / session

Program: 203065

M - Th: 3:00 - 5:00 pm

Session: 8/29 - 9/1 Pacific Crest MS

- OR -

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

Session: 8/29 - 9/1 Sky View MS

- OR -

M - W: 3:30 - 5:30 pm

Session: 8/29 - 31 Cascade MS

Pro Football Lineman Camp

Grades: 6 - 9

Summit High School

Neil Elshire, 6-year defensive end with the Minnesota Vikings and current high school coach, leads this camp focused on linemen play. Open to any player who wants to learn the skills and techniques needed to take their game to the next level. Campers will receive both offensive, defensive, individual and group instruction in the fundamentals of football. Includes camp t-shirt. Players must provide their own protective equipment for camp.

Fee: \$79 ID \$95 OD / session

Program: 203449

Su: 1:30 - 3:30 pm

Session: 9/18 - 10/9



Golf

Awbrey Glen Youth Golf Lessons

Ages: 9 - 12

Awbrey Glen Golf Club

These lessons are a fantastic opportunity for those who have never played or are new to golf to get their golf game off to a great start in a small group setting. Clubs provided or bring your own. Dress code applicable.

Fee: \$79 ID \$95 OD / session
 Program: 203701
F: 4:00 - 5:15 pm
 Sessions: 5/6 - 20
 6/3 - 17

River's Edge Youth Golf Lessons

River's Edge Golf Course

Introduce your child to this lifelong sport. Taught by PGA professional Mike Palen in a small group setting, emphasis on fundamentals including grip, posture, ball position, alignment and swing mechanics as well as golf etiquette. Clubs provided or bring your own.

Fee: \$99 ID \$119 OD / session
 Program: 203700
Ages: 7 - 9
W: 9:00 - 10:30 am
 Sessions: 7/6 - 27 8/10 - 31
Ages: 10 - 12
W: 11:00 am - 12:30 pm
 Sessions: 7/6 - 27 8/10 - 31
Ages: 13 - 15
W: 1:00 - 2:30 pm
 Session: 7/6 - 27 8/10 - 31

Junior Golf Player Card NEW

Ages: 7 - 17

Tetherow, Bend Golf & Country Club, Awbrey Glen, Eagle Crest, River's Edge & Widgi Creek Golf Clubs

A great opportunity to play and practice your golf game! With our new player's card program you are able to play and practice with discounted rounds and buckets at participating courses (fees vary between \$5 to \$15 depending on course). All players' cards allow for 'supervised' playing privileges. To obtain 'unsupervised' playing privileges, you must be at least 12 years of age and attend an orientation clinic. For more information, contact Adam Huycke at adam@jgpa.org.

Fee: \$59 per player
 Program: 203706
M - F: 12:00 pm to close
 Season: 6/1/16 - 5/31/17

Junior Golf Performance Academy

JGPA's mission is to provide youth with a fun, healthy opportunity to develop fundamental life skills and core values through activities associated with the great game of golf. All abilities welcome! Includes 6 or 12 hours of instruction.

Fee:	\$129 ID \$155 OD / Four-Week Session	\$199 ID \$239 OD / Eight-Week Session
Ages: 6 - 8	Program: 203705	
	W: 3:00 - 4:30 pm	
	Eight Week Session: 7/6 - 8/24	Tetherow & Bend Country Club
	Four Week Sessions: 7/6 - 27	Tetherow & Bend Country Club
	8/3 - 24	Tetherow & Bend Country Club
Ages: 9 - 11	Program: 203704	
	Tu: 3:00 - 4:30 pm	
	Eight Week Session: 7/5 - 8/23	Tetherow & Bend Country Club
	Four Week Sessions: 7/5 - 26	Tetherow, Bend Country Club & Awbrey Glen
	8/2 - 23	Tetherow & Bend Country Club
Ages: 12 - 13	Program: 203703	
	Tu: 1:00 - 2:30 pm	
	Eight Week Session: 7/5 - 8/23	Tetherow & Bend Country Club
	Four Week Sessions: 7/5 - 26	Tetherow, Bend Country Club & Awbrey Glen
	8/2 - 23	Tetherow & Bend Country Club
Ages: 14 - 17	Program: 203702	
	W: 1:00 - 2:30 pm	
	Eight Week Session: 7/6 - 8/24	Tetherow & Bend Country Club
	Four Week Sessions: 7/6 - 27	Tetherow & Bend Country Club
	8/3 - 24	Tetherow & Bend Country Club

Lacrosse

Boys Summer Lacrosse Training

Grades: 3 - 8

Summit High School

Join Summit High School varsity and club lacrosse coaches for skills, drills, and games for your up and coming lacrosse star! These training sessions are a great opportunity for players to advance their skills. Each session will be comprised of 45 minutes of instruction and 30 minutes of game play. You must provide your own equipment for this program: helmet, stick, gloves, shoulder pads and mouth guard.

Fee: \$50 ID \$60 OD / session
 Program: 203841
Grades: 3 - 5
W: 5:00 - 6:15 pm
Grades: 6 - 8
W: 6:15 - 7:30 pm
 Session: 6/8 - 29

Girls Lacrosse Camp

Grades: 3 - 8

Summit High School

Local high school lacrosse coach Polly Purcell leads this camp for girls of all abilities. We cover cradling, passing, catching, shooting; all the skills needed to improve your game. Bring water bottle and snack each day. If needed, goggles and stick will be issued 30 minutes prior to first day of camp at the old fire station on the corner of Neff Rd and Hamby Rd.

Fee: \$54 ID \$65 OD / session

Program: 203152

M - W: 4:30 - 6:00 pm

Session: 6/27 - 29

Bend High NEW Lacrosse Camp

Grades: 4 - 8

Hal Puddy Field

Bend High School and local club team coach Joe Kerwin and his players lead this new camp where all players will receive individual and position-specific training. Each session will build on the previous, culminating in the basics of team offense and defense. Players will participate in small-sided games to work on team concepts and get a high number of reps. Led by an experienced coaching staff, players will have the opportunity to take their game to the next level.

Fee: \$80 ID \$96 OD / session

Program: 203154

Grades: 4 - 6

M - Th: 9:00 am - 12:00 pm

Grades: 7 - 8

M - Th: 12:30 - 3:30 pm

Session: 6/27 - 30

Volunteer with youth sports and adaptive programs.

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

Boys Lacrosse Camps

Summit High School

Summit High School lacrosse coach Jeff Melville and his players lead this energetic and positive camp, introducing fundamentals of the game. Bring a water bottle and snack each day. If needed, helmet and stick will be issued on Tuesday, 7/5, 8:00 - 8:30 am, at Summit High School on the field. Players must provide their own gloves, shoulder and arms pads.

Fee: \$79 ID \$95 OD / session

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

Session: 7/5 - 8

NOVICE

Grades: 1 - 4

Program: 203150

ALL LEVELS

Grades: 2 - 8

Program: 203151

Rhino Lacrosse Stick Clinic

Grades: 4 - 12

Big Sky Sports Complex

Rhino lacrosse pros will be in Bend hosting this special stick clinic for Central Oregon! This is your chance to learn from the pros and meet lacrosse legend Ryan Powell! There will be a great combination of drills, games and demos. Participants must bring their own stick.

