

INCLUDES
JUNIPER SWIM
& FITNESS CENTER,
THE PAVILION
& BEND SENIOR
CENTER


Bend Park &
Recreation
DISTRICT
winter-spring 2016

your playbook

let's
skate
at the pavilion

bend whitewater park
update

park & trail projects
in the works

winter & spring:
a tale of two seasons
in parks

play for life

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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 / Nuevos servicios al alcance de la comunidad latina

Para servicios en español, llame al (541) 706 - 6190. Por favor, deje su mensaje y nuestro personal se comunicará con usted. ¡Estamos aquí para ayudarlo a que se divierta!

For Spanish services and assistance, call (541) 706 - 6190. Please leave a message and our staff will get back to you. We're here to help you have fun!



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 will be closed: Jan. 1 - New Year, Jan. 18 - MLK Jr. Day,
Feb. 15 - President's Day, May 30 - Memorial Day

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 27.

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 34.

THE PAVILION (open Late December)

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

Office Hours 8:30 am - 9:30 pm, daily
Hours subject to change.

Holiday hours and special events: See page 22.

PARK SERVICES

1675 SW Simpson • p. (541) 388-5435

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

Park Services will be closed: Jan. 1 - New Year, Jan. 18 - MLK Jr. Day,
Feb. 15 - President's Day, May 30 - Memorial 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 • Debi Harr • Sarah Olson

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

On the Cover: Silas, a Bend hockey player, gets in a skate session at The Pavilion. Photo credit: Greg Kleinert.

THE
PAVILION
ON PAGE 14

play on

Dear Friends,

We see fun coming your way! After years of behind the scenes planning and very visible construction, two of Bend's largest recreational facilities, the Bend Whitewater Park and The Pavilion will be fully operational in 2016, providing locals as well as tourists new ways to play. Bend voters had the foresight to fund the vast majority of these new publicly owned assets through the 2012 bond measure – a wise investment in keeping Bend a thriving community.



We're also excited to launch a new line of recreation programming at The Pavilion – among them are learn to skate programs and curling during the winter season and expanded programming for kids during the summer.

Ensuring that everyone has access to District services is important to us. Financial assistance is available to qualified families. Our Therapeutic Recreation program helps people with disabilities join in the fun. Give our office a call to learn more.

The new year inspires a time of reflection and with that, I want to thank you. Not a day goes by that I'm not appreciative of this great community and the people who care deeply about preserving Bend's unique culture and contributing to its future. I wish you and your family all that you need and hope for in 2016.

Sincerely,

Don Horton, Executive Director
don@bendparksandrec.org

"YOU MISS
100% OF THE
SHOTS YOU
DON'T TAKE."

~ WAYNE GRETZKY

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.



REGISTER ONLINE:

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

Payment in full is required at the time of registration.

How to Register

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 three 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** (after Jan. 1, 2016)
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:

Summer 2016 Registration
begins March 21, 2016

Fall 2016 Registration
begins August 8, 2016

here comes fun

Located at the corner of Simpson and Colorado Avenues in southwest Bend, The Pavilion is set to open at the end of December for skating, hockey, curling and more. Pictured above, staff review the ice making process on the NHL-sized rink.

In conversations with members of our community, Bend Park and Recreation District staff are often asked “what’s new at the District?” The answer these days comes down to two simple words: a lot.

Since November 2012 when District voters passed Bond Measure 9-86 and chose to invest in future parks, trails and recreation facilities, these past three years have been extremely active with significant land purchases, public outreach, project design and park, trail and facility construction.

In total, there are 19 construction projects underway - some bond-funded, some funded by other District resources. What does this unprecedented activity mean? It’s time to get ready to recreate in new places!

The following are updates on the projects that are underway.

BOND-FUNDED PROJECTS:

All the bond-funded projects are moving ahead with some level of design, engineering, construction and/or land acquisition:

- The Pavilion
- Riley Ranch Nature Reserve
- Bend Whitewater Park (formerly Colorado Dam Safe Passage)
- McKay Park
- Southeast Bend Park Land
- Deschutes River Trail.

The Pavilion



Construction of The Pavilion, located on the former Mt. Bachelor Park & Ride lot at the corner of Colorado and Simpson Avenues, began last November and is targeted to be completed at the end of December 2015.

The open-air, covered pavilion will include a seasonal ice rink open from about November through March and a multi-purpose recreation space open from about April through October. The project also includes outdoor plazas, parking and a separate support building with a lobby, concessions, viewing room, restrooms and changing rooms. The Pavilion

will host a variety of recreational activities, community events and sports such as ice skating and hockey, pickleball, basketball, volleyball, tennis, afterschool programs and youth summer camps. Additional information on the facility and programs is available on pages 14 - 15 and 22 - 26.

Riley Ranch Nature Reserve

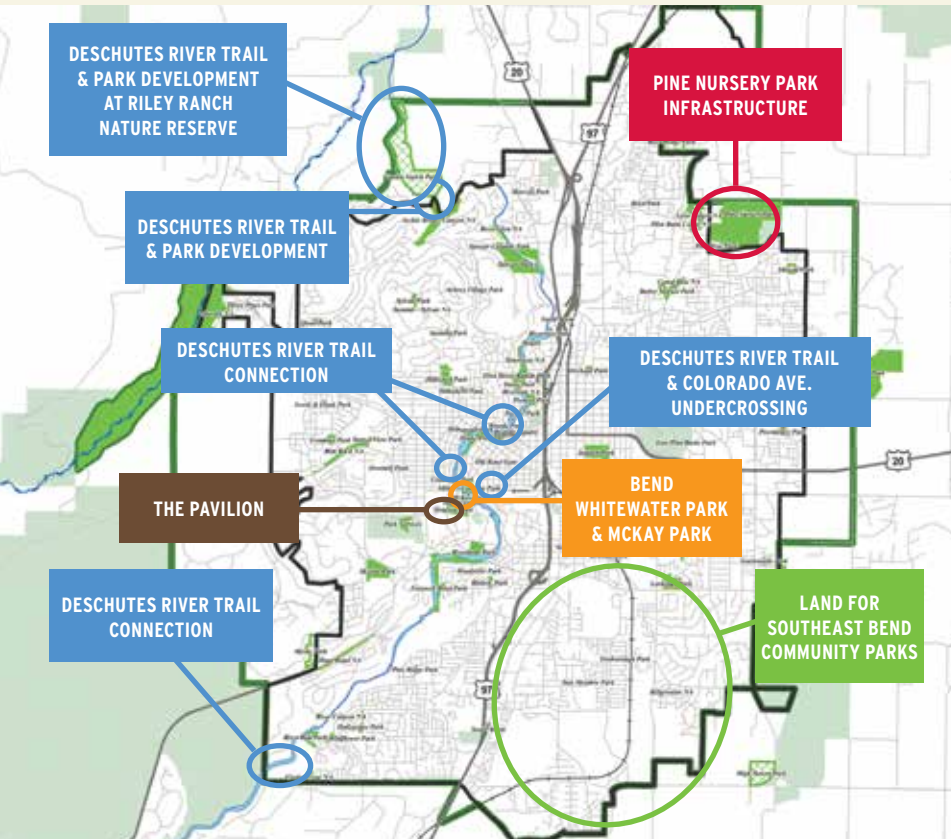


Riley Ranch Nature Reserve is located outside the Urban Growth Boundary, north of Bend along the east side of the Deschutes River. The site is approximately 184 acres with open meadows, juniper and

(continued on next page)

Bond Project Map:

- Deschutes River Trail & Parks
- Bend Whitewater Park
- Pine Nursery Park
- Land for Southeast Bend Parks
- The Pavilion



Completed Bond Projects:

- ✓ **LAND PURCHASES:** All bond-financed land purchases are complete including:
 - Southeast Bend:** Four acres have been purchased adjacent to Bend Senior Center for expansion of the senior center and Larkspur Park.
 - Southeast Bend:** 37 acres were purchased off of 15th Street for a future community park.
 - Northwest Bend:** 61 acres adjacent to Riley Ranch Nature Reserve have been purchased to add to the future park.
- ✓ **THE PAVILION:** The ice rink/multi-sport facility is scheduled to open at the end of December 2015.
- ✓ **PINE NURSERY PARK INFRASTRUCTURE:** Parking, roads and infrastructure for the park's north side were completed in 2015.

pine forests, rimrock cliffs and nearly two miles of Deschutes River frontage. Throughout 2014, the District worked with a Citizens Advisory Committee to create both a management plan and master plan to guide development of Riley Ranch. The master plan features trails, overlooks, interpretive opportunities and a bridge connecting to the Deschutes River Trail. A trail at the north end of the park is envisioned to one day connect to Tumalo State Park.

In November, the District received its conditional permit from Deschutes County. Construction of the first phase of improvements is expected to begin in late 2016 and includes site access, development of trails, parking areas, overlooks and interpretive displays. The District was awarded a \$290,500 Local Government Grant through Oregon Parks and Recreation Department to help fund construction of Riley Ranch Nature Reserve.

For safety reasons, Riley Ranch is closed to public access until the park is formally opened.

Bend Whitewater Park (formerly Colorado Dam Safe Passage)



Construction is nearing completion on the Bend Whitewater Park at the site of the former Colorado Dam. The project removed the hazardous rock and steel pilings and now gives people a passageway to float through a step-pool channel or to portage around and re-enter at the new beach in McKay Park. The project also features a whitewater channel for water recreationists to learn, play and expand their skills. Additional improvements include an accessible beach, fish passage and riparian habitat restoration. The improvements are funded by the bond measure and a partnership with the Bend Paddle Trail Alliance, who actively fund raised for the project.

Construction will wrap up this winter. Please check the District's website for maps and information on closures and delays during construction. Additional information on the whitewater park and answers to "Frequently Asked Questions" are available on pages 11 - 12.

Located on the Deschutes River north of Awbrey Butte, Riley Ranch Nature Reserve covers 184 acres and features the river canyon, meadows, forests and unique geological features. It is anticipated to open in 2017.





Scheduled to open in mid-December, the Deschutes River Trail is now paved from the Shops at the Old Mill north to Miller's Landing Park making it more accessible for a variety of users.

McKay Park



To support the Bend Whitewater Park, enhancements to McKay Park are underway. Improvements include an updated plaza with a restroom and changing facility, new beach, viewing areas for spectators, improved trail connections and riparian habitat restoration. The District awarded a construction contract and work is anticipated to begin after the completion of the Bend Whitewater Park. The park should re-open in the fall of 2016. The District was awarded a \$371,150 Local Government Grant through Oregon Parks and Recreation Department to help fund construction of the improvements.

Southeast Bend Park Lands

One area of Bend identified as deficient in park land is the southeast corner of town. Using bond funds, the District purchased four acres at 15th Street and Reed Market Road for expansion of the Bend Senior

Center and Larkspur Park.

Additionally, this past spring, the District finalized the purchase of 37 acres of park land located on 15th Street, south of Ferguson Road. Public outreach and planning for the design of the new community park should start in summer of 2016.

Deschutes River Trail



The District is working with landowners, government agencies and the public on planning, design, engineering and permitting to fill in gaps within the Deschutes River Trail network through Bend. Projects are underway for segments located in northwest Bend across the Deschutes River from Riley Ranch Nature Reserve, in southwest Bend near the River Rim neighborhood and through several areas of downtown Bend. The community's long-term vision has been to provide trail connectivity from Tumalo State Park through Bend to Sunriver.

Deschutes River Trail - Colorado Avenue Undercrossing

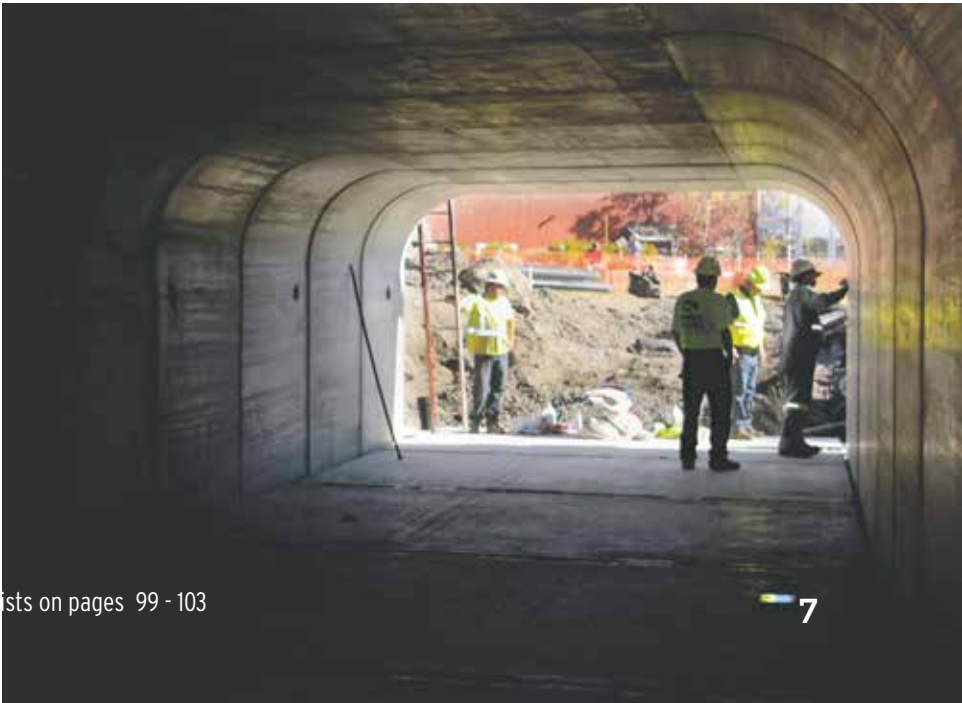


The District recently installed a tunnel for a trail undercrossing at Colorado Avenue adjacent to the Deschutes River. The project also includes improvements to the Deschutes River Trail connecting Miller's Landing Park to the Old Mill District.

The District coordinated with the City of Bend's Colorado Sewer Lift Station project which included installation of sewer lines crossing under the trail and pipes along the Colorado Avenue Bridge. The project was awarded a \$100,000 Recreational Trails Grant through Oregon Parks and Recreation Department to help fund construction of the trails on either side of the undercrossing.

(continued on next page)

In November, a tunnel was installed adjacent to the Colorado Ave. bridge. Due to open in mid-December, the tunnel allows trail users to travel from Farewell Bend and Riverbend Parks to Miller's Landing Park without crossing a road.



OTHER CURRENT PROJECTS:

Pine Nursery Park



Pine Nursery Park now has a new playground! Opened this fall, the playground is conveniently located in the center of the park by the picnic shelter and features accessible equipment for children with disabilities.

For additional play opportunities at the park, the District has entered into a land lease with the Bend FC Timbers soccer club to build four athletic fields located south of the new parking area. The club is actively fundraising through their “Build It Forward” campaign. To learn more, visit the club’s website at bendfctimbers.com.

The new playground at Pine Nursery Park opened this fall. Located by the picnic shelter and pond, the playground features equipment that is accessible for children with disabilities.

Shevlin Park



Shevlin Park is one of the community’s most beautiful and beloved parks, but its popularity is taking a toll with wear and tear on its resources and reports of user conflicts. In an effort to address these issues, the District began a process in 2014 to consider ways to balance use and visitor experience while conserving the park’s abundant natural resources for the future. The District recently completed an extensive public outreach campaign which culminated in nearly 1,000 public comments, input from stakeholders and user groups and guidance from a 19-person Citizens Advisory Committee. After a year-long effort, the Shevlin Park Recreation Management Plan



was presented to the public in June and approved by the BPRD Board of Directors in September. The District is beginning to implement the first steps of that plan which includes improved signage in the park.

First Street Rapids Park



At First Street Rapids Park in northwest Bend, projects are taking place on both sides of

the river including pathways, riparian area restoration, picnic areas and improved access within the park. Park improvements on the east side of the river, including construction of a pedestrian route from Revere Avenue to the pedestrian bridge and the Deschutes River Trail are underway. Construction is expected to be completed in mid-2016.

Bend Senior Center



The District is in the beginning stages of planning and design for a major expansion of the Bend Senior Center. The envisioned project includes a nearly 40,000 square foot addition to the existing center to potentially provide expanded fitness space, a gym, indoor walking track, pool and community spaces. The future expanded center is likely to host a mix of multi-generational activities.

Eagle Park



A new neighborhood park located in northeast Bend, this undeveloped four-acre park property is in the center of the Mirada subdivision. Planning for the new park has just begun. It is expected that construction could begin as early as the fall of 2016. An initial open house was held on-site in August to gain input from residents in the area about potential park designs. A second open house was held



in October to present three conceptual design alternatives to the community. District staff is refining the preferred alternative based on public input and will present the updated design to the community in January 2016. Staff will move forward with permitting and construction once the board approves the master plan.

Alpine Park Trailhead



Alpine Park is an undeveloped future neighborhood park just north of Century Drive on Bend’s west side. Trailhead and signage improvements were completed last spring. Construction of an accessible paved trail across the park to the paved trail network at Tetherow was recently completed. Landscaping and installation of rustic cedar fencing will continue throughout the winter and spring.