Fee: \$5 ID \$6 OD / session

Program: 203153

Tu: 4:30 - 5:45 pm

Session: 7/19



Girls Summer Lacrosse Training

Grades: 2 - 5

Troy Field

Join Summit High School and club lacrosse coach Polly Purcell for this session which includes skills, drills, and games for your up and coming lacrosse star! These training sessions are a great opportunity for players to advance their skills. Each session will be comprised of at least 30 minutes of instruction and 30 minutes of game play. You must provide your own equipment for this program: stick, goggles, gloves and mouth guard.

Fee: \$34 ID \$41 OD / session

Program: 203843

Tu/Th: 5:00 - 6:15 pm

Session: 8/4 - 11



Martial Arts

Family Self Defense

Ages: 6 & up

Smith Martial Arts

Learn simple awareness and self-defense techniques designed for every member of the family. The fee registration is for a per family rate.

Fee: \$45 ID \$54 OD / session

Program: 206109

F: 5:30 - 7:00 pm

Sessions: 6/24, 7/29

Sa: 9:30 - 11:00 am

Session: 8/6

Hollywood Stunt Training

Ages: 7 - 15

Smith Martial Arts

Get insider training in stunts and screen fighting from veteran Hollywood stunt fighter and fight choreographer. Class demonstrates how to properly hit, work angles, choreograph a fight scene and react for the camera. Fun and fast-paced, class is for beginners and those with martial arts experience.

Fee: \$50 ID \$60 OD / session

Program: 206111

M - Th: 1:00 - 2:00 pm

Sessions: 6/20 - 23 7/25 - 28

8/15 - 18

MMA Sampler

Ages: 7 - 15

Smith Martial Arts

Learn mixed martial arts skills and techniques including drills, takedowns, grappling, submissions, plyometrics, calisthenics and conditioning. With safety and fitness emphasized, this program is for beginners and kids with prior training. Come see if you can make it past the Ultimate Fitness Challenge.

Fee: \$20 ID \$24 OD / session

Program: 206112

M: 2:30 - 4:00 pm

Sessions: 6/20, 7/25, 8/15



Kids Agility

Ages: 7 - 13

Smith Martial Arts

Get your heart pumping while moving at top speed! Have fun getting into shape with an obstacle course, agility ladder, running, jumping, agility ladder, rock climbing wall and battle ropes.

Fee: \$30 ID \$36 OD / session

Program: 206113

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

Sessions: 6/21 - 23

7/12 - 14

8/16 - 18

Kids Mixed Martial Arts

Ages: 6 - 12

Smith Martial Arts

Learn mixed martial arts skills and techniques including boxing, kickboxing, takedowns, grappling, submissions and conditioning. With safety and fitness emphasized, this program is for beginners and kids with prior training. Includes t-shirt.

Fee: \$90 ID \$108 OD / session

Program: 206110

Tu/Th: 4:30 - 5:15 pm

Sessions: 5/17 - 6/9 6/14 - 7/7

7/12 - 8/4 7/28 - 8/30

Junior Karate

Ages: 6 - 14

Odyssey Martial Arts

Learn Tang Soo Do Karate and find out what martial arts is all about. Students will learn self-control, focus, discipline, self-defense, confidence and respect while learning technique and having fun. Uniform included.

Fee: \$79 ID \$95 OD / session

Program: 206418

M/W: 5:00 - 5:45 pm

Sessions: 6/6 - 29 7/11 - 8/3

8/8 - 31

9/7 - 28 (Fee: \$69 ID \$83 OD)

Tu/Th: 5:00 - 5:45 pm

Sessions: 6/7 - 30 7/12 - 8/4

8/9 - 9/1 9/6 - 29



Girl Power!

Ages: 10 - 13

Sortor Bushido Kai Karate

Gain confidence, improve self-esteem, increase body awareness with a fun filled mix of yoga, self-defense training, tumbling and falling drills. Develop mindfulness with activities and crafts that encourage positive thoughts and actions and enhance a mind body spirit connection. Bring a snack and a water bottle. Wear comfortable workout style clothes. Instructor: Andrea Newcomb

Fee: \$150 ID \$180 OD / session

Program: 206176

M - F: 1:00 - 4:00 pm

Session: 6/27 - 7/1

Roller Hockey

Youth Roller Hockey League

Ages: 6 - 14

Cascade Indoor Sports

Are you ready for the best sports experience your child has ever had? Roller hockey will be it! Roller hockey is the fastest, most fun and challenging game your little sports star has ever participated in. The weekly combined group practices will be fun, highly active and teach players the fundamentals of hockey (inline skating experience is required). Weekly games are action packed. Players will be placed on teams, receive a team jersey and participate in one practice and one game per week.

Fee: \$130 ID \$156 OD / session

Program: 203199

M/W: 5:00 - 6:00 pm

Season: 6/27 - 8/24 (No session 7/4)

Skateboarding

Skate & Swim!

Ponderosa Park, Skatepark

Calling all beginner skateboarders, this camp is for you! Come improve your skills on the skateboard, get comfortable in the park, and skate to the swimming pool at the end of each day to cool off. Skateboard, helmet and backpack required. Bring a sack lunch and swimming suit each day.

Fee: \$185 ID \$222 OD / session

Program: 206409

M - Th: 10:00 am - 3:30 pm

Ages: 6 - 8

Sessions: 7/5 - 8 (Tu - F)

7/11 - 14

8/1 - 4

8/29 - 9/1

Ages: 9 - 11

Sessions: 6/27 - 30 7/18 - 21

8/22 - 25

Skate & Paint!

NEW

Ponderosa Park, Skatepark

Are you a beginning skateboarder who loves art too? This camp is for you! Come improve your skills on the skateboard, get comfortable in the park, and use your creative side to design a unique t-shirt and participate in a large painted mural to be put on display at the skate park. Skateboard and helmet required. Bring a sack lunch each day.

Fee: \$185 ID \$222 OD / session

Program: 206408

M - Th: 10:00 am - 3:30 pm

Ages: 6 - 8

Session: 6/20 - 23

Ages: 9 - 11

Session: 8/15 - 18



Intro to Skateboarding

Ages: 9 - 11

Bearings Skateboard Academy

Learn the fundamentals of skateboarding, make new friends and have fun with BSA's coaches in our controlled indoor skate facility. We will focus on proper skateboard setup, stance and ramp riding. Skateboard, helmet, pads and sack lunch required.

Fee: \$189 ID \$227 OD / session

Program: 206155

M - Th: 9:00 am - 1:00 pm

Sessions: 6/20 - 23

6/27 - 30

Halfpipe Skateboarding Skills

NEW

Ages: 6 and up

Bearings Skateboard Academy

Learn the basics of halfpipe skateboarding on BSA's indoor mini ramp. Our professional coaches will guide campers through tricks like drop-ins, kickturns, 50-50 grinds, rock & rolls and tail stalls. Skateboard, helmet, knee & elbow pads and sack lunch required.