Canal Row Park



When complete, this new neighborhood park along Butler Market Road in northeast Bend will include lawn and natural areas, picnic tables and shelter, a play area including a water/sand area, trails and paths. Unique to Canal Row Park, the District will be placing a small boardwalk over the historic alignment of the Pilot Butte Canal to connect the park to the neighborhood sidewalk. Construction is



Community input plays a big role in park and trail planning. Attendees’ thoughts and ideas at this fall open house along with other community feedback for Hillside Park renovations helped inform the park’s final master plan design.

expected to begin this winter and the park should be open in late summer or fall of 2016.

Rockridge Park



Master planning for the development of Rockridge Park began last spring. The 36-acre park is located in northeast Bend off 18th Street and Egypt Drive, adjacent to Lava Ridge Elementary School and Sky View Middle School. Today the park is undeveloped and is characterized by juniper trees, sagebrush and bitterbrush scattered among ridgelines of lava rock.

With input from the community, staff developed a master plan that was approved by the BPRD Board of Directors in August. Preparation of construction documents and permitting is underway and park construction is anticipated to begin by mid-2016.

Hillside Park



Taking care of what we have is a high priority for both the community and the BPRD Board of Directors. With this in mind, Hillside Park, located on NW 12th Street, has been slated for renovation and updates. Input from the community helped form a master plan that was presented to the BPRD Board of Directors for approval this past October. Preparation of construction documents and permitting are now underway and construction is expected to begin in late 2016.

Juniper Park Tennis Courts



Last fall, the District closed the 40-plus year-old tennis courts at Juniper Park to rebuild them. Over the years, the District has re-coated the court surfaces and completed numerous patches and repairs to the underlying asphalt. However, the courts eventually exceeded their expected lifespan. BPRD initiated a full replacement and the courts were re-opened in November.

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The much-loved courts at Juniper Park received a new asphalt surface this fall. The previous surface had been in play for more than 40 years and was past its expected lifespan. The courts are now lined, fenced and re-opened.





A future neighborhood park, Stone Creek Park features seven acres and is adjacent to newly-opened Silver Rail Elementary School in southeast Bend.

Stone Creek Park



The District has entered into a development agreement with Lands Bend LLC for the design and construction of a new neighborhood park in the Stone Creek development in southeast Bend. The seven-plus acre park is located north of the former Bend Trap Club property off of Brosterhous Road and is adjacent to Silver Rail Elementary School. The park is being designed and constructed to District standards and will ultimately be owned and operated by the District. The

design for the park is underway and construction should begin in 2016.

Farewell Bend Bridge Replacement



Farewell Bend Bridge crosses the Deschutes River, connecting River Bend and Farewell Bend Parks. The bridge is a popular route for people enjoying the Deschutes River Trail. The bridge dates back to the lumber operations that once occurred along the river. After years of use

Originally used for lumber mill operations, the Farewell Bend bridge has been in place for more than 58 years and is quickly reaching the end of its lifespan. Used by pedestrians, cyclists and other trail users, this popular bridge will be replaced with a new bridge in the same location.

by the mills and subsequently by pedestrians and bicyclists, the old timber frame bridge has exceeded its lifespan. Recent inspections show that it needs to be replaced. Planning, design and permitting for a new bridge in the same location are underway and construction is expected to occur next year. Community footraces and other events that normally use the bridge will be rerouted next year. District staff are working with event organizers to coordinate changes to routes.

Skyline Park Accessibility Improvements

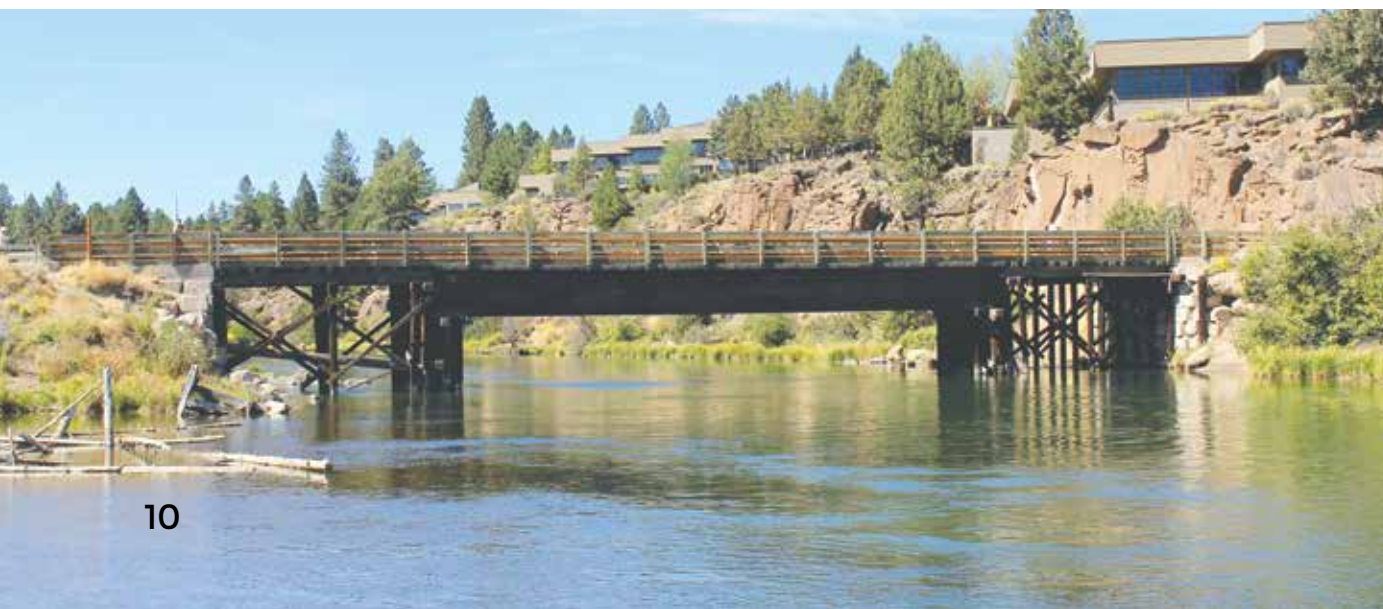


Last fall, the District began construction of accessibility improvements at Skyline Park to remove barriers and improve access for all users of the park. Skyline Park is the District's only westside sports complex and is heavily used by sports teams, school groups and other users. Construction includes improved

accessible routes from the two parking areas to the sports fields and playground plus minor restroom upgrades. The work is being done between sports seasons to minimize disruption to park users and sports league schedules. Construction should be completed by the spring of 2016.



Skyline Park in southwest Bend is currently undergoing accessibility improvements including improved routes from the parking lots.



For more on these and other BPRD projects in the works, visit www.bendparksandrec.org and click on "Current Projects."

BWP FAQ

bend whitewater park frequently asked questions

The Bend Whitewater Park had a 'soft' opening in September which allowed designers and builders to see how it functioned before the low river flows of winter. The park is expected to be fully operational later this winter and in full swing for summer play! Here are some frequently asked questions and answers about the park:

Did the project achieve its goals?

Yes! This project aimed to:

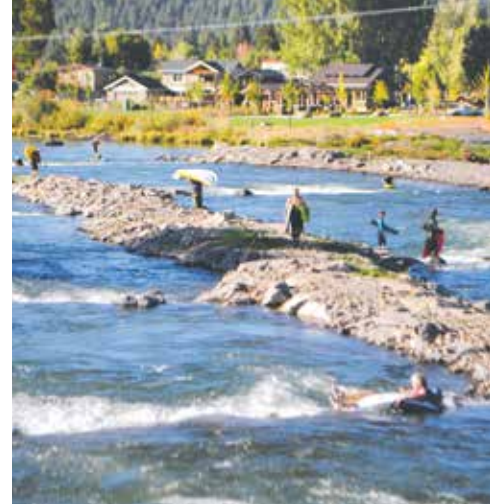
- Improve public safety by removing hazardous rock and steel pilings from the river (formerly part of a dam).
- Provide new recreation amenities by creating two whitewater channels, one for the experienced whitewater user and one for the novice river floater.
- Reintroduce opportunity for natural fish migration by incorporating a fish ladder design in the passageway.
- Enhance and protect river health, habitat and wildlife with natural plantings.

What kinds of whitewater experiences does the park feature?

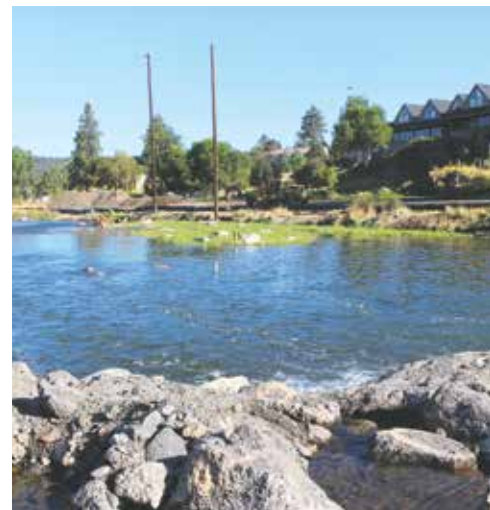
There are two whitewater channels. The middle channel is designed for the person who is either a whitewater expert or the experienced person who wants to improve their skills and technique. The second channel is a passageway for the person who enjoys a more casual river floating experience through minor rapids.

(continued on next page)

Photos: Top - The whitewater park opened to a variety of users including floaters, kayakers and surfers in September 2015. Middle - Ryan Richard, BPRD River Recreation Specialist, aka "The Wave Shaper," adjusts the pneumatically-controlled bladders for the waves. Bottom - The wildlife channel was quickly received by geese and ducks this fall.



**"Play is the
highest form
of research."**
~ Albert Einstein





Want to know more?

For updates, maps, videos and other information, visit bendwhitewaterpark.com or follow "Bend Whitewater Park" on Facebook.



What are the features in the middle channel?

The middle channel is made up of twenty-three underwater, pneumatic bladders that fill and deflate with air to move in different angles to influence the shape of the river. Conditions will vary daily based on water flows and pneumatic influences.

Jason's Wave: The first feature (furthest down-river) was designed for the beginner using a variety of watercraft.

Kricket's Wave: The second feature was designed with kayaking in mind. As water levels vary, this feature could also be a great experience for stand-up paddleboarding.

Wave Three: This feature is being modified over the winter to improve the experience for surfers.

Eddy's Wave: This wave (closest to the bridge) produces the largest wave and is best for advanced kayaking.

Why are there rapids in the passageway channel?

Project permits required balancing two interests – that of enhancing fish migration with providing a means for people to float continuously down the river. The minor drops and pools that serve as a fish ladder also provide minor rapids for the beginning river enthusiast.

Do people have to go through the passageway?

As with all river recreation, it is important for people to know the river route before they float. If people prefer to walk around the passageway, they can exit the river just above the Colorado Ave. Bridge and get back into the river at the McKay Park beach.

What work is being done this winter?

During this winter's seasonal low water levels, the District is making modifications to the features to improve the park. Among them will be:

- Unblock airlines (an airline was twisted during construction).
- Fix leaking bladders.
- Install inclinometers to measure bladder conditions.
- Recover and replace boulders and alluvium (loose rock, sand or cement).
- Move bladders in Eddy's Wave to widen the playable area.
- Add a pathway along the riparian frontage of McKay Park to allow people to easily exit the river.
- Better delineate the route through the passageway.

Photos: Top & Middle - A kayaker and a paddleboarder get their chance in Eddy's Wave in September, shortly after opening. Bottom - The low water levels this the fall and winter allow for in-water work on various modifications noted above.



ANIMAL TRACKING:

feet you may meet

IN YOUR PARKS

It's winter! Wild animals are out and about, leaving their tracks wherever they go. With snow, frost and damp soil, winter is the perfect time for a tracking adventure in Bend parks and trails!

Fresh tracks in fresh snow or mud are the best for identifying. Old tracks in snow melt out, giving the impression that the animal was significantly larger than it actually was. Track details, such as presence of toe nails or number of lobes may also be lost as tracks melt out.

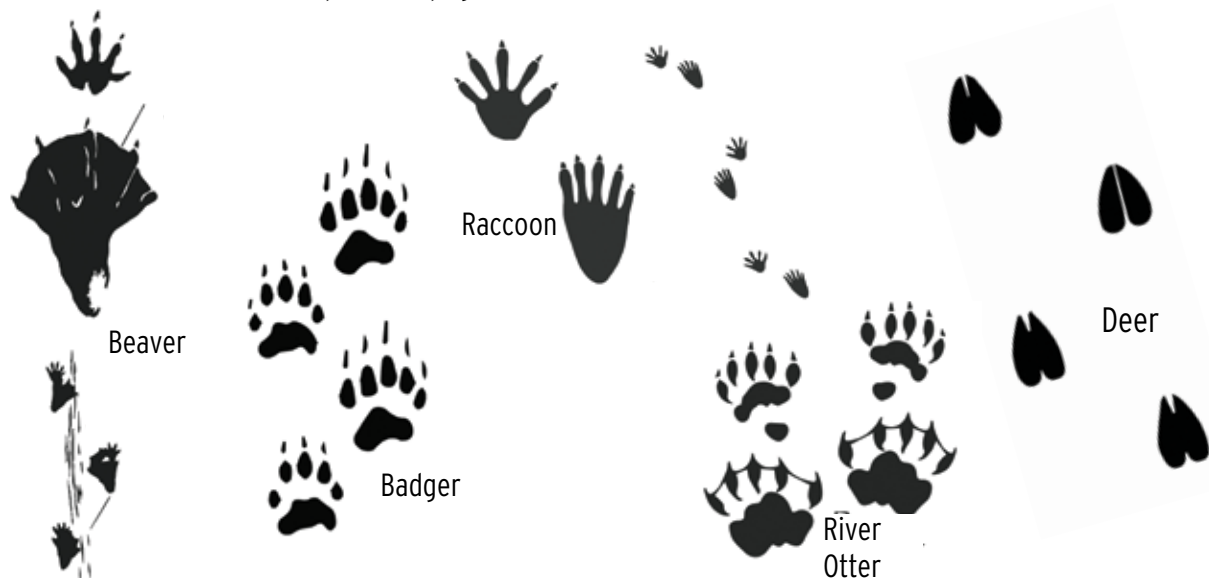
With more than 82 parks and open spaces in the District, there are lots of places to explore and look for footprints and more. You can find a list of all Bend parks on pages 102 - 103.

Great places for wildlife tracking include:

- Drake Park
- Farewell Bend Park / Deschutes River Trail - South Canyon
- First Street Rapids Park / Deschutes River Trail - north
- Haul Road & Alpine Trails
- Hollinshead Park
- Larkspur Trail & Pilot Butte Park
- Pine Nursery Park
- Sawyer Park / Deschutes River Trail - north
- Shevlin Park

Good luck on your nature adventure!

Artwork compliments of High Desert Museum



COMMUNITY EVENTS & FREEBIES

Family Night **FREE**
at Juniper Swim & Fitness Center
Third Saturdays, January - May
6:30 - 9:30 pm
See page 29.

Brown Bag **FREE**
Lunch & Learn Series
Wednesdays, January 27 - May 11
Noon - 1:00 pm
Bend Senior Center
See page 37.

Winter Kick-off **FREE**
Fitness Classes
January 4 - 10
Juniper Swim & Fitness
& Bend Senior Center
See page 55.

"The Age of Love" **FREE**
Valentine Movie Screening
Friday, February 12, 2:30 - 5:00 pm
Bend Senior Center
See page 38.

Spring Thaw **FREE**
Fitness Classes
April 4 - 10
Juniper Swim & Fitness
& Bend Senior Center
See page 55.

Puddle Stompers **FREE**
First Saturdays, March - June
11:00 - 11:45 am
Various parks
See page 70.

Stroke Awareness Day **FREE**
Tuesday, May 3
Lunch at 11:45 am, followed by
Speaker and Resource Fair
Noon - 2:00 pm
Bend Senior Center
See page 38.

ICE SKATING
IN THE
HEART OF
BEND

THE PAVILION

it's time to skate



Photos: Top and middle, right - Ice skaters try out the ice at The Pavilion. Bottom, right - Ice skating at the Aspen Hall pond at Shevlin Park in the mid-'70s. Bottom, left - BPRD staff sharpened more than 500 skates for The Pavilion. Middle, left - BPRD staff resurface the ice with the Zamboni.

It's hard to explain, but there is a magic with ice. Maybe it's the crisp air, the feeling of freedom, the memories from childhood or the images of sports teams and Olympians competing – we have heard it from all throughout the community and Bend Park & Recreation District is so excited to invite you to experience the magic for yourself at The Pavilion. This is your new place to play, twirl, skate, face off, curl or even just relax by the fire pits with a cup of cocoa to watch the Zamboni in action.

“Residents of Bend have been asking for an ice skating facility for well over a decade,” said Matt Mercer, Director of Recreation. “Thanks to the passage of the 2012 park and recreation bond measure, The Pavilion is certain to bring joy to people for years to come.”

Located in southwest Bend at the Colorado and Simpson Avenues roundabout, the facility

offers a beautiful combination of warm wood, cold ice and state-of-the-art equipment. This is a long-awaited dream come true for many in our community and BPRD staff has carefully created and planned programs and services for people of all ages and abilities. You will find everything you need: skate rentals and lessons, great food and snacks, Wi-Fi, a place for the best birthday party in town, spots to warm up and places to meet friends old and new.