Fee: \$189 ID \$227 OD / session

Program: 206152

M - Th: 9:00 am - 1:00 pm

Sessions: 8/8 - 11

8/22 - 25

She Skates! Skateboard Camp

NEW

Girls Ages: 6 - 12

Bearings Skateboard Academy

Girls Rule! Join us for a girl's only skate camp at Bearings with a special guest professional female skateboarder as your coach. Make new friends and learn new skills in a positive environment. Skateboard, helmet, pads and sack lunch required.

Fee: \$199 ID \$239 OD / session

Program: 206153

M - Th: 9:00 am - 1:00 pm

Session: 7/11 - 14

Game of S.K.A.T.E. Camp

NEW

Ages: 7 - 14

Bearings Skateboard Academy

Want to take your skills on a skateboard to the next level? Learn new tricks, strategy and the rules of playing S.K.A.T.E. On the last day of camp you will face off with other skaters for the championship. Skateboard, helmet, pads and sack lunch required.

Fee: \$189 ID \$227 OD / session

Program: 206154

M - Th: 9:00 am - 1:00 pm

Session: 7/25 - 28

Scootering Camp

NEW

Ages: 6 & up

Ponderosa Park, The Old Pondi

Join our first ever Central Oregon scooter camp! Learn new skills and tricks with pro instructors, get featured in our latest edits, enjoy progressing in the sport while we have a blast with games and activities. Groups will be divided into groups based on age and skill level. Scooter, helmet, pads and sack lunch required.

Fee: \$179 ID \$215 OD / session

Program: 206151

M - Th: 9:00 am - 1:00 pm

Sessions: 6/27 - 30 7/25 - 28

SoccerTots

Cascade Indoor Sports

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

SoccerTots in the Park - Teddies

Ages: 18 Months - 3 Years

This parent participation class is a physical development program to engage kids in physical activity.

Fee: \$95 ID \$114 OD / session

FOUR WEEKS: Harmon Park

Program: 203113

M/W: 9:00 - 9:55 am

Sessions: 6/20 - 7/13 (No session 7/4)

7/18 - 8/10

EIGHT WEEKS: Harmon Park

Program: 203113

W: 4:00 - 4:55 pm

Session: 6/22 - 8/10

Th: 10:00 - 10:55 am

Session: 6/23 - 8/11

Th: 5:00 - 5:55 pm

Session: 6/23 - 8/11

EIGHT WEEKS: Pine Nursery Park

Program: 203116

M: 4:00 - 4:55 pm

Session: 6/20 - 8/8 (No session 7/4)

Tu: 5:00 - 5:55 pm

Session: 6/21 - 8/9

W: 4:00 - 4:55 pm

Session: 6/22 - 8/10

Volunteer with youth sports and adaptive programs.

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



SoccerTots in the Park - Cubs

Ages: 3 - 4

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

Fee: \$95 ID \$114 OD / session

FOUR WEEKS: Harmon Park

Program: 203114

M/W: 10:00 - 10:55 am

Sessions: 6/20 - 7/13 (No session 7/4)

7/18 - 8/10

EIGHT WEEKS: Harmon Park

Program: 203114

M: 5:00 - 5:55 pm

Session: 6/20 - 8/8 (No session 7/4)

Tu: 10:00 - 10:55 am

Session: 6/21 - 8/9

Tu: 5:00 - 5:55 pm

Session: 6/21 - 8/9

W: 5:00 - 5:55 pm

Session: 6/22 - 8/10

Th: 11:00 - 11:55 am

Session: 6/23 - 8/11

Th: 4:00 - 4:55 pm

Session: 6/23 - 8/11

EIGHT WEEKS: Pine Nursery Park

Program: 203117

M: 5:00 - 5:55 pm

Session: 6/20 - 8/8 (No session 7/4)

Tu: 6:00 - 6:55 pm

Session: 6/21 - 8/9

W: 4:00 - 4:55 pm

Session: 6/22 - 8/10

Th: 5:00 - 5:55 pm

Session: 6/23 - 8/11

SoccerTots in the Park - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience.

Fee: \$95 ID \$114 OD / session

FOUR WEEKS: Harmon Park

Program: 203115

M/W: 11:00 - 11:55 am

Sessions: 6/20 - 7/13 (No session 7/4)
7/18 - 8/10

EIGHT WEEKS: Harmon Park

Program: 203115

M: 6:00 - 6:55 pm

Session: 6/20 - 8/8 (No session 7/4)

Tu: 11:00 - 11:55 am

Session: 6/21 - 8/9

Tu: 4:00 - 4:55 pm

Session: 6/21 - 8/9

Th: 6:00 - 6:55 pm

Session: 6/23 - 8/11

EIGHT WEEKS: Pine Nursery Park

Program: 203118

M: 6:00 - 6:55 pm

Session: 6/20 - 8/8 (No session 7/4)

W: 5:00 - 5:55 pm

Session: 6/22 - 8/10

Th: 6:00 - 6:55 pm

Session: 6/23 - 8/11



Soccer

Soccer Skills in the Park

Ages: 7 - 11

Harmon Park

Learning the fundamentals of soccer, participants will play in games with the focus of individual and team skills development. We stress a non-competitive environment and promote fun above all else. Classes will end in scrimmages. Instructor-to-student ratio is kept small to maximize individual development.

Fee: \$95 ID \$114 OD / session

Program: 203101

M: 4:00 - 4:55 pm

Session: 6/20 - 8/8

Tu: 6:00 - 6:55 pm

Session: 6/21 - 8/9

Mountain View Youth Soccer Camp

Grades: 1 - 5

Big Sky Sports Complex

Both the Mountain View High School boys and girls soccer programs will be hosting this soccer camp for players of all abilities. Campers will learn skills needed to compete at the next level. Fundamental soccer skills, such as dribbling, passing, shooting, and defensive drills will all be taught. Come see why this is Bend's best soccer camp!

Fee: \$45 ID \$60 OD / session

Program: 203644

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

Session: 7/19 - 21

Storm Girls Soccer Camp

Grades: 3 - 8

Summit High School

Summit High School soccer coach Jamie Brock and her staff lead this camp for girls of all ability levels, teaching the skills and techniques required in programs of all levels. Bring soccer ball, appropriate clothing, water bottle and snack each day.

Fee: \$95 ID \$114 OD / session

Program: 203640

M - Th: 8:30 am - 12:00 pm

Session: 8/1 - 4



Bend High Soccer Camp

Grades: 1 - 8

15th Street Field

Bend High School soccer coach Nils Eriksson and his players lead this camp that is committed to teaching the skills and techniques required to participate in soccer programs of all levels. Coach Eriksson is considered one of the best youth soccer coaches in the state so come join him for a fantastic camp! Bring soccer ball, water bottle and snack each day. Camp will be split into two groups based on age: grades 1 - 5 and grades 6 - 8.

Fee: \$79 ID \$95 OD / session

Program: 203642

M - Th: 12:30 - 3:00 pm

Session: 8/8 - 11



Kindergarten Soccer League

Boys & Girls, Kindergarten
(2016 - 17 school year)

Skyline Sports Complex

This program is designed for the player too young to participate in our traditional leagues. Focus is on skill development, teamwork and fun! Teams will meet on Saturdays for 50 minutes; this includes practices and scrimmages. Teams will play 3 vs 3 on a short field without a goalie; 8 - 10 players per team. Includes team t-shirt. This program is dependent on volunteer coaches. Anyone interested in coaching should contact Becky Rexford at (541) 706-6120.

Fee: \$47 ID \$56 OD / season

Program: 203390

Registration deadline: 8/7

Sa: Times to be announced

Season: 9/10 - 10/15



Bend FC Timbers

Future Timbers Academy

Ages: 5 - 8
Season: Mid-June - August 1
Designed for our youngest players, this program is an introduction to the game; focusing on skill building, development and FUN! Led by the Bend FC Timbers professional coaching staff, this program meets once a week.

Junior Academy

Ages: 9 - 10
Year-round with breaks
For players looking for a more competitive environment, this program features teams that will train under the guidance of Bend FC Timbers professional coaching staff. Teams will train twice a week, play small sided games, compete in the Mid Valley league against statewide clubs and attend at least one tournament.

Academy Teams

Ages: 11 - 18
Year-round with open enrollment
For highly committed players looking to train and play year round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts every May.

For more information on Bend FC Timbers Academy programs, Visit [www. BendFCTimbers.com](http://www.BendFCTimbers.com).



Youth Fall Soccer League

Boys & Girls, Grades 1 -8 (2016 - 17 School Year)
BPRD and Bend FC Timbers are collaborating to offer this unified community-wide program. Both new and returning players are welcome in this developmental league. School-based and divided by grade, teams practice twice a week and play games on Saturdays. Instruction, number of players on teams and game field sizes are age-appropriate and grow incrementally. Each child receives their own jersey, shorts and socks.

GRADES 1 & 2 DIVISION: Fun in nature, this division emphasizes development of basic ball handling and passing skills and understanding of the game.

Fee: \$63 ID \$76 OD / season

GRADES 3 - 5 DIVISION: With a focus on ball handling and passing skills, this refereed division establishes understanding of game strategy, sportsmanship, teamwork and individual player roles.

Fee: \$68 ID \$82 OD / season

GRADES 6 - 8 DIVISION: With games on the big fields, this refereed division emphasizes conditioning, advanced development of ball handling and passing skills, the importance of teamwork and game strategy.

Fee: \$73 ID \$88 OD / season

This program is dependent on volunteer coaches. Anyone interested in coaching a team this fall should contact Rich at (541) 706-6126.

Season: 8/22 - 10/29

Registration Deadline: 6/5

Late registration available, space permitting.

COED		BOYS		GIRLS	
Program:	Grade:	Program:	Grade:	Program:	Grade:
203401	Grade 1	203402	Grade 2	203422	Grade 2
		203403	Grade 3	203423	Grade 3
		203404	Grade 4	203424	Grade 4
		203405	Grade 5	203425	Grade 5
		203406	Grade 6	203426	Grade 6
		203407	Grade 7	203427	Grade 7
		203408	Grade 8	203428	Grade 8

British Soccer Camps

Big Sky Sports Complex & Skyline Sports Complex

The largest soccer camp provider in the U.S. and Canada! Over 110,000 players will learn the "Challenger Way" this year. Focused on challenging and encouraging players to improve with maximum participation, maximum touches on the ball and maximum fun. No line drills or long speeches!

MINI CAMP

Ages: 4 - 7
Fee: \$109 ID \$130 OD / session
Program: 203681
M - F: 9:00 - 11:00 am
Sessions: 6/20 - 24 Big Sky
7/25 - 29 Skyline
8/15 - 19 Big Sky

HALF DAY CAMP

Ages: 7 - 14
Fee: \$159 ID \$191 OD / session
Program: 203682
M - F: 9:00 am - 12:00 pm
Sessions: 6/20 - 24 Big Sky
7/25 - 29 Skyline
8/15 - 19 Big Sky

M - F: 1:00 - 4:00 pm
Sessions: 6/20 - 24 Big Sky
7/25 - 29 Skyline
8/15 - 19 Big Sky

FULL DAY CAMP

Ages: 8 - 14
Fee: \$209 ID \$250 OD / session
Program: 203683
M - F: 9:00 am - 4:00 pm
Sessions: 6/20 - 24 Big Sky
7/25 - 29 Skyline
8/15 - 19 Big Sky





Mountain View High School's Get Ready For Fall Soccer Camp

Grades: 4 - 8

Mountain View High School

Start the season at the top of your game! Campers will enjoy three days of soccer fitness camp to get ready for the fall season directed by Mtn. View soccer staff. Bring soccer ball, appropriate clothing, water bottle and snack each day.

Fee: \$32 ID \$38 OD / session

Program: 203643

Tu - Th: 6:00 - 7:30 pm

Session: 8/9 - 11

Youth Soccer Clinics

Grades: 1 - 5

Hal Puddy Field

Get ready for the upcoming youth soccer season by practicing passing, dribbling, shooting, footwork and agility. These clinics will be conducted by experienced BPRD staff.

Fee: \$24 ID \$29 OD / session

Program: 203140

Tu/Th: 11:30 am - 1:00 pm

Session: 8/23 - 25

Start Smart

Start Smart Baseball

Ages: 4 - 6

Harmon Park

Get involved with your child in this engaging baseball program! We use soft equipment and age-appropriate stations and games to teach the basics of throwing, catching and hitting. Equipment is provided for players to keep. Parent/guardian must attend and participate with their child. If you have a baseball glove, be sure to bring it each day.

Fee: \$45 ID \$54 OD / session

Program: 203134

Tu - Th: 4:00 - 4:50 pm

Session: 6/7 - 16

Volunteer with youth sports and adaptive programs.

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

Start Smart Golf

Ages: 5 - 7

Harmon Park

For children who have little or no golf experience this program utilizes the SNAG coaching system, moving parent-child groups through stations while teaching necessary motor skills and the basics of golf including stance, swing and etiquette. Parent/guardian must attend and participate with child. All equipment provided.

Fee: \$34 ID \$41 OD / session

Program: 203132

Tu/Th: 5:30 - 6:20 pm

Session: 6/7 - 16

Start Smart Football

Ages: 5 - 7

Pine Nursery Park

Get involved with your child in this fun football program! We use soft equipment, teaching the basics of kicking, passing and catching. Equipment is provided for players to keep. Parent/guardian must attend and participate with their child. Extremely popular program, so register early!

Fee: \$45 ID \$54 OD / session

Program: 203133

Registration deadline: 9/9

or until full

Su: 9:00 - 9:50 am

Session: 9/11 - 10/9



Tennis

QuickStart Tennis I

Juniper Park

An exciting play format for learning tennis, designed to bring kids into the game of tennis by utilizing specialized equipment, shorter court dimensions and modified scoring - all tailored to age and size.

Fee: \$40 ID \$48 OD / session

Ages: 4 - 5

Program: 203500

M - Th: 8:30 - 9:30 am

Sessions: 6/20 - 30 7/11 - 21

7/25 - 8/4 8/8 - 18

Ages: 6 - 7

Program: 203501

M - Th: 8:30 - 9:30 am

Sessions: 6/20 - 30 7/11 - 21

7/25 - 8/4 8/8 - 18

Ages: 8 - 11

Program: 203502

M - Th: 9:30 - 10:30 am

Sessions: 6/20 - 30 7/11 - 21

7/25 - 8/4 8/8 - 18

QuickStart Tennis II

Ages: 8 - 11

Juniper Park

Same great principles as QuickStart Tennis I, this class is designed for the child that has participated in tennis lessons before.