Bring the family and create some memories, join a pick-up game of hockey or find your own solitude on the ice. The magic is waiting!

There are many opportunities to drop in and join the fun:

- Open Skate – for all ages and abilities
- Family Skate – skating time for families

- Parent-Tot Skate – just for toddler/pre-school aged children and their parent(s).
- Fitness Skate - single direction lap skating
- Flex Skate - multi-activity time on the rink.

Plus some specialized drop-in “premium” activity sessions:

- Pick-up Hockey – open hockey practice and scrimmages.
- Freestyle Skate – individual figure skating practice.
- Curling Time – practice and pick-up game time.
- Stick Time - hockey skills practice.

Information on The Pavilion drop-in schedules and fees is listed on pages 22 – 26. Additional details and interactive/downloadable/printable schedules are available online at www.thepavilioninbend.com.

The community has been responding enthusiastically to organized ice programs. Registration for adult hockey and curling leagues and Learn to Skate and Learn to Play Hockey lessons has been very strong. Nearly 800 participants are signed up and some activities are already filled before the facility’s opening. While leagues are full, there are still some openings available in our lesson offerings for tots to adults. Be sure to see page 26 for options.



FROM YOUR COMMUNITY:

A LONG TIME IN THE MAKING

It has been 45 years since I first took to the ice and learned to skate at the old Juniper Park concrete slab. Each winter, my father, Wally Wallace, and the District’s first director, Vince Genna, would turn on the fire hoses to flood the slab to make ice and the community would come to skate, play pick-up hockey, enjoy the daily bonfire and sip on hot chocolate. Much has changed over the years with warmer winters and the slab has been gone for more than a decade. With the opening of The Pavilion this winter, Bend will at long last have a full-size ice rink where skating and ice sport enthusiasts can once again gather to play and make memories. So many years ago, this was a vision shared by my father and many other community members and now it is an integral part of the District’s mission and services in our community.

As a former BPRD Board Member, it is very gratifying to see this project finally come to fruition through community support of the 2012 bond measure. The anticipation, excitement and program enrollment numbers are beyond expectation and clearly show that Bend’s ice sport culture is alive and well.

The Pavilion has been a long time in the making. I hope you come out, go for a skate, play hockey, curl, twirl, drink hot chocolate and join in the fun. The wait is over; there’s fun to be had!

Scott Wallace
Former BPRD Board member (2006 - 2015)

Photos: Top - Wally Wallace with his sons Scott and Lindsay in 1973. Middle, right - The Wallace family at The Pavilion: Karen, Spencer, Rachel and Scott. Bottom - Wally Wallace’s skates returned to the ice with Scott to help celebrate a community’s dream come true. Middle, left - a young boy enjoys skating at the Juniper slab in the mid-’60s.



“YOU GET OUT
OF LIFE WHAT
YOU PUT INTO IT,
SO WORK HARD
AND HAVE FUN.”
~ Roland “Wally”
Wallace



PLAY OUTSIDE:

A Tale of Two Seasons

winter

SNOW REMOVAL ON PATHS & TRAILS

The Bend Urban Trails System connects our community and encourages recreation and non-motorized transportation throughout the year.

If Bend should have a snow event of two inches or more, BPRD Park Services strives to remove the snow from the following trails:

- Cascade Highlands Trail
- Coyner Trail from Ponderosa Park to Juniper Park
- Larkspur Trail from Bear Creek to Neff Rd. through Pilot Butte State Park
- Pine Nursery Park Loop Trail
- West Bend Trail off of Galveston and Skyliner Rd.
- Trails and pathways in Riverbend and Farewell Bend Parks in the Old Mill District.

Please be patient during heavy snows.

These trails and more can be found in the latest Bend Urban Trails Map, available online or at the BPRD office and facilities.

Brrrr . . . the temperature has dropped and winter is here! Maximize your fun this season with these activities:

SLEDDING - No matter what your age, when you're sledding, you're a kid at heart! While BPRD does not offer designated sledding areas, there are many parks with hills. Keep it safe and fun - plan your route (and an escape if needed) and post someone along the route to watch for other park users. Be careful not to damage park vegetation or other park amenities.

SNOWSHOEING & NORDIC SKIING –

When there's a six inch or more snow event, most any park or trail will work for snowshoeing and nordic skiing, but why not go exploring! Snowshoe and ski adventures are numerous in Shevlin Park with more than six miles of trails and 600-plus acres. You can also make loops around Pine Nursery and Big



Sky Parks or on the Deschutes River Trail in the South Canyon. You can enjoy out-and-backs along the Haul Road Trail, the Highland Trail or the Deschutes River Trail north of Sawyer Park and beyond. Please note - BPRD does not groom any trails for skiing.

OFF-LEASH AREAS – All winter long, BPRD's eight dog parks are open for you and your canine friend to fend off any possibility of the dreaded

cabin fever! For your creature's comfort, consider booties or paw wax to protect your dog's feet from ice and cold and bring water as the water fountains are turned off for the season.

SNOW SCULPTURES –

Whether you go classic with a carrot-nosed snowman or make a giant critter out of snow, just about any park can become a "snow sculpture gallery" with some imagination. Get the whole gang involved and create temporary masterpieces to share with your neighbors!



TAKE CARE - Safety first means for successful fun! Here's some tips to keep your outings safe:

- For sledding, consider wearing helmets, especially for children, and be sure to scope your route for obstacles and hidden dangers.
- Look out for ice and other slippery conditions. While BPRD crews do their best to clear snow from parking lots and walks, icy conditions can still exist. Consider traction devices on your shoes as well as use of poles.
- Ice skating is never recommended on the river, on Mirror Pond or at any parks. Frozen rivers and ponds are unreliable ice surfaces and pose serious dangers. If you're up for a skating session, join the fun at The Pavilion, the District's newest recreation facility. See page 22 for more.



& spring

Ah, when winter has released its chilly hold (even if just for a day!), it's time to shed a layer and go outside to play! There's never a shortage of fun to be had in parks and trails in the spring. Here are some suggestions of activities for you to try.

KITE FLYING – For the best kite-flying parks, there are several that tend to offer good wind conditions as well as have large open spaces free from large trees and power lines. Recommended parks include Riverbend, Skyline Sports Complex, Big Sky, Pine Nursery, Mountain View and Discovery Parks.

BICYCLING - BPRD offers miles of paved and relatively level pathways for riding bikes without the worries of motorized vehicles - perfect for cycling with kids, big and small! Recommendations include: a variety of loops in the Old Mill District via the Deschutes River Trail, loops on the trails at Pine Nursery Park and an out-and-back in the beauty of Shevlin Park's forest via the service road in the park's center. Another fun option for off-street cycling is the Larkspur Trail which has just a few street crossings and a paved and gravel surface.



FISHING - Hook one on at more than ten parks in Bend. The District features fishing ponds at Pine Nursery (all ages) and Shevlin Parks (kids 14 and under only) that are stocked by Oregon Department of Fish & Wildlife. In addition, Deschutes River fishing access is available at several parks including Drake, Farewell Bend, First Street Rapids, Miller's Landing, Pacific, Pioneer, Riverbend and Sawyer Parks. Both bait and fly fishing are allowed all year with a limit of two trout per day, eight inch minimum length. State angling licenses and regulations apply at all locations.

DISC GOLF – Ta da! There's a newly-updated 18-hole disc golf course at Pine Nursery Park that is ready for novice and seasoned players alike. Never played before? If you can throw a Frisbee, then you can play disc golf. Visit our website for a course map and basics to help get you started.



DENDROLOGY - "Dendro-what?" you say. Dendrology is the study of trees and Bend is a great place to identify a variety of trees - you just have to look a little! Spring is the perfect time to be an amateur dendrologist as trees and shrubs are coming out of their winter slumber. Take a stroll through Shevlin Park or along the Deschutes River Trail in the

South Canyon. Open your eyes to numerous native tree species not often seen in other areas in Bend including larches, grand firs, douglas firs, vine maples and hemlocks.

SKATEBOARDING & FREE-STYLE BMX

If you haven't been to Ponderosa Park's two skateparks, plan a visit this spring! The park features the original "Pondi" at the north end, perfect for skateboards, scooters and bmx bikes. Connected by a paved pathway and just two years old, another skatepark for skateboards and scooters is located at the south end of the park and offers more than 12,000 square feet of skateable terrain and paths.

TENNIS & PICKLEBALL - Ah, nothing like a good rally! Tennis courts are available at Juniper, Summit and Sylvan Parks. For pickleball, there are numerous opportunities to play with 16 courts at Pine Nursery Park and single courts at Ponderosa, Larkspur and Quail Parks. Some courts are used for BPRD programs so be sure to check availability at www.bendparksandrec.org before you head out!

For more activities and features in Bend parks, see our park list on pages 102 - 103.





bprd news & happenings:

BITTERSWEET GOODBYES TO LONGTIME BPRD STAFF



Pat Erwert retired the end of October after 20 years with Bend Park and Recreation District. Pat started as a construction project manager and retired as the Director of Park Services. His knowledge of construction and all things park-related was greatly appreciated, but most of all, everyone who worked with Pat appreciated his leadership style. His competitive spirit, high standards and kind nature made him great to work with. A salute to Pat who is now (literally) sailing the ocean blue in his dream of a sail boat!

Paula Lowery, has been a constant at Bend Park and Recreation for 28 years. Paula started working for the parks department when it was part of the City of Bend, before BPRD became an independent service district in the mid-'70s. Paula has performed a wide range of administrative roles, most notably serving the Board of Directors and working with every executive director the District has had since it was established in 1974. Most of all, Paula is known for her keen memory and love of Bend history, being a rock during times of stress and always having our back. Thank you, Paula. We wish you the joy of playing with grandchildren and enjoying family, gardening and life! You have made an impact on BPRD and we will miss you.



VOLUNTEER OPPORTUNITIES

At BPRD, volunteers make fun happen and this winter and spring there are many opportunities for you to help out:



YOUTH SPORTS PROGRAMS: Girls' middle school basketball; youth lacrosse; girls' softball; youth tennis; and beginning ice skating.

YOUTH RECREATION: Afterschool and no school day crafts, science, nature and more.

FITNESS: For adults and children.

THERAPEUTIC & ADAPTIVE RECREATION: Adaptive aquatics at JSFC and recreation opportunities for children and adults with disabilities.

COMMUNITY EVENTS: Dinner dances and Bend Youth Track & Field Meet.

CARING FOR PARKS & TRAILS: Adopt a park or trail, or gather a group for a spring park project.

Find out more at www.bendparksandrec.org or contact Kim, BPRD Volunteer Coordinator at Kim@bendparksandrec.org or (541) 706-6127.

Leveling the field so that everyone has opportunity to play – that's the commitment that Bend Park & Recreation District makes to our community. BPRD offers needs based financial assistance to help with program fees and reduce barriers to participating. Engaging great people as volunteers to support participants in programs is another important part of picture.

Every week, smiling volunteers are in the pool at Juniper Swim & Fitness Center helping with the therapeutic swimming program. As part of a partnership with Bend-La Pine Schools, students with disabilities participate in the program to learn water safety and swim skills, supported by very special swim buddies - fabulous adult volunteers with a passion for children and making a difference. Volunteer Bill Michalek shares, "It is a blessing for me to assist with the program. I enjoy helping the kids improve their skills in the pool. I like seeing the kids overcome their fears of "The Deep End."

At Bend Senior Center, volunteers lend a hand, a steady arm to lean on and a willing ear to listen as part of their job in helping with functional fitness and balance classes. Involving volunteers helps keep it safe and fun for the participants as they work to maintain and improve their mobility.

And it's our hope that the experience becomes a win-win for volunteers too. Monica Weimar is on hand every week helping with therapeutic recreation programs for adults with disabilities. "I love helping out with the Wednesday night group," says Monica. "It's so much more fun and fulfilling than I could have ever imagined! I was originally planning to come only once every other week, yah, that can't happen - the group is way too fun for that."

BPRD volunteers are the best. They give their time and their heart and truly make a difference so that everyone has the opportunity to experience recreation activities that can change lives – even their own.

RECORD HOOPS

There is a record number of kids playing in our 3rd - 5th Grade Basketball League this winter with more than 630 youth playing on 65 teams. Big thanks to all the volunteer coaches who contribute their time and love of the game, making it possible to offer this popular league to kids in our community.



TEENS! IT'S TIME TO PLAN AHEAD FOR SUMMER

Volunteering is a great way for teens to gain valuable on the job experience, meet service requirements for school, to be involved in the community, share skills, be a mentor and have some fun! Bend Park & Recreation District loves having great teen volunteers involved with summer programs and camps, but opportunities fill up early and you need to plan ahead!



Watch for information, application deadlines and training details on the BPRD website, at your school and in the summer edition of the Playbook by mid- March. Minimum age requirements for volunteers vary by program. Volunteers age 12 and over can participate in the junior lifeguard and swim instructor aide training & volunteer

programs. Older teens may be involved with camps, youth recreation, preschool, youth fitness and therapeutic recreation programs.

WALKING TOURS OF SHEVLIN PARK FREE

Join a BPRD Park Steward and come explore the natural wonders of Shevlin Park! Whether you are a frequent visitor to the park, from out of town or a local visiting for the first time, there's something to learn for everyone. Tour Bend's largest park and learn about all it has to offer - its history, natural beauty, trails, Aspen Hall, fishing and more! Get connected and fall (even more) in love with this beautiful park.



Time: 10:00 am - 12:00 pm

Meet At: South parking lot by main restrooms

Length: Approx. 1 - 2 mile hike

Sessions: 2nd & 4th Saturdays

Dates: April 16 & 30

May 14 & 28

June 11 & 25

Look for more tours this summer, too!



BEND PARK & RECREATION DISTRICT: One of the nation's best

Your Bend Park and Recreation District has proved itself worthy of national accreditation by the Commission for Accreditation of Parks and Recreation Agencies (CAPRA). The Commission recognizes park and recreation agencies for excellence in operation and service. The National Recreation and Park Association established CAPRA accreditation to serve as a credible and efficient means of achieving excellence.

"The value in becoming accredited is in the process," stated Don Horton, BPRD Executive Director. "It gave us a framework to scrutinize all facets of our organization's performance."

Agencies evaluate their operations based upon 151 standards of excellence. It took BPRD nearly two years to ready itself for evaluation. Examples of standards include: evidence of cooperative planning with other governments, a comprehensive plan to prioritize work based upon community need, policies and practices to assure financial sustainability, a recreation services plan and effective communications both internally and externally, among many others.

There are 147 other accredited agencies across the United States. Bend marks the third agency in Oregon to earn this distinguished recognition; the City of Hillsboro and Medford Parks and Recreation are also accredited.



LET'S GO!

Fee & Pass Information

Bend Park & Recreation District features 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 & 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 purchases.

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	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	THE PAVILION *Premium skate sessions are a \$3.00 add-on fee. See page 22.	
	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.**



Chillin' out.

With the opening of The Pavilion this winter, ice skating and sports return to the heart of Bend! Just like the old days of the slab at Juniper Park and the pond at Shevlin Park, now we can slide, glide, twirl and curl together. Ah, nothing warms the heart like a giant sheet of cold ice.

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 current skate schedules and facility rules and regulations.

Ice Season: Late December - March 27

Customer Service Office Hours: (subject to change)

Daily 8:30 am - 9:30 pm

Spring Season: April 18 - June 17

Customer Service Office Hours:

To be announced

Holidays & Special Hours

1/1	New Year's Day	1:00 - 8:00 pm
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Fees

Single visit fees and discounted 10-visit passes are available for regular and premium public skate times. See pages 20 - 21 for details.

Skate Rentals

Skate rentals are \$3 per person or \$25 for 10 rentals. Toddler size through adult size 15 available.

The Pavilion Features

EXTERIOR - ENTRANCE



INTERIOR - LOBBY



EXTERIOR - WEST SIDE, PLAZA & FIRE PIT



VIEWING ROOM



ON THE RINK/COURTS



EXTERIOR - EAST SIDE



The Ice Sheet

Central Oregon's first and only NHL-size, 200' x 85' ice sheet complete with full height dasher boards, players boxes and a refrigeration system consisting of over 13 miles of tubing to ensure quality ice condition even in marginal weather conditions.

Weather Protection

In addition to the 30,000 square foot Pavilion roof, the rink is protected on the south and west sides by translucent panels designed to reduce wind and sun exposure on the ice while maintaining an open air feel.

Lobby & Concessions

The full-service lobby includes customer service, check-in, skate rentals and full-service concessions including hot drinks, yummy snacks and even meals.

Outdoor Plaza & Fire Pits

The outdoor plaza includes fire pits, grass/snow play area, spectator viewing and a small shelter.

Viewing/Warming Room

Warm-up, watch the action on the ice or relax by the fireplace in our elevated viewing room, offering a great view of the activity on the rink. Free Wi-Fi, too!

Changing Rooms & Lockers

Day use lockers are available in the lobby and rinkside to secure your belongings. Four changing rooms are provided for team use and controlled public access.

The "Other Season"

The Pavilion will be host to a variety of sport and recreation activities during the non-ice season. Look forward to drop-in play, recreation leagues and camps including basketball, tennis, pickleball, volleyball and more. The Pavilion will also be home to The PAC, an exciting new youth program packed with action, friends and adventure all year long.