Fee: \$40 ID \$48 OD / session

Program: 203503

M - Th: 10:30 - 11:30 am

Sessions: 6/20 - 30 7/11 - 21

7/25 - 8/4 8/8 - 18



Bend Youth Track & Field Meet

Sponsored by Bend Park & Recreation District

Wednesday, June 8th **FREE**

Bend High School Track, 230 NE 6th St

For boys & girls born in the years 2002 - 2009

Registration: 4:00 - 5:15 pm

Track Meet Rules:

- Participants can enter either two running and one field event, or two field and one running event.
- Participants must compete in their own gender & age group, (2008-2009, 2006-2007, 2004-2005, 2002-2003)
- Track spikes, shoes designated for spikes and cleats are not allowed. Shoes must be worn.
- Birth certificate is required at registration.

FIELD EVENTS

Register at 4:00 pm/Begin at 4:00 pm

	Birth Years (Age)
Standing Long Jump	2002 - 2009
Turbo Javelin	2002 - 2009

RUNNING EVENTS

Register: 4:00 - 5:15 pm/Begin at 5:30 pm

50 Meter Dash	2006 - 2009
100 Meter Dash	2002 - 2009
200 Meter Dash	2002 - 2009
400 Meter Dash	2002 - 2007
800 Meter Run	2002 - 2005
Mile Run	2002 - 2005

Tennis I

Ages: 12 - 14

Juniper Park

Instruction is based on the players' desire to learn the rules, basic playing skills and court positioning as fast as possible and to see steady progress in their play. The sessions are action-oriented and include lots of fun.

Fee: \$40 ID \$48 OD / session

Program: 203504

M - Th: 11:30 am - 12:30 pm

Sessions: 6/20 - 30 7/11 - 21
7/25 - 8/4 8/8 - 18

Tennis II

Ages: 12 - 14

Juniper Park

Sessions focus on continued skill development coupled with actual match experiences. Players review basic shot making techniques, undertake more advanced drills, learn and practice doubles, and play matches.

Fee: \$40 ID \$48 OD / session

Program: 203505

M - Th: 11:30 am - 12:30 pm

Sessions: 6/20 - 30 7/11 - 21
7/25 - 8/4 8/8 - 18

Tennis
Tournament
Training

Ages: 10 - 17

Juniper Park

Join our energetic staff as they improve your game! Through advanced drills, strategies, conditioning, and match play, they will get you tournament tough. Whether you have participated in tournament tennis for years, or never have before, these sessions are a must!

Fee: \$70 ID \$84 OD / session

Program: 203510

M/W: 2:00 - 4:00 pm

Sessions: 6/20 - 7/20 (No session 7/4)
7/25 - 8/17

Middle School
Tennis League

Grades: 6 - 8 (2016 - 17 school year)

This program emphasizes skill development, maximum participation, good sportsmanship and fun. Space is limited. This program is dependent on volunteer coaches. Anyone interested in coaching should contact Kevin at (541) 706-6123.

Fee: \$50 ID \$60 OD / season

Tu - Th: 4:00 - 5:30 pm

Season: 9/13 - 10/20

Registration deadline: 8/30
or until full

Program:	School:
203550.01	Cascade MS
203550.02	High Desert MS
203550.03	Pilot Butte MS
203550.04	Sky View MS
203550.05	Pacific Crest MS

Track & Field

Running Camp

Grades: 5 - 8

Harmon Park

Become a better, faster and smarter athlete as we provide an educational and inspirational experience for all ages and abilities. Includes camp t-shirt. Bring running shoes, appropriate clothing and water bottle each day.

Fee: \$36 ID \$43 OD / session

Program: 203631

M - Th: 9:00 - 10:30 am

Session: 8/15 - 18



Storm Track Camp

Grades: 3 - 8

Summit High School

Summit High School track coach Dave Turnbull, his staff and athletes lead this camp for all ability levels. Our coaches aim to teach the best techniques and improve your skills. Bring running shoes, appropriate clothing, water bottle and snack each day.

Fee: \$69 ID \$83 OD / session

Program: 203630

M - Th: 9:00 am - 12:00 pm

Session: 6/20 - 23

Volleyball

OVA Summer Volleyball Training

Grades: 5 - 8

The Pavilion

For players wanting to take their skills and game to the next level! Join local OVA coaches each Wednesday evening as we expose players to advanced training techniques and drills that provide a foundation for future skill development and help the athlete prepare for the coming seasons.

Fee: \$49 ID \$59 OD / session

Program: 210147

W: 6:30 - 8:00 pm

Session: 6/22 - 7/20



Little Cougar Volleyball Camp

Grades: 3 - 9

Mountain View High School

Directed by Mtn. View volleyball coach Kate McBrien, her staff and players, these camps cover all the skills required to take your volleyball game to the next level - passing, setting, hitting, digging and serving. Bring your knee pads and water bottle.

Program: 203145

Registration deadline: 7/3
or until full

Grades: 3 - 5

Fee: \$60 ID \$72 OD / session

Tu - F: 11:30 am - 1:00 pm

Grades: 6 - 9

Fee: \$75 ID \$90 OD / session

Tu - F: 9:00 - 11:00 am

Session: 7/5 - 8



OVA Sand Volleyball Camp

Grades: 5 - 8

Old Mill Sand Volleyball Courts

Take your game outdoors and join the OVA coaching staff on the sand! This camp includes passing, serving, setting, hitting and agility drills. Please bring a water bottle each day.

Fee: \$65 ID \$78 OD / session

Program: 203149

M - Th: 9:00 - 11:00 am

Session: 7/25 - 28

Bend High Jr. Lava Bear Volleyball Camp

Grades: 2 - 9

Bend High School

Bend High School volleyball coach Kristin Cooper, her staff and players lead this camp for athletes of all ability levels. Learn passing, setting, hitting, digging and serving from a positive, enthusiastic staff. Includes camp t-shirt. Bring your knee pads and water bottle each day.

Program: 203057

Grades: 2 - 6

Fee: \$45 ID \$54 OD / session

M - W: 8:00 - 10:00 am

Session: 8/1 - 3

Grades: 7 - 9

Fee: \$70 ID \$84 OD / session

M - Th: 1:00 - 3:30 pm

Session: 8/1 - 4

Trinity Volleyball Camp

Grades: 3 - 8

Trinity Lutheran School

Join Trinity High School volleyball coach Greg Clift and his staff as they teach game fundamentals through a system of demonstrations, guidance, repetition and correction in a fun atmosphere. Leave with a better understanding of the game, improved skills and the ability to take your game to a higher level. Bring your knee pads and water bottle each day.

Fee: \$49 ID \$59 OD / session

Program: 203840

Grades: 3 - 5

M - Th: 10:00 am - 12:00 pm

Grades: 6 - 8

M - Th: 12:30 - 2:30 pm

Session: 8/8 - 11



Middle School Pre-Season Volleyball Camp

Grades: 6 - 8

Pilot Butte Middle School

Get your game on! Join your local middle school coaches as we prepare for the coming season. Bring your knee pads each day.

Fee: \$40 ID \$48 OD / session

Program: 203146

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

Session: 8/29 - 31

6th Grade Volleyball League

Grade: 6 (2016 - 17 school year)

This program emphasizes skill development, maximum court time, teamwork, sportsmanship, leadership and enjoying the sport of volleyball! Teams are school-based and practices are held at your school at 6:00 pm. Matches played on Tuesday and/or Thursday evenings. Uniform tops provided for players to keep.

Fee: \$58 ID \$70 OD / session

Program: 203830

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

Season: 9/12 - 11/13

Registration deadline: 8/21

Program:	School:
203830.01	Sky View MS
203830.02	High Desert MS
203830.03	Pilot Butte MS
203830.04	Cascade MS
203830.05	Pacific Crest MS



CLIP IT OUT!
.....
(RE) PLACE
IT ON
YOUR FRIDGE!
.....
DON'T MISS
ANY ACTION!

Plan Ahead! 2016 - 17 Youth League Registration Deadlines:

SUMMER 2016 REGISTRATION: Opens March 23rd

Program/League	Season	Registration Deadline
Youth Fall Soccer League	Aug. 22 - Oct. 29	June 5
Youth Tackle Football League	Aug. 17 - Oct. 18	June 24
Youth Flag Football League	Sept. 8 - Nov. 6	July 31
Kindergarten Soccer League	Sept. 10 - Oct. 15	Aug. 7
6th Grade Volleyball League	Sept. 12 - Nov. 3	Aug. 21
Middle School Tennis League	Sept. 13 - Oct. 20	Aug. 30
High School Volleyball League	Sept. 25 - Oct. 23	Sept. 15

FALL 2016 REGISTRATION: Opens August 10th

Program/League	Season	Registration Deadline
Youth Volleyball League	October - December	Oct. TBD
Bitty Ball Basketball League	November - December	Oct. TBD
Boys MS Basketball League	November - December	Oct. TBD
High School Basketball League	November - March	Nov. TBD
Youth Basketball League	January - March	Nov. TBD
Girls MS Basketball League	January - March	Dec. TBD

WINTER-SPRING 2017 REGISTRATION: Opens Dec. 7th

Program/League	Season	Registration Deadline
Youth Indoor Soccer League	March - May	Feb., TBD
Youth Lacrosse League	March - June	March, TBD
Girls Softball League	March - June	March, TBD
PGA Junior Golf League	April - June	April, TBD



High School Volleyball League

Grades: 9 - 12 (2016 - 17 school year)

Pilot Butte Middle School

Open to any high school student who is not playing on a high school volleyball team. This is a recreational league, players serve as team captains. Officials, scorekeepers and team t-shirts are provided. We keep league standings and have playoffs in this program. Team captains will select teams from a pool of registered players.

Fee: \$59 ID \$71 OD / season

Su: 6:00 - 8:00 pm

Season: 9/25 - 10/23

Registration deadline: 9/15

Program: 203950 Grades 9 & 10

Program: 203951 Grades 11 & 12



Weight Training & Wrestling

Weight Training & Strength Camp

Grades: 6 - 9

Mountain View High School

Learn safe, effective weight and strength training techniques to increase your strength, stamina, speed and agility. Use the Mtn. View High School weight room FREE of charge under the direct supervision of our high school coaches July and August. This camp is held in the Mtn. View weight room.

Fee: \$39 ID \$47 OD / session

Program: 203888

M - Th: 9:00 - 11:00 am

Session: 6/27 - 30

Wrestlenastics

Grades: K - 4

Bend High School

Get your child active this summer! Introduce them to wrestling activities in a fun, safe atmosphere. Includes games and activities to enhance balance, coordination, strength and confidence. Led by high school coaches and athletes. Held in the wrestling room at Bend High School.

Fee: \$60 ID \$72 OD / session

Program: 203999

M - Th: 9:00 - 11:00 am

Sessions: 7/11 - 14 8/1 - 4

Adapted Sports

Wheelchair Sports

Ages: 16 & up

The Pavilion

If you have limited mobility or use a wheelchair for mobility and are looking for another recreation outlet, come play wheelchair sports such as basketball, rugby and more. You will learn rules, basic playing skills, wheelchair mobility and have plenty of time for practice. Sports wheelchairs are provided. .

Fee: \$6 drop-in fee per night

Program: 204500

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

Sessions: 6/27 - 8/24

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6121.



thanks, coach

Many thanks to every volunteer who generously contributed time as a coach for youth winter and spring sports programs. These people shared their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

3rd - 5th Grade Youth Basketball

Jeff Anderson	Brian Crum	Joel Hoffman	Greg Logan	Ryan Oster	Amy Sorenson	Raymond Williams
Joe Arvidson	Chris Doan	John Howes	Robert Mancuso	Tyler Pendergast	Tom Sorenson	Rochelle Williams
Margaret Arvidson	Rick Falk	Stephanie Jacobson	Lindy Maniscalco	Michele Preim	Eric Tabert	Mike Wilson
John Audette	Jason Finney	Byron Jenson	Gabe Mason	Delton Price	Charissa Toney	
Tom Baker	Chris Fitton	Kyle Jurgenson	Sean Merkord	Joe Riedl	Jacy Tsourmas	
Cory Benner	Tim Foley	Kyle Kendall	Irish Miladin	Mark Roberts	Mark Tumilson	
Cory Bittner	April Garus	Shaun Kent	Kelly Miladin	Stephanie Russell	David Vodak	
Pam Bradbury	Daniel Gienger	Jerry Kerr	Heather Neet	Michael Salinas	Aaron Warnock	
Shara Carnahan	Harvey Gonzales	Wes Knapp	Marissa Nehl	Chris Scarborough	Michelle White	
Mike Cheney	Keith Harris	Heather Knox	Jen Newton	Justin Schaumburg	Dave Williams	
Jim Chroninger	Kip Heilman	Jessica Leblanc	Tom Nishikawa	Kerry Sexon		
Mark Clemo	Andy High	Samantha Linn	Ryan O'Neill	Richie Sexon		

Bitty Ball Basketball

Sev Anderson	Jason Burge	Trevor Flaherty	Debora Kerr	Brian Newton	Deborah Ross	Adrienne Sullivan
Joe Arvidson	Stephanie Carter	Kacey Green	Ross Kranz	Joseph Nichols	Pete Sandgren	Andy Timm
Stephanie Barker	Keith Clayton	Jeanie Hartlaub	Shane Lefebvre	Mason Payer	Jane Shein	Katrina Turbyne
James Borges	Travis Davis	John Hill	Clark Limoges	Darren Petrie	Jake Spence	Cammy Vodak
Brent Bradley	Kevin Detweiler	Nate Janes	Hannah Lippke	Michelle Reeves	Paul Spencer	Corky Wray
Banni Bunting	Melissa Eckman	Jeff Kardy	Ned Myers	Joe Riedl	Jason Stinnett	Amie Wulff

Volunteers Needed to Coach Youth Team Sports

Make a difference for a group of kids!