Frequently Asked Questions

Q: When will The Pavilion be open?

A: Anticipated opening is late December 2015, pending completion of the facility.

Q: How long will the ice season run?

A: The ice season will normally begin in early November and conclude at the end of March.

Q: How will weather conditions affect the ice?

A: Because the ice sheet is refrigerated and protected by The Pavilion's roof, dasher boards and clear side panels, weather should not impact our ability to build and maintain ice. However, it is an outdoor rink and ice conditions may vary some.

Q: How about ice skates?

A: Rental skates are available for \$3 per person (or \$25 for 10 rentals), or you can bring your own skates.

Q: Where do I find the schedule?

A: Both the regular and holiday season ice schedules are posted online at www.thepavilioninbend.com.



The Pavilion

NO SCHOOL

NEW

Join the PAC! Whether you feel like you want to take it easy on your days off or head out on an off-site adventure, PAC'ers will have the opportunity to choose from a variety of activities and field trips such as:

- Snowshoeing
- Hiking
- Sledding
- Visiting Sunriver
- Bowling
- And many more!

Round out the day with swimming or get out on the ice! We'll try ice skating, hockey, curling and other ice games at The Pavilion.

All activity fees and transportation included.

ELEMENTARY SCHOOL:

Grades: 3 - 5

- OR -

MIDDLE SCHOOL:

Grades: 6 - 8

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

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

AM Extended:

7:30 - 9:00 am

(Additional fee: \$8 ID \$10 OD)

PM Extended:

4:00 - 5:30 pm

(Additional fee: \$8 ID \$10 OD)

Program: 110604

Sessions: MLK Jr: 1/18 (# 310603)

Friday: 2/5

President's Day: 2/15

Th/F: 3/3, 3/4

Spring Break: 3/21, 3/22,
3/23, 3/24,
3/25

Th/F: 4/14, 4/15



Drop-In Skate Sessions

See page 21 for regular fees.

Schedules available at
www.bendparksandrec.org.

Open Skate

Recreational skating for all ages and abilities. Open skate sessions are open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older. Hockey, speed skating and advanced figure skating not allowed. Regular fees apply.

Family Skate

Open skate for families. All children must be accompanied by parent/guardian.

SPECIAL RATE: \$6/person, skate rental included.

Parent-Tot Skate

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

SPECIAL RATE: \$6/person, skate rental included.

Fitness Skate

Single direction skating in an oval around the perimeter of the ice rink for fitness. Regular fees apply.

Flex Skate

Shared, multi-purpose activities during lower attendance times. Regular fees apply.

Stick Time

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

PREMIUM SESSION: Regular fees plus \$3.

Pick-up Hockey

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

PREMIUM SESSION: Regular fees plus \$3.

Skate Rental

Skate rentals are \$3 per person or \$25 for 10 rentals.

Toddler size through adult size 15 skates available.

Spring Break Open Skate

Celebrate Spring Break in Central Oregon with extended open skate sessions. Regular fees apply.

Dates: 3/19 - 27

Schedules available online at
www.bendparksandrec.org

Freestyle Skate

Figure skating and moves practice to hone your skills and techniques.

PREMIUM SESSION: Regular fees plus \$3.

Curling Time

Learn the basics of curling or practice your skills during this mixed use time. Instruction and equipment provided.

PREMIUM SESSION: Regular fees plus \$3.

PREMIUM SESSIONS:

Premium sessions provide specialized ice times with limited capacity. A \$3 add-on fee to the regular fee applies for these sessions or you may purchase a Premium Session 10-Visit Pass for \$25.

Party Time

For birthdays and other celebrations, bring the gang for open skate and rent the party room. Call (541) 389- 7588 for reservations.



Learn to Skate

Ages: 3 & Up
The Pavilion **NEW**

This program offers progressive classes designed to increase your recreational skating experience and develop the basic skills that are fundamental to figure skating and hockey.

Note: Skaters may be moved during the session to a level that is most appropriate. Rental skates included.

Fee: \$60 ID \$72 OD / Session: 1/5 - 2/13
\$50 ID \$60 OD / Session: 2/16 - 3/19

CHOOSE THE RIGHT LEVEL:

TOTS SKATE: AGES 3 - 5 Learn how to stand, fall, swizzle and snowplow stop on the ice with fun songs and games. Protective headgear recommended. Pre-requisite: ability to participate in a class environment.

Program: 110100, 110110

LEVEL 1: AGES 6 - 14 This class will get you comfortable on the ice! Learn how to properly stand and fall on the ice and practice forward and backward gliding, swizzles and snowplow stop.

Program: 110101, 110111

LEVEL 2: AGES 6 - 14 For those who have successfully completed Level 1 skills. Learn forward crossovers, gliding on one foot, stroking and t-stop.

Program: 110102, 110112

LEVEL 3: AGES 6 - 14 For skaters who have completed Level 2 skills. Learn backward crossovers, two-foot turns, Mohawk and hockey stop.

Program: 110103, 110113

LEVEL 4: AGES 6 - 14 For those who have successfully completed Level 3 skills. Learn edge control, inside 3-turn, lunge and bunny hops in preparation for freestyle.

Program: 110104, 110114

TEEN: AGES 13 - 17 Get together with new friends and build your skating skills. Practice crossovers, skating backwards and stops and advance at your own pace to intermediate spins and turns.

Program: 110105, 110115

ADULT: AGES 18 & UP Learn how to glide and develop your stroke. Practice balance and edge work and advance in your technique through skills and drills.

Program: 110106, 110116

Once-A-Week Lesson Schedule

CHOOSE TUESDAYS, THURSDAYS OR SATURDAYS.

Want more than just once-a-week?
Sign up for two or more sessions per week.

SESSION ONE: 1/5 - 2/13

TIME	TUESDAYS	THURSDAYS
10:00 - 10:30 am	Tots	Tots
4:30 - 5:00 pm	Tots Level 1 Level 2	Tots Level 1 Level 2
5:10 - 5:40 pm	Tots Level 1	Tots Level 1 Level 2
5:50 - 6:20 pm	Level 1 Level 2 Level 3 Level 4 Adult	Level 1 Level 2 Level 3 Level 4 Teen

SESSION TWO: 2/16 - 3/19

TIME	TUESDAYS	THURSDAYS
10:00 - 10:30 am	Tots	Tots
4:30 - 5:00 pm	Tots Level 1 Level 2	Tots Level 1 Level 2
5:10 - 5:40 pm	Tots Level 1 Level 2	Tots Level 1 Level 2
5:50 - 6:20 pm	Level 2 Level 3 Level 4 Adult	Level 2 Level 3 Level 4 Teen

TIME	SATURDAYS
9:00 - 9:30 am	Tots Level 1 Level 2 Adult
9:40 - 10:10 am	Tots Level 1 Level 2 Level 3 Level 4
10:20 - 10:50 am	Tots Level 1 Level 2 Teen
11:00 - 11:30 am	Tots Level 1 Level 2 Level 3 Level 4

TIME	SATURDAYS
9:00 - 9:30 am	Tots Level 1 Level 2 Adult
9:40 - 10:10 am	Tots Level 1 Level 2 Level 3 Level 4
10:20 - 10:50 am	Tots Level 1 Level 2 Teen
11:00 - 11:30 am	Tots Level 1 Level 2 Level 3 Level 4



THE PAVILION: Spring Court Play & More

All ages

The Pavilion

NEW

Once ice season wraps up at the end of March, what's next at The Pavilion? The non-ice season runs mid-April through mid-October and will feature a variety of programs and activities for all generations.

COURT SPORTS

DROP-IN ACTIVITIES

FITNESS PROGRAMS

SPORT LEAGUES

YOUTH CAMPS

YOUTH SPORTS PROGRAMS

THE PAC (see page 24)

Look for more details to be available this spring at www.thepavilioninbend.com.



Learn to Play Hockey I

NEW

Ages: 6 - 14

The Pavilion

**SPACE IS LIMITED -
WAIT LIST AVAILABLE**

Our "Learn to Play" program is designed to introduce players with little or no skate/hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Rental skates included.

Fee: \$110 ID \$132 OD / session

Program: 110201

		Ages:
M:	4:00 - 5:00 pm	6 - 10
	5:15 - 6:15 pm	11 - 14

Sessions: 1/4 - 3/14

		Ages:
W:	4:00 - 5:00 pm	6 - 10
	5:15 - 6:15 pm	11 - 14

Sessions: 1/6 - 3/16

		Ages:
Sa:	11:45 am - 12:45 pm	6 - 14

Sessions: 1/9 - 3/19



Learn to Play Hockey II

NEW

Ages: 6 - 14

The Pavilion

**SPACE IS LIMITED -
WAIT LIST AVAILABLE**

Level 2 of our "Learn to Play" program is designed to supplement what beginner players have learned about the sport of ice hockey. Designed to further develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Rental skates included.

Fee: \$110 ID \$132 OD / session

Program: 110202

		Ages:
M:	4:00 - 5:00 pm	6 - 10
	5:15 - 6:15 pm	11 - 14

Sessions: 1/4 - 3/14

		Ages:
W:	4:00 - 5:00 pm	6 - 10
	5:15 - 6:15 pm	11 - 14

Sessions: 1/6 - 3/16

		Ages:
Sa:	11:45 am - 12:45 pm	6 - 14

Sessions: 1/9 - 3/19

Spring Action

Spike Club Volleyball

Grades: 3 - 8, Girls

The Pavilion

Come improve your skills as you prepare for the next level of volleyball. Lead by local club and school volleyball coaches, Spike Club is split between grades 3 - 5 and grades 6 - 8.

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

Program: 103121

Th: 6:00 - 8:00 pm

Session: 4/21 - 5/26

Bitty Baseball League

NEW

Ages: 4 - 6 (as of 4/1/16)

The Pavilion

Bitty Baseball will focus on skill development, teamwork and fun. Teams meet for 60-minute practice and scrimmages each Saturday. Team t-shirt, bat and ball included. Choose group for child's age as of April 1st. This program is dependent on volunteer coaches - contact Greg at (541) 706-6124 for more information.

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

Registration Deadline: 3/17

Season: 4/23 - 5/21

Sa: Times to be scheduled

Program: 103764	Age 4
103665	Age 5
103666	Age 6



Adult Hockey & Curling

Both hockey and curling leagues are offered for adults at The Pavilion this inaugural season. Registration opened in August. At this time, both leagues are full. Wait lists are available for those interested in any spots that may come open.

Adult Hockey League Wait List: Program 110320 • Adult Curling League Wait List: Program 110330

To get in some hockey and curling action this season, you are welcome to attend drop-in sessions for Curling Time, Stick Time and Pick-up Hockey during our regular weekly schedule.

For the 2016-17 ice season, look for league registration information in the Fall 2016 Playbook - available August 2016.

WEEKENDS
ROCK!
.....
FRIDAY &
SATURDAY
NIGHTS AT JSFC
.....
PAGE 29

fit for 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!



Winter-Spring 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.

More Activities
at Juniper Swim & Fitness:
Adult Swimming p. 30
Adult Fitness p. 54 - 60
Youth Fitness
& Swimming p. 31 - 33

Fees

Pass information on pages 20 - 21.

Holidays & Special Hours

1/1	New Year's Day	9:00 am - 12:00 pm
1/18	MLK Jr. Day	Regular hours
2/15	President's Day	Regular hours
3/27	Easter	12:00 - 5:00 pm
5/30	Memorial Day	12:00 - 5:00 pm



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.

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 the facility. 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, 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

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

January 5 - June 13

T/Th: 7:00 - 9:00 pm

F: 6:30 - 9:00 pm

Sa - Su: 1:00 - 4:00 pm

No School Day Recreation Swim

When school's out, swimming is in!

Daily: 1:00 - 4:00 pm

Dates: 1/18, 2/5, 2/15, 3/3 - 4, 3/21 - 25, 5/30

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 online for pool schedule, length and number of lanes.

Fee: Basic pass or drop-in fee

January 5 - June 13

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

Family Recreation Swim

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

Fee: \$4 per person when adult accompanies children.

January 5 - June 12

Su: 11:30 am - 1:00 pm

Family Swim & Fitness Time

Get away from the screens and bring the family for some active, healthy recreation time. Swim for fun in our warm indoor and small children's pools or swim for fitness in our Olympic pool. Kids 12 years and older can also work out in the fitness center or cycling room along with a parent, or take a free weight room orientation on Tuesdays and work out while adults are doing other activities.

Fee: \$4 per person when adult accompanies children.

January 5 - June 9

T/Th: 7:00 - 9:00 pm

Parent-Child Swim

Ages: 6 & under with adult

A special time in the indoor children's pool for parents and their young children 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

January 5 - June 15

M - Th: 8:00 - 9:00 am

10:45 am - 2:30 pm

F: 8:00 am - 4:30 pm

Sa: 8:00 - 9:15 am

Su: 9:00 - 11:30 am

4:00 - 6:00 pm

**WEEKENDS
ROCK!
AT JSFC**

Come for a real splash bash each Saturday as the evenings come alive with different activities each week.

Saturdays: 6:30 - 9:30 pm

MIDDLE SCHOOL NIGHT: 1ST SATURDAYS

Grades: 6 - 8

Dates: 1/2, 2/6, 3/5, 4/2, 5/7

Fee: \$5/person or current pass

Take over JSFC with fun activities in the entire facility, including dance, fitness and an awesome place to hang out with friends.

KIDS' NIGHT OUT: 2ND & 4TH SATURDAYS

Ages: 3 - 11

Dates: 1/9, 1/23, 2/13, 2/27, 3/12, 4/9, 4/23, 5/14

Program: 405599

Fees: Pre-register - \$10 ID \$12 OD

Day-of registration - \$13 ID \$16 OD

Kids get JSFC to themselves as they swim, play games and have fun with their friends under the supervision of our staff. Drinks and snacks provided. Note: Ages 3 through 5 will enjoy crafts, games and storytime. Swimming is not included for this group. 5 and under must be potty-trained.

FAMILY NIGHT: 3RD SATURDAYS

FREE

All Ages

Dates: 1/16, 2/20, 3/19, 4/16, 5/21

FREE for all participants

Elevate your family night out to a whole new level of fun! Recreation swimming and games, family fitness activities, all ages lap swimming, free family fitness center orientations, craft projects and more. This is a great way to see all JSFC has to offer your family and it's FREE!

FIRST FRIDAY SPLASH & FUN: 1ST FRIDAYS

Ages: 6 - 9

Program: 405102

Time: 6:00 - 9:00 pm

First Fridays: 2/5, 3/4, 4/1, 5/6

Fees: Pre-register \$10 ID \$12 OD / Day of registration \$13 ID \$16 OD

Mom! Dad! Drop the kids off at JSFC and head to First Friday in downtown Bend! In the care of fun-loving staff, children can participate in a variety of exciting activities such as science experiments, learning hip hop, playing a game of tag and, of course, swimming! Snacks and drinks provided. Save money - register early. Note: Kids 10 and older welcome at Open Recreation Swim during the same time.

.....
IMPROVE YOUR
FITNESS
WITH
**MASTERS
SWIMMING**
.....

**Lap Swim
Schedules**
are available at
www.juniperswimandfitness.com.
You can even add the schedule
to your own e-calendar.

active & aquatic

Adult Swimming

Swim Without Fear

Ages: 16 & up

Are you fearful of the water? Our 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. Held in indoor pool.

Fee: \$38 ID \$46 OD / session

Program: 105554

Sa: 8:15 - 9:00 am

Sessions: 1/9 - 2/6 2/13 - 3/12
4/2 - 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: \$45 ID \$54 OD / session

Program: 105555

M/W: 10:00 - 11:00 am Olympic pool

7:15 - 8:15 pm Indoor pool

Sessions: 1/4 - 20 1/25 - 2/10
2/15 - 3/2 3/28 - 4/13
4/18 - 5/4

Intermediate 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. Held in Olympic pool.

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

Program: 105556

Tu/Th: 6:30 - 7:30 pm

Sessions: 1/5 - 21 1/26 - 2/11
2/16 - 3/3 3/29 - 4/14

Adult Swim Fitness

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. Held in Olympic pool.

Fee: \$65 ID \$78 OD / session

Tu/Th: 7:30 - 8:30 pm

Program: 105557

Sessions: 1/5 - 2/4 2/9 - 3/10
3/29 - 4/28

Masters Swimming

Bend's Adult Swim Program!

Ages: 18 & up

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

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

January 5 - June 12

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

T/Th: 9:15 - 10:30 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

Kayak Roll Session

All Ages

Bring your clean boat to the warm, indoor pool to practice and refine your roll skills. Please tape the end of your boat paddles.

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

Program: 405100

January 10 - May 22

Su: 4:15 - 6:00 pm

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 programs allow you to progress from no experience to becoming a masters swimmer. Come swim - gain confidence in the water and feel great.



GET MOVIN'
& GROOVIN!
.....
**FIT KIDS
AT JSFC**
.....
SEE BELOW

Recreation Swim Schedules

available on page 29 and at
www.juniperswimandfitness.com.

Find all the times you can
come splash and play.

fit for kids

Dive into swimming and fitness.