Volunteers are essential to youth sports programs. We are currently seeking volunteer coaches for:

Kindergarten Soccer
Youth Fall Soccer
Youth Flag Football
Youth Tackle Football
Middle School Tennis
6th Grade Volleyball

Sport experience preferred. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.



to our winter and spring sports sponsors.

Thank you to all the local businesses and individuals who value healthy recreation opportunities for children and help make youth sports programs possible. Please join us in thanking the following 2016 winter and spring sports sponsors:

Middle School Basketball Program Sponsor:

Bigfoot Beverages

Youth Basketball & Youth Volleyball Program Sponsor:

**The Center Orthopedic & Neurosurgical
Care & Research**

Bitty Ball Basketball Program Sponsor:

**Keith Krueger, D.M.D., P.C.
Oral & Maxillofacial Surgeon**

Youth Volleyball Team Sponsors:

Exit Realty Bend

Pine Ridge Inn

Youth Sports Team Sponsorship Opportunities

Here's a chance to promote your business and support Bend Park & Recreation District youth sports teams programs. Each team sponsor will have their business name printed on the back of team jerseys and will receive a team photo plaque. For more information, call Russ Holliday at (541) 706-6108. Sponsoring a team is easy! Simply go to the BPRD registration website and reference the number of the team sport you would like to sponsor:

Program: 203000	Youth Flag Football (boys & girls grades 1 - 6)	\$275/team
Program: 203002	Youth Fall Soccer (boys & girls grades 1 - 8)	\$275/team
Program: 203004	Kindergarten Soccer (boys & girls)	\$275/team

Thanks to winter and spring sports coaches, continued.

3rd - 5th Grade Youth Volleyball

Sue Arnold	Kim Hockin	Heather Pagano	Brandi Tol
Juana Beede	Tami Hoffman	Amy Parker	Ryan Travis
Anne Brown	John Howes	Amy Pendergast	Danielle Vidalli
Shara Carnahan	Ashley Kerfoot	Katie Perez	Sarah Vincent
Andra Cooper	Randall Knight	Jennifer Phillips	Heather Walker
Kelly Davis-Martin	Sulama Lambert	Kristi Reinhart	Meagan Waltosz
Caroline Eggerth	Andrea Larson	Robert Reveles	Emily Wells
Jerry Everest	Tricia Louvar	Melissa Robertson	
Amanda Farsvedt	Jessica Malinowski	Edith Sanchez	
Mandy Faulkner	Nicole Mcghan	Lyssa Sauer	
Mindy Godell	Chris Myers	Jessica Sieverson	
Jennifer Hammond	Laura Netcher	Jennifer Sutterfield	
Heather Hansen	Lacy Nichols	Farrah Sutton	

Boys Middle School Basketball

Justin Aldrich	Brian Endter	Gavin Macfarland	Phillip Schliep
Doug Baker	Heather Enger	Patrick Mccullough	Andy Timm
Andy Balyeat	Mike Flood	Isaiah McGarry	Andrew Tyler
Mike Bonetto	Kyle Gilbert	Chase Mickel	Igor Vuletic
Seth Bucy	Rich Graham	Andy Monticelli	Michelle White
Chris Capevila	Jeff Gregg	Lawrence Morris	Brian Wilber
Rhett Coble	Jesse Guevara	Laura O'Connell	Josh Wilson
Bret Cromwell	Ryan Hart	Darren Petrie	Shawn Woods
Butch Crume	Steve Keith	Seth Ramsey	
Don Delisi	Deborah Kerr	Greg Rider	
Ron Doke	Heather Knox	Kevin Rohde	
Brian Earls	Julie Lyche	Will Rubin	

Girl Middle School Basketball

Edward Bogart	John Howes	Michael Phillips	Joe Vuylsteke
Jim Brown	Carter Larkin	Rachel Preston	Natalie Warren
Bill Bufford	Mike Larraneta	Jeff Reynolds	Staci West
Katrina Cannon	Jeff Lee	Dan Russell	Jon Williams
Murray Cannon	Kelly McKinney	Trisha Russell	Jon Woeller
Isah Cavallaro	Katie Merickel	Mackenzie Serbus	Kurt Woeller
Daniel Daggett	Ken Moore	Beverly Shipman	
Heather Daggett	Kelley Parsons	Tanya Stirewalt	
Rex Daines	Claire Philippy	Flavius Tarkwon	
Robert Dennis	Gary Philippy	Drew Tyler	

Program Locations

Locations of all summer BPRD programs are in alphabetical order below.