Get your kids fit and active, too! Families can workout and swim together or kids can take special fitness classes and swim lessons designed just for them. Whether in the water or in the fitness center, there's an option for every age.

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Parent-Tot Yoga Play

NEW

Ages 2.5 - 5

Come play and pose together! Bond with your little ones and create new friendships in this playful class.

Fee: Full Access Pass or drop-in fee.

Schedule at:

www.juniperswimandfitness.com



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: 12 - 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. 12 - 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 11 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. 12 - 15 year olds may attend some classes with parent/guardian supervision or with supervisor approval. See pages 54 - 60 for classes. Contact Monica at (541) 389-7665 for assistance.



Youth Swim Programs

at Juniper Swim & Fitness Center

Busy Buddies Preschool Includes weekly swim lessons & 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. 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.

Program: 205601

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

- or -

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

Dates: Now through June 16

Novice Swim Team

Entering Grades: 1 - 5

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: \$120 ID \$144 OD / session

Program: 105540

M/W/F: 4:30 - 5:30 pm

- OR -

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

(Grades 3 - 5 only)

Session: 1/4 - 2/26 3/28 - 5/20



Middle School Novice Swim Team

Grades: 6 - 8

Continue to learn and refine competitive swimming skills and get in great shape at the same time. Newcomers and veterans welcome. Participants must be able to swim 25 meters crawl stroke using side breathing and 25 meters backstroke with level body position.

Program: 105441

M/W/F: 3:30 - 4:30 pm

Session: 2/15 - 3/18

\$75 ID \$90 OD / session

Session: 3/28 - 5/20

\$120 ID \$144 OD / session

Novice Swim Team Stroke Clinic

Grades: 3 - 8

This short session focuses on improving the four racing strokes. Participants must be able to swim 25 meters front crawl stroke using side breathing and 25 meters backstroke with level body position. Newcomers and veterans welcome.

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

Program: 105543

M/W/F: 4:30 - 5:30 pm

Session: 5/23 - 6/3

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

Tuesday, 10:45 am

Thursday, 6:30 pm

Saturday, 12:30 pm

Or call (541) 706-6183 to arrange an appointment.

WEEKENDS ROCK at JSFC!

Check out all the options
for Friday and Saturday
nights on page 29.

Youth Swim Lesson Descriptions & Schedule

at Juniper Swim & Fitness Center

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

Progressive journey for preschoolers/ kindergartners 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 is 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.

Private & Semi-Private Lessons

Private and semi-private lessons are available for those needing extra attention and work at perfecting their swimming skills.
Fees: \$50 ID semi-private lesson or \$100 ID private lesson. (Semi-private lesson registration in-person only; private lesson registration in-person or online.) Call (541) 389-7665 to schedule.



ONE-DAY-A-WEEK SESSIONS

\$38 ID / \$46 OD

\$38 ID / \$46 OD

\$38 ID / \$46 OD

Journey 1, 2, 3, 4/5

Level 1, 2, 3

NEW Level 4

\$38 ID / \$46 OD

\$38 ID / \$46 OD

\$38 ID / \$46 OD

\$38 ID / \$46 OD

Parent Tot 1, 2

Journey 1, 2, 3

Level 1, 2, 3

NEW Level 4

\$38 ID / \$46 OD

\$38 ID / \$46 OD

\$38 ID / \$46 OD

Parent Tot 1,2

Sea Stars

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Level 4

Level 5, 6

WEDNESDAYS

February 17 - March 16

March 30 - April 27

May 4 - June 1

3:00 pm

3:00 pm

3:00 pm

FRIDAYS

January 8 - February 5

February 12 - March 11

April 1 - 29

May 6 - June 3

5:30 pm

4:30 pm

5:30 pm

5:30 pm

SATURDAYS

January 9 - February 6

February 13 - March 12

April 2 - 30

10:05, 11:45 am

9:15, 10:55 am

9:15, 10:55, 11:45 am

10:05 am

9:15, 10:05, 10:55, 11:45 am

10:05, 11:45 am

9:15, 10:05, 11:45 am

Start times only listed. All classes 45-minutes

TWO-DAYS-A-WEEK SESSIONS

\$36 ID/ \$43 OD

\$48 ID / \$58 OD

\$48 ID / \$58 OD

\$60 ID / \$72 OD

\$60 ID / \$72 OD

January 4 - 21

January 25 - February 18

February 22 - March 17

March 28 - April 28

May 2 - June 2 (No class 5/30)

M/W MORNINGS

Parent Tot 1 9:15 am

Journey 1, 2, 3 9:15, 10:00 am

Sea Stars 10:00 am

T/TH MORNINGS

Parent Tot 2 9:15 am

Journey 1, 2, 3 9:15, 10:00 am

Journey 4, 5 10:00 am

M/W EVENINGS

Parent Tot 1, 2 4:00 pm

Journey 1, 2, 3 4:45, 5:30, 6:15 pm

Sea Stars 4:00 pm

Journey 4, 5 5:30 pm

Level 1, 2, 3 5:30, 6:15 pm

T/TH EVENINGS

Journey 1, 2, 3 3:45, 4:30, 5:15, 6:00 pm

Journey 4 5:15 pm

Level 1, 2, 3 4:30, 5:15, 6:00 pm

Level 4 5:15 pm

Start times only listed. All classes 40-minutes.



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

Winter - Spring: January 2 - May 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 20 - 21.

Special Hours & Closures

Jan. 1	New Year's - Closed
May 30	Memorial 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.



Fit. Flexible. For life.

Weekly Fitness Classes

January 2 - May 31 (no classes 5/30)

Fee: Full Access Pass or single visit fee (see pages 20 - 21)
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		
	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	8:45-9:45 am Bliss Dance	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		1:30-2:20 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		4:15-5:15 pm Gentle 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 Barre Body		

Class descriptions on
pages 54 - 60
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.

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.

Tuesday FREE Afternoon at the Movies

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 FREE Afternoon Dance

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

Sunday Afternoon Dance

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

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.

Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.



BSC Book FREE Discussion Group

September through May, the BSC book group meets on the first Monday of the month from 1:00 - 2:30 pm and a second book group meets the second Wednesday from 10:00 - 11:30 am. Presented in partnership with the Deschutes Public Library. Open to all.

Monday group will meet at the Downtown Library at 1:00 pm on February 1, March 7 and April 4.

Come have lunch with us.

Souper Tuesday Lunch

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

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
1:00 - 2:30 pm	BSC Book Group (1st week)
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:	
10:00 - 11:30 am	BSC Book Group (2nd week)
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

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.

1/27 Healthy Aging
Central Oregon Wellness & Education Board

2/3 Frontier Medicine: Energy Healing
Dr. Lynette Frieden

2/10 Central Oregon Place Names
Deschutes County, Steve Lent

2/17 Comrade Johns: Oregon's Socialist Candidate for President in the 1920s
Nate Pedersen, Community Librarian, DPLS

2/24 All About Osprey
Patti Van Vlack

3/2 Aging with Grace: A Chinese Perspective
Mark Montgomery, Bend Community Healing

3/9 Chimps, Inc. - Central Oregon's Primate Sanctuary
Chimps, Inc. Outreach Director

3/30 Fire Safety and You!
Susie Maniscalco, Deputy Fire Marshal

4/6 Attracting and Identifying Backyard Birds
Kevin Lair, Wild Birds Unlimited

4/13 Stop That Ringing in my Ears!
Dennis Sell, Central Oregon Ear, Nose & Throat

4/20 Smart Walking with Nordic Poles
Rose Kauffman, Personal Trainer

4/27 Energy Literacy: Survival Skills for the 21st Century
Mark Montgomery, Bend Community Healing

5/4 Cyber Crime & You!
Sgt. Dan Ritchie, City of Bend Police Dept.

5/11 Who Gives a Hoot About Owls?
Patti Van Vlack, Nature Enthusiast

Community Information & Support

AARP Tax Aide Program **FREE**

February 2 - April 15

Free tax assistance for all ages. Appointment scheduling desk opens January 25th. To make a tax appointment, call (541) 706-6234. Sorry, no early scheduling and no walk-ins.

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.

Note: No meeting in January.

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.



BSC Health Clinics

Provided by local health practitioners for your convenience.

Foot Clinic

Every Wednesday:
9:00 am - 3:00 pm

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

Blood Pressure Clinic **FREE**

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



EVENTS

Mark your calendar!



Premier World Discovery Armchair Travel Informational Meeting

FREE

January 12 and April 26,
11:45 am - 12:45 pm

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



VOLUNTEER AT EVENTS

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

Sunday Afternoon Dance

1st Sunday of the Month
2:00 - 4:00 pm • \$5 per person
Featuring the Notables Swing Band.

"The Age of Love" Valentine Movie Screening

FREE

Friday, February 12 • 2:30 - 5:00 pm
Join us for "The Age of Love" documentary movie that follows the humorous and poignant adventures of thirty adults who sign up for a speed dating event exclusive for 70 to 90 year olds. Discover how dreams and desires change or don't change- from first love to the far reaches of life. Light refreshments served.

St. Patrick's Day Dinner Dance

Friday, March 18th
6:00 - 7:00 pm Dinner
7:00 - 9:00 pm Dancing to The Notables
\$12 per person (advance sale only)

Join us for a spring celebration with a dance to live music and an elegant buffet dinner prepared by Chef Mary from Whispering Winds Retirement.

Stroke Awareness Day

FREE

Tuesday, May 3rd
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.

Senior Center Garden Kickoff Party

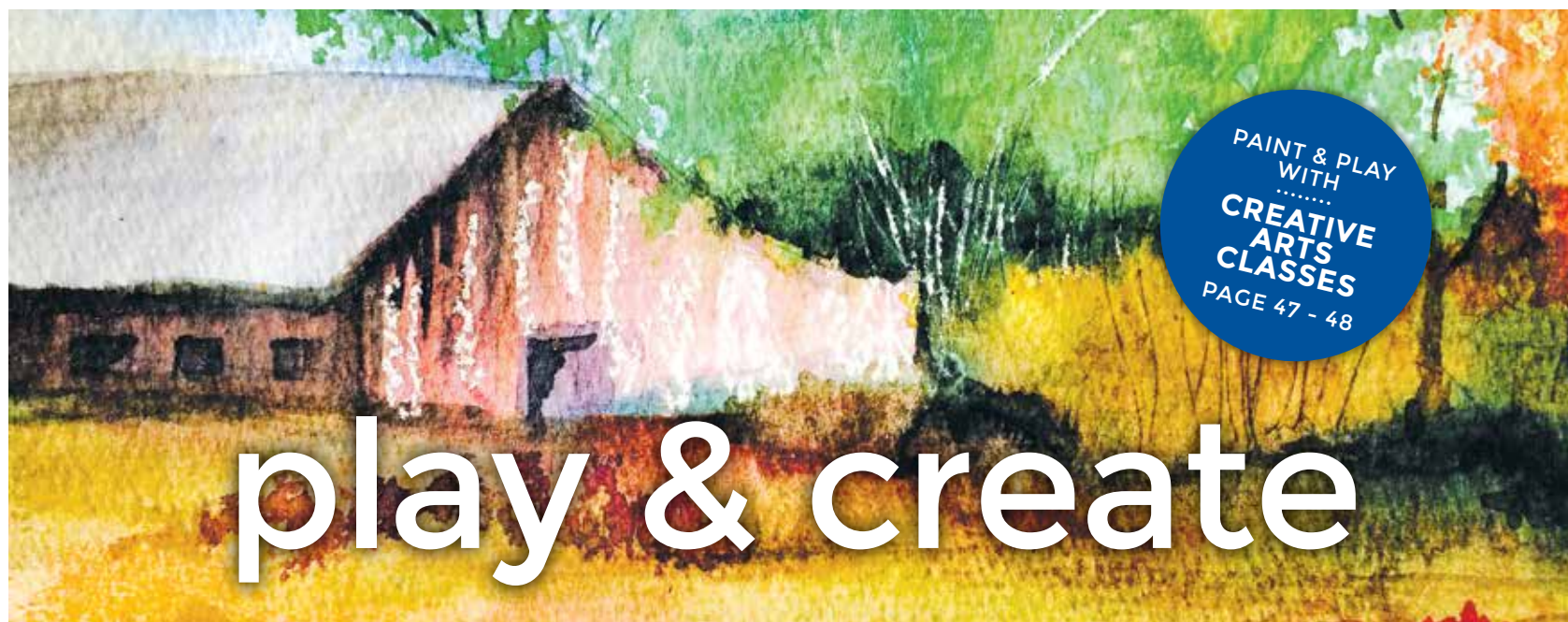
FREE

Thursday, May 5th
10:00 am
Can you dig it? Bring your green thumb and volunteer in the Bend Senior Center garden on Thursday mornings, June 6 through August 29. Clean up the garden beds, plant and meet new friends who like to garden, too!

National Senior Health & Fitness Day

FREE

Wednesday, May 25th
Join over 100,000 older adults throughout the U.S. today as we celebrate the 23rd annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Join us for special activities and treats!



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 & Vocal Arts

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!

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

Program: 102016

W: 5:30 - 6:30 pm

Sessions: 1/6 - 27 2/3 - 24

3/2 - 23 4/6 - 27

5/4 - 25

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 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 enjoy this class as you progress your skills!

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

Program: 102118

W: 6:45 - 7:45 pm

Sessions: 1/6 - 27 2/3 - 24

3/2 - 23 4/6 - 27

5/4 - 25

Ukulele - The Next Level

All Adults

Bend Senior Center

Take your playing to the next level. Learn how to play and solo over major scale and blues progressions, more intricate strumming patterns, melodic scales and bar chords. Great way to expand your playing abilities! New themes and new songs each session for progressive learning. Prerequisite: Beginning Ukulele I and Ukulele II.

Fee: \$54 ID \$65 OD / session

Program: 102128

M: 7:15 - 8:15 pm

Sessions: 1/18 - 2/22 Love Songs

3/7 - 4/11 Serenades
& Sing-Alongs

4/18 - 5/23 Classic Rock

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) 389-7275 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: \$54 ID \$65 OD / session

Program: 102119

M: 4:45 - 5:45 pm

Sessions: 1/18 - 2/22 3/7 - 4/11
4/18 - 5/23

Beginning Guitar II

All Adults

Bend Senior Center

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

Fee: \$54 ID \$65 OD / session

Program: 102120

M: 6:00 - 7:00 pm

Sessions: 1/18 - 2/22 3/7 - 4/11
4/18 - 5/23

**Volunteer with
youth sports
and adaptive programs.**

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

Online: Intro to Voiceovers

Ages: 16 & up

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: 102205

M - Su: at your convenience

Session: One-time, 1/1 - 5/31

Online: Technique in Voiceover

Ages: 16 & up

Location To Be Determined

Technique in Voiceover goes beyond the Introduction class and allows the student one-on-one access to a working voiceover coach for a deeper dive into script reading and basic voiceover techniques. This class is tailored for intro students considering voiceover but first wanting to know what area of voiceover their voice is best suited. Class is 60 minutes. Introduction to Voiceovers is the prerequisite course and must be completed prior to taking Technique in Voiceover.

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

Program: 102211

M - Su: at your convenience

Session: One-time, 1/1 - 5/31



Dance

Adult/Teen Beginning Ballet

Ages: 14 & up

Academie De Ballet Classique

This ballet class offers something for adults, 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 center floor work to develop fundamental skills for a positive dance experience. Exercises adjusted to accommodate knee, hip or back issues. Wear comfortable dance wear or fitness attire. Ballet shoes are helpful but not required.

Fee: \$88 ID \$106 OD / session

Program: 102255

M: 8:00 - 9:00 pm

Session: 1/4 - 2/29 (no class 2/15)
3/7 - 5/2 (no class 3/21)

Adult/Teen NEW Intermediate Ballet

Ages: 14 & up

Academie De Ballet Classique

Ballet class for the former dancer or beginner moving up in skill level. Classical barre, center floor work, adage and fun allegro. You'll leave sweaty and smiling after a vigorous class. Instructor Anguelina Kouznetsova just returned from studying ballet in Russia.

Fee: \$130 ID \$156 OD / session

Program: 102556

M: 6:15 - 7:45 pm

Session: 1/4 - 2/29* (no class 2/15)
3/7 - 5/2 (no class 3/21)

Adult Ballet - Silver Swans

Ages: 16 & up

Academie De Ballet Classique

Each class you'll leave with a smile and find that the hour passed by quickly. Gain balance and abdominal strength, improve posture and get those great-looking legs and back of a dancer. Class content can be adapted for those with chronic conditions, such as knees or hips - it's like having a class specially-designed for you. No experience necessary. For those with dance experience, you can rekindle your love of dance again.

Fee: \$110 ID \$132 OD / session

Program: 102256

Tu: 12:30 - 1:45 pm

Session: 1/5 - 2/23 (no class 2/16)
3/1 - 4/26 (no class 3/22)

Yoga Ballet Fusion

NEW

Ages: 14 & up

Academie De Ballet Classique

Enjoy a combined yoga class with dance movements for a refreshing approach to fitness. Fusion of the two methodologies provides for a unique movement experience. Small class size allows for an Individual approach so that you can progress at your own pace. Wear comfortable yoga or dance wear.