Academie De Ballet Classique 162 NW Greenwood Ave, Bend, OR 97701	Cascade School of Music 200 NW Pacific Park Ln, Bend, OR 97701	Larkspur Park 1700 SE Reed Market Rd, Bend, OR 97702	Seventh Mountain Resort 18575 SW Century Dr, Bend, OR 97702
Al Moody Park 2225 NE Daggett Lane, Bend, OR 97701	Columbia Park 264 SW Columbia St, Bend, OR 97702	Lava Ridge Elementary School 20805 Cooley Rd, Bend, OR 97701	Shevlin Park 18920 Shevlin Park Rd, Bend, OR 97701
American Red Cross – Service Master Location 20806 Sockeye Pl, Ste. 210, Bend, OR 97701	Competitive Edge Archery Center 1320 SE Reed Market Rd, Bend, OR 97702	Lost Tracks Golf Club 60205 Sunset View Dr, Bend, OR 97702	Silver Rail Elementary School 61530 SE Stone Creek St, Bend, OR 97702
Amity Creek Elementary 437 NW Wall St, Bend, OR 97701	Confluence Fly Shop 520 SW Powerhouse Dr, #626, Bend, OR 97702	Miller Elementary School 300 NW Crosby Dr, Bend, OR 97701	Sky View Middle School 63555 NE 18th St, Bend, OR 97701
Art Station 313 SW Shevlin Hixon Dr, Bend, OR 97702	Drake Park 777 NW Riverside Blvd, Bend OR 97701	Mountain View High School 2755 NE 27th St, Bend, OR 97701	Skyline Sports Complex 19617 Mountaineer Way, Bend, OR 97702
Aspen Hall 18920 NW Shevlin Park Rd, Bend, OR 97701	Eagle Crest Resort Golf Course 1590 Mountain Quail Dr, Redmond, OR 97756	Mountain View Park 1975 NE Providence Dr, Bend, OR 97702	Smith Martial Arts 100 SE Bridgeford Blvd, Suite A Bend, OR 97702
Awbrey Glen Golf Club 2500 Awbrey Glen Dr, Bend, OR 97701	Elk Meadow Elementary School 60880 Brookwood Blvd, Bend, OR 97702	Norton Ave. Apartments 415 NE Norton Ave, Bend, OR 97701	Sortor Bushido Kai Karate 63056 Lower Meadow Dr, Bend, OR 97701
Bear Creek Elementary School 51 SE 13th, Bend, OR 97702	Ensworth Elementary School 2150 NE Daggett Ln, Bend, OR 97701	Odyssey Martial Arts 924 B SE Wilson Ave, Bend, OR 97702	Summit High School 2855 NW Clearwater Dr, Bend, OR 97701
Bearings Skateboard Academy 615 SE Glenwood Dr, Ste. 115, Bend, OR 97702	Elk Lake’s Little Fawn Campground US Forest Road 4625, Bend, OR	Old Mill Sand Volleyball Courts 450 SW Powerhouse Dr, Bend, OR 97702	Sun Meadow Park 61150 Dayspring Dr, Bend, OR 97702
BEAT Studio 2524 NE Division St, Bend, OR 97701	The Environmental Center 16 NW Kansas Ave, Bend, OR 97701	Orchard Park 2001 NE 6th St, Bend, OR 97701	Sylvan Learning Center 2150 NE Studio Rd, Bend, OR 97702
Bend Fieldhouse (at Vince Genna Stadium) 401 SE Roosevelt Ave, Bend, OR 97702	Gardenside Park 61750 Darla Pl, Bend, OR 97702	Pacific Crest Middle School 3030 NW Elwood Ln, Bend, OR 97701	Sylvan Learning Center - NorthWest Crossing 2863 NW Crossing Dr, Bend, OR 97701
Bend High School 230 NE 6th St, Bend, OR 97701	Hal Puddy Field 225 SE 15th St, Bend, OR 97702	The Pavilion 1001 SW Bradbury Way, Bend, OR 97702	Tall Pine Studio SE Bend off of Knott Rd, Bend, OR 97702
Bend Golf & Country Club 61045 Country Club Dr, Bend, OR 97702	Harmon Park, Hobby Hut & Outdoor Center 1100 NW Harmon Blvd, Bend, OR 97701	Pilot Butte Middle School 1501 NE Neff Rd, Bend, OR 97701	Tetherow Golf Club 61240 Skyline Ranch Rd, Bend, OR 97702
Bend Senior Center 1600 SE Reed Market Rd, Bend, OR 97702	Harvest Park 63240 NW Lavacrest St, Bend, OR 97701	Pilot Butte Neighborhood Park 1310 NE Highway 20, Bend, OR 97701	The Environmental Center 16 NW Kansas Ave, Bend, OR 97701
Big Sky Sports Complex 21690 NE Neff Rd, Bend, OR 97701	High Desert Middle School 61111 SE 27th St, Bend, OR 97702	Pine Nursery Park 3750 NE Purcell Blvd, Bend, OR 97701	The Pavilion 1001 SW Bradbury Way, Bend, OR 97702
BLSD Education Building 520 NW Wall St, # 325, Bend, OR 97701	High Lakes Elementary School 2500 NW High Lakes Lp, Bend, OR 97701	Pine Ridge Elementary School 19840 Hollygrape St, Bend, OR 97702	Trinity Lutheran School 2550 NE Butler Market Rd, Bend, OR 97701
Boyd Park 20750 NE Comet Ln, Bend, OR 97702	Highland Elementary School at Kenwood 701 NW Newport Ave, Bend, OR 97701	Pine Ridge Park 61250 Linfield Ct, Bend, OR 97702	Troy Field 690 NW Bond St, Bend, OR 97701
Boys & Girls Club St. Francis 1707 SE Tempest Dr, Bend, OR 97701	Hollinshead Park & Barn 1235 NE Jones Rd, Bend, OR 97701	Pioneer Park 1525 NW Wall St, Bend, OR 97701	Tumalo Creek Kayak & Canoe 805 SW Industrial Way, Ste 6, Bend, OR 97702
BPRD District Office 799 SW Columbia St, Bend, OR 97702	Jewell Elementary School 20550 Murphy Rd, Bend, OR 97702	Ponderosa Elementary School 3790 NE Purcell Blvd, Bend, OR 97701	Tumalo State Park 64120 O. B. Riley Rd, Bend, OR 97701
Buckingham Elementary 62560 Hamby Rd, Bend, OR 97701	Juniper Elementary School 1300 NE Norton, Bend, OR 97701	Ponderosa Park & Skatepark 225 SE 15th St, Bend, OR 97702	Twin Knolls Transition Co-op 2500 NE Twin Knolls Dr, Bend, OR 97702
Camp Tamarack 30901 USFS 2066 600, Camp Sherman, OR 97730	Juniper Park 800 NE 6th St, Bend, OR 97701	Riverbend Park 799 SW Columbia St, Bend, OR 97702	Westside Village Magnet School 1101 NW 12th St, Bend, OR 97701
Cascade Indoor Sports 20775 High Desert Ln, Bend, OR 97701	Juniper Swim & Fitness Center 800 NE 6th St, Bend, OR 97701	River’s Edge Golf Course 400 NW Pro Shop Drive, Bend, OR 97701	Widgi Creek Golf Course 18707 SW Century Dr, Bend, OR 97702
Cascade Middle School 19619 Mountaineer Way, Bend, OR 97702	Kiwanis Park 800 SE Centennial Blvd, Bend, OR 97702	River Song School 151 SW Shevlin Hixon Dr, Ste. 101, Bend, OR 97702	
	KPOV – High Desert Community Radio 501 NW Bond St, Bend, OR 97701	Sawyer Park 62999 O.B. Riley Rd, Bend, OR 97701	

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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 www.bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at www.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 www.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.
- 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. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•	•				
Alpine Park	19500 Century Dr								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Park & Recreation District	799 SW Columbia St				•								•				
BPRD Park Services	1675 SW Simpson Ave																
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						•								•		
Columbia Park	264 NW Columbia St							•			•	•	•		•		
Compass Park	2500 NW Crossing Dr							•			•	•	•				
Discovery Park	1315 NW Discovery Drive				•				•		•		•				
Dohema River Access	35 NW Drake Rd														•		
Drake Park	777 NW Riverside Blvd						•						•		•		
Farewell Bend Park	1000 SW Reed Market Rd						•	•			•	•	•		•		
First Street Rapids Park	1980 NW First St						•	•					•		•		
Foxborough Park	61308 Sunflower Ln		•									•		•			
Gardenside Park	61750 Darla Pl										•	•	•				
Genna Stadium	401 SE Roosevelt Ave																
Harmon Park	1100 NW Harmon Rd	•									•	•	•		•		
Harvest Park	63240 NW Lavacrest St											•		•			
High Desert Park	60895 27th St								•								
Hillside I Park	2050 NW 12th St		•									•	•				
Hillside II Park	910 NW Saginaw Ave				•												
Hixon Park	125 SW Crowell Way																
Hollinshead Park	1235 NE Jones Rd				•	•							•				
Hollygrape Park	19489 SW Hollygrape St											•	•				
Jaycee Park	478 Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St				•								•				
Kiwanis Park	800 SE Centennial Blvd	•	•								•	•		•			
Larkspur Park	1700 SE Reed Market Rd		•					•	•	•	•	•	•				

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
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					
McKay Park	166 SW Shevlin Hixon Dr	Closed for construction															
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•									•		•			
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•								•		
The Pavilion	1001 SW Bradbury Way					•							•				
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•		•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•		•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•			•	
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
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	NE 18th St & 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	•									•	•	•				
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		•									•		•			



Mountain View Park Playground



Larkspur Park Bocce Court



Sylvan Park Tennis Courts