Fee: \$96 ID \$115 OD / session

Program: 102553

M: 10:30 - 11:50 am

Session: 1/4 - 2/29 (no class 2/15)

3/7 - 5/2 (no class 3/21)

Yoga for Dancers

NEW

Ages: 14 & up

Academie De Ballet Classique

Combined yoga class with dance movements for a refreshing approach to fitness. This special focus allows dancers to work on specific areas that are important to dancers. Small class size allows for an Individual approach so that each student progresses at their own pace. Wear comfortable yoga or dance wear.

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

Program: 102554

Tu: 6:35 - 7:35 pm

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

3/1 - 4/26 (no class 3/22)



West Coast Swing II

Ages: 16 & up

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. Basic WCS experience required. Partners are not required. Wear comfortable, non-marking shoes.

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

Program: 102411

M: 7:00 - 8:00 pm

Session: 1/4 - 25

Smooth Night Club

NEW

All Adults

Bend Senior Center

Smooth Night Club is one of the most popular social dances today. It is also said to be the easiest to learn and it can be danced to many genres of music. Its versatility makes this the perfect dance to learn so you'll be ready for all of your social gatherings, weddings or just going out on the town. No partner required.

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

Program: 102591

M: 7:00 - 8:00 pm

Session: 2/8 - 29

Smooth Night Club II

NEW

All Adults

Bend Senior Center

This class is designed to expand your styling, technique and patterns in Night Club. You'll really hit your stride once you move on to this next level class. You'll gain confidence to always feel comfortable on the dance floor. Basic Night Club experience required. No partner required.

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

Program: 102592

M: 7:00 - 8:00 pm

Session: 3/7 - 28

Salsa I

All Adults

Bend Senior Center

Spice up your spring with the Salsa! Join us for this very easy to learn and energetic Latin dance! Lots of fun complete with spins, sharp movements and crisp turns. Salsa can be danced to traditional as well as modern popular music. No partner required.

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

Program: 102593

M: 7:00 - 8:00 pm

Session: 4/4 - 25



Salsa II

Ages: 16 & up

Bend Senior Center

Take your salsa dancing to the next level! Anyone who has taken Salsa I or has basic knowledge of Salsa can attend this high energy and action-packed class! Partners are not required. Wear comfortable, non-marking shoes.

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

Program: 102560

M: 7:00 - 8:00 pm

Session: 5/2 - 23





Culinary Arts

Stocks & Sauces Boot Camp NEW

All Adults

Bend Senior Center

Learn the fundamentals to create flavorful, aromatic and consistently smooth stocks to use in all sorts of recipes. From these stocks we will create the five French mother sauces: Béchamel, Veloué, Espagnole, Tomato and Hollandaise. With these sauces in your repertoire the possibilities are endless.

Fee: \$39 ID \$47 OD / session
Program: 102542

Tu: 4:30 - 7:30 pm
Session: 1/19

Soups & Stews Tonight! NEW

All Adults

Bend Senior Center

A properly prepared soup or stew is the perfect dish for some. Great for entertaining or busy family meals, soups and stews store and freeze well. They're also an economical way to stretch your dollar. With the techniques you learn, you'll know how to substitute ingredients for an infinite variety of delicious year-round soups and stews. Students are advised to take the stocks and sauces class prior to this class.

Fee: \$39 ID \$47 OD / session
Program: 102543

Tu: 5:00 - 7:00 pm
Session: 1/26

Caribbean Culinary Adventures

All Adults

Bend Senior Center

The essence of Caribbean cooking is found in the use of local fresh produce combined with spices to create uniquely flavored and vibrant dishes. Learn how to make traditional recipes from the islands' diverse cultures. Join Zoe and Jessica as they share some of their Caribbean cooking secrets.

Fee: \$39 ID \$47 OD / session
Program: 102575

M: 5:30 - 7:30 pm
Session: 2/1

Chocolate Valentine's Dinner NEW

All Adults

Bend Senior Center

We will utilize chocolate in unsuspecting ways, balancing it in a three-course dinner: a savory appetizer, an entree and a classic dessert. Come join us as we learn how to incorporate chocolate into a Valentine's Day meal extraordinaire.

Fee: \$49 ID \$59 OD / session
Program: 102544

Tu: 5:00 - 7:00 pm
Session: 2/9

Pasta From Scratch NEW

All Adults

Bend Senior Center

Ah, bellissimo! Create fresh tender pasta dough with shaping techniques and various fillings of classic and old world pastas including tortellini, fettuccini and agnolotti.

Fee: \$39 ID \$47 OD / session
Program: 102545

Tu: 5:00 - 7:00 pm
Session: 2/23

Knife Skills NEW

All Adults

Bend Senior Center

Learn how to make your knives work for you. You will learn to use a knife quickly and efficiently to chop, dice, slice, julienne, chiffonade and mince. Cutting will become part of the pleasure of the preparation. And food tastes better and has greater eye appeal when all the ingredients are cut uniformly, too! You will learn how to choose and use the right knives, how to keep them sharp and how to set up the proper cutting area.

Fee: \$29 ID \$35 OD / session
Program: 102573

M: 5:30 - 7:00 pm
Session: 2/29



Appetizer Breads from Abroad NEW

All Adults

Bend Senior Center

Learn how to impress your guests with appetizer breads from around the world. Techniques for baking classic French Gougères - a baked savory choux pastry made of choux dough mixed with cheese, gluten-free Brazilian cheese bread, and sweet-plus-savory monkey bread to accompany any meal.

Fee: \$39 ID \$47 OD / session
Program: 102546

Tu: 5:00 - 7:00 pm
Session: 3/8

Indian Street Food NEW

All Adults

Bend Senior Center

Learn how to make tantalizing classic Indian street food. We will cover fermentation, sauteeing, fillings and chutneys for crispy, soft dosa as well as the Indian classic comfort food, butter chicken.

Fee: \$39 ID \$47 OD / session
Program: 102547

Tu: 5:00 - 7:00 pm
Session: 3/22

Beer Cookery & Pairings 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: 102548

Tu: 5:00 - 7:00 pm
Session: 4/5



Traditional Chinese Dumplings: Jiao Zi

All Adults

Bend Senior Center

NEW

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: 102620

Th: 5:00 - 7:00 pm

Session: 1/28

Steamed Bun Dumplings: Bao Zi

All Adults

Bend Senior Center

NEW

Learn the construction and cooking requirements to make Bao Zi, a dumpling made with yeast bread. Participants will learn a recipe as well as how to roll the dough, form the Bao Zi, and then close the dumpling with the traditional 18 folds. Other forms of steamed dumplings will be discussed and pictures of the "art" of dumplings will be presented.

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

Program: 102621

Th: 5:00 - 7:30 pm

Session: 2/25

Dim Sum: Chinese Small Food

All Adults

Bend Senior Center

NEW

Learn the many forms that dim sum can take, their color and presentation, as well as hands-on instruction on how to form dim sum. Participants can choose options for hands-on instruction for forming and closing. A new filling recipe will be used which is not included in the other Northern China cooking classes.

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

Program: 102622

Th: 5:00 - 7:30 pm

Session: 3/17

Chinese Wonton Soup

All Adults

Bend Senior Center

NEW

Learn how to form wontons and the ingredients that make wonton soup so delicious. Specific instructions will be included so your wontons are protected from breakage in the soup. General ingredients will be discussed and you'll learn that the flavor possibilities are limitless.

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

Program: 102623

Th: 5:00 - 7:00 pm

Session: 3/31

Pearl Ball Dumplings

All Adults

Bend Senior Center

NEW

This class focuses on the making of pearl balls which are a type of dumpling featuring a sticky rice wrap instead of the normal wheat or rice flour. The filling will be a new recipe with beef as the main ingredient. This is a tasty treat many people in Bend have never eaten, and also a better dumpling for those who are gluten intolerant.

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

Program: 102624

Th: 5:00 - 7:00 pm

Session: 4/14

Cooking a Traditional Mandarin Dinner

All Adults

Bend Senior Center

NEW

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 the 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: 102625

Th: 5:00 - 7:30 pm

Session: 5/12

Baking

Valentine's Day Macarons: An Intro to French Macarons

All Adults

Bend Senior Center

Talk about love at first bite! These colorful French confections can be tricky to make, but after you master techniques from meringue to macaronage, you'll be creating your own lovely and delicious macarons at home. Learn to incorporate seasonal flavors, piping with precision and even achieve the perfect "pied" (foot). We will explore different fillings for you to create your own "Ooh la la"-worthy treats just in time for Valentine's Day.

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

Program: 102891

Th: 4:30 - 7:30 pm

Session: 2/4

More, More, More Macarons

NEW

All Adults

Bend Senior Center

Learn the method most professionals use to make macarons. The Italian method involves the use of hot sugar syrup with a few more steps than its sister French method. We will whip up some batches, along with different fillings, to create a veritable Macaron buffet. Note: attendees should have attended Intro to French Macarons prior.

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

Program: 102892

Th: 4:30 - 7:30 pm

Session: 3/10

**Volunteer coaches
needed for youth sports.**

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



French Macarons: A Class for Parents & Children NEW

Ages: 10 & 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 / parent & child

Program: 102893

Th: 4:30 - 6:30 pm

Session: 4/21

Lessons in French Pastry

Ages: 13 & up

Bend Senior Center

Learn how to create patisserie-quality French pastries at home. These delicate beauties are easier than you think. We will walk through techniques for making a variety of classic pastries and fillings. Impress your family and friends when you share your éclairs, cream puffs and quick puff pastries.

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

Program: 102895

M: 4:30 - 7:30 pm

Session: 3/21

Lessons in French Pastry II NEW

Ages: 13 & up

Bend Senior Center

Tarts! Who can resist a rich, flaky pastry topped with delectable sweet or savory seasonally inspired flavors? In this hands-on class, learn the steps of mixing, rolling and baking classic pastry dough as well as a crisp cookie crust. After mastering a few basics, look forward to creating a variety of tarts at home that are perfect for entertaining.

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

Program: 102896

Tu: 4:30 - 7:30 pm

Session: 5/3



Wellness & Nutrition

Make Your Own Kombucha NEW

All Adults

Bend Senior Center

Let's make our own homemade kombucha! Learn all about one of the oldest and fastest-growing trends in digestive health. In Part 1, you will brew your own gallon of kombucha, then in Part 2, you will experiment with flavors to create your own unique flavor blends. Bring a wide mouth gallon glass jar with a tight fitting lid to take your first batch of kombucha home. \$10 lab fee paid to instructor at class.

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

Program: 102704

M/W: 5:30 - 7:00 pm

Session: 4/18 & 20

Satisfying Sweets without the Guilt: Special Easter Addition

Ages: 16 & up

Bend Senior Center

Do you have a sweet tooth that's hard to satisfy or a loved one you don't want to deny? Discover healthy, sweet eats that will nourish you and make you smile! Learn how to make homemade raw chocolates and healthier versions of some popular candy bars. This class will focus on some traditional Easter candy delights like chocolate-peanut butter eggs, cream eggs and so much more! \$10 lab fee paid to instructor at class.

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

Program: 102705

M: 5:30 - 7:00 pm

Session: 3/14

Emotional Aromatherapy: Kick the Winter Blahs with Nature's Pick Me Ups NEW

Ages: 16 & up

Bend Senior Center

Come explore how aromatherapy can help you strike a balance in your emotions. Discover a refreshing way to find encouragement and comfort, or refresh your passion and motivation. You will walk away with a fun lifestyle guide and a sampling of oils.

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

Program: 102708

M: 5:30 - 7:00 pm

Session: 2/22

Nature's Medicine Cabinet: Natural Ways to Support Your Health & Home NEW

Ages: 16 & up

Bend Senior Center

Explore the power of plants through essential oils. You will discover ways to power up your energy, elevate your mood, increase your focus and much more. Enjoy a fun, hands-on class of experimentation with a high dose of nutrition and wonderful take-home lifestyle guide.

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

Program: 102713

M: 5:30 - 7:00 pm

Session: 1/25

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 one month prior to program date. Space is limited.

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

Program: 102803

M: 11:00 am - 1:00 pm

Sessions: 2/8, 3/14, 4/11, 5/9

Bend Makers Tour I: Cascade Culinary Institute NEW

All Adults

Bend Senior Center

Join us for a delish trip to the Cascade Culinary Institute. We will join Chef Julian Darwin for a tour and overview of the culinary program at Central Oregon Community College and then enjoy a hands-on experience creating a delicious treat in the teaching kitchen. Transportation included.

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

Program: 102804

M: 9:45 am - 12:00 pm

Session: 2/22



Bend Makers Tour II: Sugar & Spice, Everything Nice NEW

All Adults

Bend Senior Center

Come along with us as we visit the Savory Spice Shop and Sparrow Bakery. Learn about all of the delightful spices and enjoy a demonstration by Matthew Perry, spice shop owner. We will then travel to Sparrow Bakery, home of the Ocean Roll in the quaint Old Ironworks neighborhood. We will watch bakers create their amazing delicacies from scratch. Transportation included.

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

Program: 102806

M: 9:15 - 11:30 am

Session: 3/7

Bend Makers Tour III: Lights, Camera, Action NEW

All Adults

Bend Senior Center

Join us on a visit to the Z21 television station as we tour through the news room with Bob Shaw. Learn what it takes to put on the news programs as well as visit with on-air personalities. We even get to spend time in the studio where you can try your hand at delivering the weather forecast. Transportation included.

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

Program: 102807

M: 10:15 - 11:30 am

Session: 4/18



Oregon Gardens Tour

All Adults

Bend Senior Center

We are off to the extraordinary Oregon Gardens in Silverton with over 20 specialty gardens. Enjoy a narrated tram ride with garden experts. Top off the perfect day with a visit to a local vineyard, then relax on your way home planning your own gardens. Transportation, wine tasting and lunch included.

Fee: \$89 ID \$107 OD / session

Program: 102096

Su: 9:00 am - 6:00 pm

Session: 5/22

Travel with Us!

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. Visit the incredible scenic wonders at Milford Sound, Queenstown, Mt. Cook and Rotorua. This is a guided tour full of adventure and unforgettable memories. Includes airfare, transportation to/from the airport, and lodging in first class hotels, meals, daily tours, professional guide, and admission to all itinerary locations, deluxe motor coach, baggage handling and hotel transfer fees. Plan now!

Dates: 16 days

10/25 - 11/9 in 2016

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

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

Volunteer with youth sports and adaptive programs.

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

Cape Cod & the Islands: Featuring Boston, Martha's Vineyard, Nantucket & Newport

All Adults

Discover New England's Cape Cod and surrounding islands and coast! This tour includes Nantucket Island, the city of Boston, Plymouth Plantation, Plymouth Rock, Mayflower II, Hyannis, Martha's Vineyard, Newport's Ocean Drive, Breakers Mansion, Heritage Plantation along with a New England lobster dinner. 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. Plan now for next summer!

Dates: 6 days

6/5 - 11 in 2016

Fee: \$2,145 (dbl occupancy)
land/air/tax from Portland

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

Branson, Memphis & Nashville: "America's Musical Heritage"

All Adults

Made for music lovers, this trip begins in St. Louis and then heads on to Branson which is considered "The Live Music Capital of the World." Take in the shows and enjoy the sites then go to Little Rock and Memphis. End the tour in Nashville and take in the Country Music Hall of Fame and dinner at the famous Nashville Nightlife Dinner Theater. Includes airfare, transportation to/from the airport, and lodging in first class hotels, meals, daily tours, professional tour guide, and admission to itinerary locations, deluxe motor coach, baggage handling and hotel transfer fees. Book now!

Dates: 9 days

4/6 - 15 in 2016

Fee: \$2,550 (dbl occupancy)
land/air/tax from Portland

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

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.



Plan Before Planting: Waterwise Vegetable Gardening

Ages: 14 & up

Hollinshead Barn

Join OSU Master Gardeners to learn everything you need to know about planning a successful waterwise vegetable garden in Central Oregon. Learn about regional climate issues, soil preparation, choosing seeds and other vegetable starts for optimal growth, lower water use and great harvests.

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

Program: 102042

Sa: 10:30 am - 12:00 pm

Session: 4/9

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

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



Knitting & Crochet

Start Knitting!

All Adults

Bend Senior Center

Never touched a knitting needle or need a refresher class? This will be a fun class to teach you the very basics, from how to hold the needles, the knit stitch, purl stitch, easy cast on and bind off methods. We will start with beginner washcloth projects so you can practice the stitches and combine them in patterns of Garter Stitch, Stockinette Stitch and stripe and edging effects.

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

Program: 102015

Tu: 9:30 - 11:30 am

Session: 2/2 - 2/3

Cabled Knit Scarf NEW

Ages: 18 & up

Bend Senior Center

Let's take on a knitting challenge together as we learn how to work a front cable and a back cable. The borders of the cables are worked in seed stitch, so if you can do a knit and purl stitch then you can tackle this project. It's a classic, simple cabled scarf which can be worked in a variety of yarns (of #4 DK weight) and would be perfect for a man or woman. Length is up to you. The project is a repeated pattern, you probably won't finish it all in class, but you will be competent enough to continue at home.

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

Program: 102014

Tu: 9:30 - 11:30 am

Session: 1/19 - 2/2

Crochet Water Sling NEW

All Adults

Bend Senior Center

If you have a little experience crocheting or want to take it up again, this project will inspire you. The pattern is easy to memorize and once you get the hang of it, you'll be making lots of them for spring and summer. Everyone will want one! The sling can be made to fit different sizes of drink bottles and cans, even your coffee mug. Very useful whenever there is no cup holder!

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

Program: 102117

Tu: 9:30 - 11:30 am

Session: 3/1 - 15



Creative Arts

Exploring the Basics of Drawing Series

All Adults

Bend Senior Center

Class is designed for the beginner and those who want to improve their drawing skills. It's never too late to learn how to draw or reinforce fundamentals that you may already know. 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, too. Learn complex concepts like line, tone, value, perspective, and composition. Work on fundamentals, geometric shapes, light and shadow, perspective and line. Each class we will cover a different media format. Take one class or take them all.

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

Program: 102606

Th: 3:30 - 5:00 pm

Sessions:	1/21	2/4
	2/18	3/3
	3/17	4/7

Intermediate Water Color: Textures & More

All Adults

Bend Senior Center

Now that you know the basics of watercolor, come for new ideas using salt, sponges and alcohol to achieve texture in your paintings. We will create one picture using ten different techniques to paint a barn scene. Students need to have a basic knowledge of watercolor brushes, paints and colors. \$10 supply fee paid to instructor at first class. You may bring your own paper, brushes and paint to class if you prefer.

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

Program: 102210

Th: 1:00 - 4:00 pm

Session: 2/18

Spring Landscapes in Acrylics

All Adults

Bend Senior Center

Come learn about the exciting and versatile possibilities of quick drying acrylics while you create a landscape with spring trees. All skill levels are welcome at this class focused on the basic techniques of color, composition, texture and layering. Take home a finished painting, ready to frame. \$20 supply fee paid to instructor at first class.

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

Program: 102113

Th: 1:30 - 4:00 pm

Session: 4/14



Silk Scarf Painting with Tissue Paper

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.

Fee: \$39 ID \$47 OD / session
Program: 102063
Th: 1:00 - 3:30 pm
Session: 3/10

Photography

Nuts & Bolts of Photography

Ages: 16 & up

Tall Pine Studio

Learn the fundamental tools of photography and get out of the automatic modes of your digital camera! Topics include: exposure, metering modes, focus, aperture, shutter speed, ISO, and how they affect the look of your photographs. No experience required. Camera should be DSLR.

Fee: \$129 ID \$155 OD / session
Program: 102329
W: 6:30 - 8:30 pm
Session: 1/13 - 2/3

Parenting with Beth Bellamy

NO DRAMA DISCIPLINE: Calm Down, Build Connection, Coach, Not Control NEW

All Adults

Bend Senior Center

Because emotional reactivity is often at the root of family distress, learning to be the calm leader kids need is essential. Being too emotional interferes with a child's ability to learn what you're trying to teach. Utilizing the latest brain research, this class offers the information and skills for effective parenting: understanding the "emotional brain"; identifying reactivity triggers; self-calming and emotional regulation tools; building safe connection through empathy; setting and holding limits without punishment; and navigating tantrums and meltdowns.

Fee: \$100 ID \$120 OD / session
Program: 102212
Tu: 6:30 - 8:30 pm
Session: 2/2 - 2/3

TALKING TO TODDLERS: Navigating the Terrific Twos NEW

All Adults

Bend Senior Center

The toddler years can be challenging and how parents deal with this childhood phase can set the tone of the parent-child dynamic for all future stages. This class will help you understand your toddler's emotions and behaviors and teaches clear strategies for overcoming the resistance to cooperation that is the hallmark of this important developmental stage.

Fee: \$25 ID \$30 OD / session
Program: 102213
Tu: 6:30 - 8:30 pm
Session: 1/19



Specialty Fitness

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: \$30 ID \$36 OD / session
Program: 102777
W: 10:00 - 11:00 am
Sessions: 1/6 - 3/9 3/23 - 5/25

Music, Memory & Mobility NEW

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: \$30 ID \$36 OD / session
Program: 102779
Th: 11:30 am - 12:15 pm
Sessions: 2/4 - 3/10 4/14 - 5/19

Move Easier, Feel Younger! With Feldenkrais

Ages: 16 & up

Bend Senior Center

Do you want to reverse the signs of aging of your mind and body? The gentle movement lessons of Feldenkrais® Awareness Through Movement will help you improve how you move, sense, think and feel. You'll make your body and mind feel younger, stronger and more flexible, with better balance and posture - in essence, a more intelligently agile body. Reduce tension and fatigue and enjoy discovering more comfort, pleasure and vitality in your life. Appropriate for beginners and experienced students.

Fee: \$49 ID \$59 OD / session
Program: 102903
Tu: 1:00 - 2:00 pm
Sessions: 1/12 - 2/2 2/9 - 3/1 4/5 - 26

Games

Bridge: Beyond Beginning

All Adults

Bend Senior Center

Come join us for additional instruction and lots of supervised playing time. This is a fun way to improve your game in a relaxed setting. Prerequisite: Beginning Bridge I. Instructor: Judy Davidson, certified bridge teacher and director. Book required - \$15 fee to instructor at first class.

Fee: \$59 ID \$71 OD / session
Program: 102011
Th: 6:00 - 8:00 pm
Session: 1/21 - 3/10 (no class 2/18)

More fitness classes in Adult Fitness.

Look on pages 54 - 60.

All About iPhone Series

Taught by Apple Certified Support Professional at the Bend Senior Center.

iPhone: Buttons & Interface

All Adults

Let's look at what each iPhone button does and can do. Then we will take a look at the main interface and how you can customize it to your liking and how to use some basic settings.

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

Program: 102535

M: 10:00 - 11:30 am

Session: 1/25

Th: 10:00 - 11:30 am

Session: 4/7

iPhone: Camera & Photos

All Adults

We'll look at how to use the camera app and how to take better photos. Then we'll learn how to edit and manage your photos.

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

Program: 102536

M: 4:00 - 5:30 pm

Session: 2/1

Th: 10:00 - 11:30 am

Session: 4/14

iPhone: App Store & iTunes

All Adults

It's time to delve deep into the App Store and iTunes. Learn how to find and catalog your music and more.

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

Program: 102537

M: 4:00 - 5:30 pm

Session: 2/8

Th: 10:00 - 11:30 am

Session: 4/21

iPhone: Safari & Mail Program

All Adults

This class will look at how to navigate, bookmark and more in Safari. Then we will learn how to use the iPhone's built-in Mail application.

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

Program: 102538

M: 4:00 - 5:30 pm

Session: 2/15

Th: 10:00 - 11:30 am

Session: 4/28

iPhone: Contacts & Calendar

All Adults

We will learn how to add and delete items in both the Contacts and Calendar apps. Keep your contact lists and calendars up to date and organized.

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

Program: 102539

M: 4:00 - 5:30 pm

Session: 2/22

Th: 10:00 - 11:30 am

Session: 5/5

iPhone: Maps, Messenger & Weather

All Adults

Learn how to use the Maps app for directions and never get lost again. Then learn how to use the Messenger app and how to send photos and audio to family and friends.

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

Program: 102540

M: 4:00 - 5:30 pm

Session: 2/29

Th: 10:00 - 11:30 am

Session: 5/12

All About Technology

Taught by Apple Certified Support Professional at the Bend Senior Center.

Buying & Selling on eBay

All Adults

A great class if you are just starting out and want to know how eBay works. We will learn how to register, buy with confidence that you are finding the best deal and maximize your profit when selling.

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

Program: 102541

Th: 10:00 - 11:30 am

Session: 2/4

Buying & Selling on Craigslist

All Adults

If you are looking for easy buying and selling online, Craigslist is a great option. We will cover just how easy it is buy and sell while making sure safety is top priority.

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

Program: 102452

Th: 10:00 - 11:30 am

Session: 2/11

iCloud Essentials

All Adults

We will be covering all aspects of iCloud on all your devices. Learn great ways to sync files, share with family and friends, and manage your backups with automatic syncing. Bring your iPhone, iPad or Mac.

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

Program: 102453

Th: 10:00 am - 12:00 pm

Session: 2/18

PC to Mac

All Adults

This class will introduce you to the different aspects of the Mac interface while making comparisons to Windows. You will learn how to use the Finder, desktop, dock, files, customization and more. Bring your Mac to class running Mac OS X El Capitan.

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

Program: 102614

M: 6:00 - 9:00 pm

Session: 4/11 - 18

iPad Essentials

All Adults

We will cover everything from multitasking, apps and the App Store, to creating folders and customizing your iPad. Everything you need to start working with your iPad. Bring your iPad with you running iOS 9.

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

Program: 102517

M: 6:00 - 8:00 pm

Session: 5/9 - 16

iPad Beyond Essentials

Ages: 16 & up

Do you have an iPad and feel like you understand the basics but you want to take it to the next level? This workshop will dive deeper into the iPad's functionality and settings. This is an advanced hands-on class. Bring your iPad to class running iOS 9.

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

Program: 102534

M: 6:00 - 9:00 pm

Session: 5/23

TAKE IT
ALL IN
.....
**XC SKIING
& SNOWSHOEING**
.....
PAGES 50 - 51

go play outside

You're greater outdoors.

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

XC Ski & Snowshoe

Get Started XC Ski Touring

Ages: 18 & up

Harmon Park

Level 2 - If you have little or no cross-country (XC) ski experience and are looking for a great introduction to this sport, we'll take you through the basics of outdoor play and get you started on the snow. The first meeting day (9:00 - 11:00 am) is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. Two on-snow sessions (9:00 am - 1:00 pm) include technique instruction, practice and Snopark outings. Equipment not included. Leader: Eric Denzler

Fee: \$65 ID \$78 OD / session

Program: 108403

Sa: 9:00 am - 1:00 pm

Session: 1/16 - 30

Continuing XC Ski NEW

Ages: 18 & up

Harmon Park

Level 2 - For those who have taken the "Get Started Ski Touring" class or who have a bit of previous cross-country ski experience, we'll continue to work on skill development and get out to a variety of local Snoparks for some short ski tours. Leader: Eric Denzler

Fee: \$22 ID \$26 OD / session

Program: 108474

Th: 9:30 am - 2:00 pm

Sessions: 1/28, 2/4, 2/11, 2/18,
2/25, 3/3, 3/10, 3/17

Be ready to go in the snow.

XC skiing and snowshoeing are aerobic activities, so it's important that participants come with some basic strength and physical conditioning.



Get Started Snowshoeing

Ages: 18 & up

Harmon Park

Level 2 - Ready to try a new winter activity? We'll take you through the basics and get you going on the snow in no time. The first meeting day (9:00 - 11:00 am) is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. One on-snow session (9:00 am - 1:00 pm) includes technique instruction, practice and an outing in the mountains. Equipment not included. Leader: Leslie Olson

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

Program: 308402

F: 9:00 am - 1:00 pm

Sessions: 1/8 - 15

Tuesday NEW Fitness Snowshoe

Ages: 18 & up

BPRD District Office

Level 2 - Take the next step after you've started 'shoeing and join a group for some shorter snowshoe hikes to build strength, stamina and general fitness while enjoying outings in the snowy woods. Snowshoe hikes generally around 2 - 3 miles with fitness stops along the way. Equipment not included. Leader: Amanda Bue

Fee: \$22 ID \$26 OD / session

Program: 108415

Tu: 9:30 am - 2:30 pm

Sessions: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/1

Thursday Yetis Snowshoe

Ages: 18 & up

BPRD District Office

Level 3 - For those comfortable on snowshoes, these outings are filled with fresh air, snow and perspective. You'll make friends, feel fit and have fun. Distance ranges from 4 - 6 miles. Equipment not included. Leader: Leslie Olson

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

Program: 108424

Th: 9:00 am - 3:30 pm

Sessions: 1/28 - 2/11 2/18 - 3/3
3/10 - 24



Hike, Walk & Snowshoe Ratings

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

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

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

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



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

Important Outdoor Program Information

Registration: Be sure to match your experience and ability level to the course description rating level before signing up for a program. **Please do not wait until the last minute to register 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.

Food & Water: Participants are responsible for bringing and carrying their own food and water for outings unless otherwise indicated.

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

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

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

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



Walking & Hiking

Rainbow Seekers Hikes

Ages: 50 & up

BPRD District Office

Level 2 - The Rainbow Seekers explore Central Oregon's easy to moderate trails at a very comfortable pace. Hikes range from 5 - 7 miles. Winter walks are generally snow-free. Leader: Dean Dobbs

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

Program: 108740

Tu: 9:00 am - 3:30 pm

Sessions: 1/19 - 2/9 2/16 - 3/8
3/15 - 4/5

Tu: 8:30 am - 3:00 pm

Sessions: 4/12 - 5/3 5/10 - 31



Spring Fitness Hikes

Ages: 18 & up

BPRD District Office

Level 2 - Shorter hikes covering 3 to 5 miles in a day at a moderate pace with fitness stops along the way. This is a great way to get some good exercise and build general fitness while seeing a variety of scenic trails and beautiful locations around Central Oregon. Leader: Amanda Bue

Fee: \$22 ID \$26 OD / session

Program: 108718

Tu: 9:30 am - 2:30 pm

Sessions:

4/12 Smith Rock Trail

4/19 Black Rock Trail

4/26 Suttle Lake Trail

5/3 Paulina Creek Trail

5/10 Skeleton Cave Trail

5/17 Skyliner Creek Trail

5/24 Shevlin Park's
Backdoor Trails

Daytrippers:

Looking for more fabulous tours or day trips?

BPRD is hosting several different day-long outings this winter and spring.

See pages 45 - 46.

Trailpacers Hikes

Ages: 18 & up

BPRD District Office

Level 3 - Get a weekly dose of good exercise, great companionship, and gorgeous Central Oregon scenery. Hikes are typically 7 - 10 miles at a steady pace, with some moderate elevation gain.

Leader: Leslie Olson

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

Program: 108715

Th: 8:30 am - 4:00 pm

Sessions: 4/7 - 21 4/28 - 5/12
5/19 - 6/2

Trails & Tales Hikes NEW

Ages: 18 & up

BPRD District Office

Level 2 hike - Learn Central Oregon history and explore our past while hiking 3 to 5 miles. Different historic areas each outing. Leader: Leslie Olson

Fee: \$50 ID \$60 OD / session

Program: 108863

M: 9:00 am - 4:00 pm

Sessions: 4/18 - 25 5/2 - 9

John Day Fossil Beds Monument Outings

Ages: 18 & up

BPRD District Office

Day trips to two different units of the John Day Fossil Beds National Monument. Transportation provided.

PAINTED HILLS

Level 2 - Experience the scenic colors of the Painted Hills with a hike up Carroll Rim Trail, weather permitting; 1.6 miles round-trip.

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

Program: 108923

W: 8:00 am - 4:00 pm

Session: 4/20

THE THOMAS CONDON PALEONTOLOGY CENTER

Level 1 Walk - The Thomas Condon Paleontology Center is the best place to see fossils at the monument. Fossils from all three units of the park, as well as those from other lands in the area, are on display for visitors to see up close.

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

Program: 108923

W: 8:00 am - 6:00 pm

Session: 5/11





High Desert Naturalist Hikes

NEW

Ages: 18 & up

BPRD District Office

Level 2 hike - High Desert Naturalists go with the season. Each outing will focus on a different aspect of our regional environment: flowers, geology, wetlands, birds, whatever presents itself in the spring. Be ready for an interesting outing each week to learn about a different aspect of the world around us. Hikes of 4 - 6 miles. Leader: Leslie Olson

Fee: \$50 ID \$60 OD / session

Program: 108926

M: 8:30 am - 4:00 pm

Sessions: 5/16 - 23 6/6 - 13



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

Sessions: 3/12 - 13 5/28 - 29

WFR Recertification

Ages: 16 & up

Hollinshead Barn

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

Fee: \$310 / session

Program: 408362

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

Sessions: 2/5 - 7 3/4 - 6
4/8 - 10

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

(\$300 deposit required at registration with balance due 30 days prior to start of training)

Program: 408364

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

Session: 4/12 - 21

BRING THE KIDS, GRANDKIDS
OR THE NEIGHBOR KIDS!
BRING 'EM ALL!



Discover Nature Days! FREE

PRESENTED BY
THE CHILDREN'S FOREST OF CENTRAL OREGON
PARTNERS

Second Saturdays, March - June

Get outside and discover with your little explorers!
Join us for two hours of art, science, and play while learning
about the natural world and exploring local parks.

SNOW EXPLORERS AT SKYLINERS LODGE

with Discover Your Forest

Saturday, March 12, 1:00 - 3:00 pm

THE INVISIBLE TRACKER AT SHEVLIN PARK

with Wildheart Nature School
and hosted by Bend Park & Recreation District

Saturday, April 9, 10:00 am - 12:00 pm

BIRDS AND BEAKS ARE NEAT

at American Legion Park (Redmond)

with High Desert Museum - Spanish/bilingual program

Saturday, May 14, 1:00 - 3:00 pm

WATER AND WILDLIFE AT SAWYER PARK

with Upper Deschutes Watershed Council
and The Environmental Center
and hosted by Bend Park & Recreation District

Saturday, June 11, 10:00 am - 12:00 pm

Learn more and register (encouraged) at
childrensforestco.org/discover-nature-days or 541-383-5592.



**WINTER
KICK OFF**
January 4 - 10
**& SPRING
THAW**
April 4 - 10


**VOLUNTEER
IN
FITNESS**
.....
CONTACT KIM
(541) 706-6127


your kind of fit

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 20 - 21.

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

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 20 - 21.

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.



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  icon with class descriptions on pages 56 - 60.



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: Individual & Group

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

FREE

**WINTER
KICK OFF**
January 4 - 10
& **SPRING
THAW**
April 4 - 10

JSFC

BSC

Get connected, stay engaged and be inspired!

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

- **LEARN YOUR FUNCTIONAL THRESHOLD & PERSONAL HEART RATE ZONE**
- **FOAM ROLLER**
- **ASK A PHYSICAL THERAPIST**
- **THE FORTY FACTOR**
- **TRIATHLON TRAINING**
- **MEDITATIVE WALKING**
- **GET STARTED CLASSES**

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

Looking for a westside workout?

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

Follow us on Facebook for updates.



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 Strength / Core JSFC

Cycling workout with off-the-bike strength and functional core training to finish up. A double whammy!

Cycle/Winter Conditioning JSFC

Be ready for winter's mountain fun! 45 minutes of cycle intervals, followed by muscle specific winter conditioning drills in the Fit Studio.

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.

Family Cycle to the Shows JSFC

You will have so much fun watching 30 minute family-friendly TV shows together you won't even notice the great workout you are getting. Ages 10+ are welcome with a parent. Note: the indoor cycle bikes are appropriate for riders 5 feet and taller.

Cycle/Boot Camp JSFC

You'll mount and dismount the bike as we incorporate moves similar to those in boot camp classes. Great for those looking to cross train!

Cycle/TRX Circuit JSFC

Get your cardio going with a pumping express cycle; then keep your workout going with a boot camp 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 Zumba® JSFC

Come learn the basic steps of Zumba and find out what the craze is all about! After, you'll feel comfortable to take the class that follows.

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 59.)

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 get your cardio dance on or make the most of your tight schedule with a Bliss dance workout for the first 30 minutes, followed immediately by Zumba for 30 minutes. Your body will thank you.

CIZE® JSFC NEW

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.

HIIT IT! JSFC

Shorter workout of high intensity intervals, using the Tabata protocol! Expect to see improvements in cardio fitness and body comp.

Sunrise Fitness JSFC

Get your early morning workout in! You'll have a ball using medicine balls, stability balls and jump ropes, all while improving your overall strength and function.

Fit 4U Cardio Conditioning BSC

Light to moderate cardio movement with use of hand weights, bands and tubes to tone muscles and build bone density.

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 Conditioning with the 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.

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.

Kick Boxing JSFC

You'll love the high energy of this class. Emphasis is on cardio with intensity intervals. 20 minutes of body sculpting make this a great full body workout.

Turbo Kick® JSFC

A total body, high intensity program, utilizing resistance, intervals, power, plyometrics and cardio.

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 Weight Training JSFC BSC

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.

Need child care while you work out?

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

Learn more on page 28.

Fit 4U Fitness Center JSFC BSC Orientation

Designed to give you the basic skills to use the equipment safely and effectively. Orientation is recommended before using the fitness center. For ages 12 - 17, orientation and/or supervision may be required. (See page 31.)

Fitness Center Teen Time JSFC

For 12 - 15 year olds, supervised times with additional assistance from a fitness specialist.

Fit 4U Fitness Center JSFC BSC Circuit Workout

Challenge yourself with a series of exercise stations to get your whole body fit. Exercises are modifiable to fit your needs. Offers something for everyone. Attend a Fitness Center orientation prior to first class.

Fit 4U Strength, Tone & Mightier Bone BSC

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

Fit 4U Personalized Circuit Training BSC

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 Strength & Stretch 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 Functional Conditioning JSFC

Combines muscle conditioning and endurance, exercises to enhance strength, balance, range of motion and mobility.

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:

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



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 class for those new to yoga. Instructors will guide students through poses, terms used in yoga and recommend other classes to take.

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.

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!

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.





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

See previous page for description.

Pilates for Strength JSFC

Gives the more experienced student an opportunity to be challenged at a whole new level. Dynabands, balls and weights are used to strengthen from the core throughout the whole body.

Need child care while you work out?

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

Learn more on page 28.

Tai Chi:

Fit 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 4 Water Workout JSFC

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 4 FIT4U Shallow/Deep Water Exercise JSFC

Water provides a safe and effective way to maintain or improve your fitness level without jarring your joints. Fun, active aerobic class with your choice of shallow or deep water. Specially designed for those wanting a lower impact and light intensity workout as well as those ages 50+.

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.



Aqua Zumba® JSFC

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

1 - 2 - 3 HIIT it! JSFC

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

Deep Water Running JSFC

Run, ski, stride and move against the resistance of the water in this high intensity class. Each stride helps you become a more effective and efficient runner! Improve your performance as you train 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

Prenatal Fitness JSFC

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 58)

PRENATAL WATER EXERCISE
(shown 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

Ages: 6 weeks to walking

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

Details available on page 56.

Baby & Me Yoga JSFC

Ages: 6 weeks to walking

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

Details available on page 58.



Therapeutic Fitness

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

Days/Times: Ongoing

Weekly schedules available online at www.bendparksandrec.org.

Moving to Music: An Arthritis Exercise Program

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

Arthritis Water Exercise

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

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.



Therapeutic Next Step Program

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

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

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.

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

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: \$30 ID \$36 OD / session
 Program: 102777

W: 10:00 - 11:00 am

Sessions: 1/6 - 3/9 3/23 - 5/25

Music, Memory & Mobility

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: \$30 ID \$36 OD / session
 Program: 102779

Th: 11:30 am - 12:15 pm

Sessions: 2/4 - 3/10 4/14 - 5/19



Move Easier, Feel Younger! With Feldenkrais

Ages: 16 & up

Do you want to reverse the signs of aging of your mind and body? The gentle movement lessons of Feldenkrais® Awareness Through Movement will help you improve how you move, sense, think and feel. You'll make your body and mind feel younger, stronger and more flexible, with better balance and posture - in essence, a more intelligently agile body. Reduce tension and fatigue and enjoy discovering more comfort, pleasure and vitality in your life. Appropriate for beginners and experienced students.

Fee: \$49 ID \$59 OD / session
 Program: 102903

Tu: 1:00 - 2:00 pm

Sessions: 1/12 - 2/2 2/9 - 3/1
 4/5 - 26





long live sports

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 friends and either learning a new skill or keeping an old one alive. And that is the real version of the fountain of youth.

Volleyball

Volleyball League

All Adults

Pilot Butte Middle School

Gather other volleyball enthusiasts and form a team in a league. This is a 6-on-6 self-officiated league with two divisions. Choose A Division for a more competitive season or B Division for a season full of recreational fun. League standings will be kept. Team sign-up only.

Fee: \$300 / team

Program: 103185

Registration Deadline: 1/17

WOMEN'S A & B DIVISIONS

W: 7:30 - 10:00 pm

Season: 2/3 - 4/13 (No league 3/23)

COED A & B DIVISIONS

Th: 7:30 - 10:00 pm

Season: 2/4 - 4/14 (No league 3/24)

Golf

Spring Golf Lessons

All Adults

River's Edge Golf Course

This group series is designed for those interested in improving their golf game. Focus is on full swing, stance, grip, putting, club selection and golf etiquette. Bring your clubs or clubs will be provided if needed. All instruction by PGA Professional Mike Palen.

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

WOMEN'S

Program: 103202

W: 12:00 - 1:30 pm

Sessions: 4/6 - 27 5/4 - 25

6/1 - 22

COED

Program: 103203

W: 4:00 - 5:30 pm

Sessions: 4/6 - 27 6/1 - 22

Soccer

Recreational Soccer League

All Adults

Big Sky Sports Complex

For both beginning and experienced soccer players, this league provides game opportunities emphasizing recreation, camaraderie and fun. Created from a pool of registered players, teams consist of players of varying experience and skill levels.

Fee: \$42 ID \$50 OD / season

Program: 103180

Registration Deadline: 3/20

Su: 12:00 - 6:00 pm

Season: 4/10 - 6/5

Be a coach!
Volunteer coaches
needed for youth sports.

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



Adult Softball Leagues

Men's, Women's, Coed & Senior

All Adults

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

Season: Mid-April through mid-August
Days/Times: Game days and times will vary
Locations: Skyline Sports Complex & Pine Nursery Sports Complex

Requirements: Minimum 12 players needed per team. Any and all teams interested in joining a league must have a representative present at the appropriate meeting listed below. Teams who miss the meeting may not get an opportunity to play this season. Space in each league is limited!

PRE-SEASON MEETING SCHEDULE:

League	Date	Time	Fee
Senior Metro	Tu: 3/29	5:15 pm	*\$795
Women's Metro	Tu: 3/29	6:00 pm	*\$795
Coed Metro	Tu: 3/29	6:45 pm	*\$695
Men's Metro	Tu: 3/ 29	7:30 pm	*\$745
Coed Rec	Tu: 4/6	6:00 pm	**\$360
Men's Rec	Tu: 4/6	6:45 pm	**\$360

MEETING LOCATION:
BPRD District Office, 799 SW Columbia St.

*Metro League fees and rosters will be due on or before April 2nd.

**Rec League fees and rosters are due on or before April 24th.

Pickleball

Introduction to Pickleball

All Adults

The Pavilion
& 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: 103575

Tu: 10:30 am - 12:00 pm

Sessions: 4/12, 4/19, 4/26

Tu: 6:30 - 8:00 pm

Sessions: 5/3, 5/10, 5/17, 5/24, 5/31

Advanced Beginner Pickleball

All Adults

The Pavilion
& 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: 103576

W: 10:30 am - 12:00 pm

Sessions: 4/13, 4/20, 4/27

W: 6:30 - 8:00 pm

Sessions: 5/4, 5/11, 5/18, 5/25



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: 103573

Sa: 2:30 - 4:00 pm

Session: 4/30

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: 103574

Sa: 4:00 - 5:30 pm

Session: 4/30



Fencing

Beginning Epee Fencing

Ages: 13 & up

High Desert Fencing

Grace and strategy combined into physical chess, it's the Olympic sport of competitive epee fencing. We will cover footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership and waiver (\$10 additional) required at first class.

Fee: \$85 ID \$102 OD / session

Program: 102087

Tu: 5:30 - 7:00 pm

Sessions: 1/19 - 3/8 4/5 - 5/24

Intermediate Fencing

Ages: 13 & up

High Desert Fencing

Have you taken beginning fencing and still want more? This class allows fencers of all ages to continue to have fun developing fencing skills with foils, epees and sabers. We will use lessons, drills and situational bouting as well as lots of time fencing to help everyone development their technique and tactics. All fencing equipment is provided. US Fencing membership required; \$10 additional if not current.

Fee: \$85 ID \$102 OD / session

Program: 102186

Th: 5:30 - 7:00 pm

Sessions: 1/21 - 3/10 4/7 - 5/26

12TH ANNUAL BEND PARK & RECREATION FOUNDATION *Gopher Broke* SCRAMBLE

PRESENTED BY NORTHWEST COMMUNITY CREDIT UNION

THANK YOU!

Thank you to all of the sponsors, donors, players and volunteers who helped make the 12th annual Gopher Broke Scramble a tremendous success! The tournament raised close to \$20,000 to help provide opportunities for low income children and families to participate in Bend Park & Recreation District programs.

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The Hideaway
Victorian Café
Widgi Creek Golf Club



SUPPORTING RECREATION SCHOLARSHIPS

For more information, call (541) 389-7275 • www.bendparksandrec.org • Location and park lists on pages 99 - 103

ID = In-District Resident Fee • OD = Out-of-District Fee • = visit our website for other choices of days/times

Adult Hockey & Curling

Both hockey and curling leagues are offered for adults at The Pavilion this inaugural season. Registration opened in August.

At this time, both leagues are full. Wait lists are available for those interested in any spots that may come open.

Adult Hockey League Wait List: Program 310320

Adult Curling League Wait List: Program 310330

In addition, you are welcome to attend drop-in sessions for Curling Time, Stick Time and Pick-up Hockey during our regular weekly schedule. More on pages 22 - 26.

For the 2016-17 ice season, look for league registration information in the Fall 2016 Playbook - available August 2016.

Spring at The Pavilion NEW

Once ice season wraps up in March, what's next at The Pavilion? For this spring, a number of new activities will be available at the facility for all generations.

Dates: April 17 - June 18

Badminton

Basketball

Fitness Classes

Pickleball

Tennis

Volleyball

Schedules and a full listing of activities available online
March 15th at
www.thepavilioninbend.com.



Ice Skating

Adult Skate Lessons NEW

Ages: 18 & up

The Pavilion

Learn how to glide and develop your stroke. Practice balance and edge work and advance in your technique through skills and drills.

Program: 110106, 110116

Tu/Th: 5:50 - 6:20 pm
- or -

Sa: 9:00 - 9:30 am

Fee: \$60 ID \$72 OD

Session: 1/5 - 2/13

Fee: \$50 ID \$60 OD

Session: 2/16 - 3/19

Martial Arts

Women's Kickboxing

Ages: 13 & up

Smith Martial Arts

Beginners welcome in this class, 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. Includes free Smith Martial Arts t-shirt.

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

Program: 102305

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

Sessions: 1/12 - 2/4 2/9 - 3/3

3/8 - 31 4/5 - 28

5/3 - 26

Adult Self Defense

All Adults

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: 102316

F: 5:30 - 6:30 pm

Sessions: 1/15, 2/26, 3/18

Sa: 9:00 - 10:00 am

Sessions: 4/30 5/7

Senior Self Defense NEW

All Adults

Smith Martial Arts

This is tailored for seniors and people with limited mobility. Learn how to use a cane, wheelchair, environment etc. A mixed martial arts approach to self-defense. 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: 102317

Tu: 10:00 - 11:00 am

Sessions: 1/12, 2/9, 3/8, 4/5, 5/3

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, come join us for wheelchair basketball. This is a drop-in program.

Fee: \$5 ID \$5 OD / Session

Program: 104311

M: 6:00 - 8:00 pm

Sessions: 2/1 - 5/23

Adaptive Equipment

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





the power of play

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!

*Disability need not
be an obstacle
to success.
~ Stephen Hawking*

Youth Therapeutic Recreation

Kids Adventure Days

Ages: 5 - 13

Harmon Park

Kids, save the cartoons for later and come join us for exciting activities in and around Bend. Activities may include, sledding, skating, adapted biking, bowling, arts & crafts, and games. This program is available to kids with disabilities and their siblings/friends!

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

Program: 104444

Sa: 9:30 am - 1:30 pm

Sessions: 1/30, 2/27, 4/2, 5/7

Friday Fun Night

Ages: 4 - 12

Bend Senior Center

Come have a blast while your parents enjoy a kid-free night on the town. It's an evening full of games, crafts and fun! This program is available to kids with disabilities and their siblings/friends. You must pre-register; sorry, no drop-ins.

Fee: \$12 ID \$15 OD / session

Program: 104240

F: 6:00 - 8:30 pm

Sessions: 2/5, 3/4, 4/1, 5/6

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
- Full Access Brokerage
- 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 4 for details.

Adult Therapeutic Recreation

Creative Fridays

Ages: 14 & up

Bend Senior Center

Come express yourself through a variety of fun and creative activities. Learn a new skill while enjoying time with friends. Activities may include painting, drawing, pottery and more. Transportation available from Norton Ave. Apartments if needed.

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

Program: 104170

F: 4:30 - 6:00 pm

Session: 1/22, 2/19, 3/18, 4/15

Fused Glass Workshop

Ages: 16 & up

Twin Knoll Transition Co-Op

In this introduction to fused glass, you will have the choice to make either a wall/window hanging, coasters, small dish or a few small jewelry pendants. All supplies included. Transportation available from Norton Ave. Apartments if needed.

Fee: \$50 ID \$60 OD / session

Program: 104321

Tu: 4:30 - 6:30 pm

Session: 1/26

Hang Time

Ages: 16 & up

Norton Avenue Apartments

Don't let the winter time blues put you in a slump. Cure the blahs with a little Hang Time! From arts and crafts to playing games or movie night, there will be plenty of fun for everyone.

Fee: \$50 ID \$60 OD / session

Program: 104650

F: 6:30 - 8:00 pm

Session: 1/22, 2/19, 3/18, 4/15



Skate Night NEW at The Pavilion

Ages: 18 & up

The Pavilion

What a winter delight! Join us for an evening of ice skating at The Pavilion, the brand new ice rink and recreation facility, followed by hot chocolate around the fire pit.

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

Program: 104309

F: 6:30 - 8:30 pm

Sessions: 1/29, 2/26

Valentine's Day Dance

Ages: 16 & up

Hollinshead Barn

Put on your finest outfit and prepare yourself for an exciting and elegant Valentine's Day event. We'll pick you up at the Norton Avenue Apartments at 6:00 pm and chauffeur you to Hollinshead Barn for a delicious, romantic meal. Following dinner, head to the dance floor and groove the night away.

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

Program: 104220

F: 6:00 - 9:00 pm

Session: 2/12

Saturday Club

Ages: 16 & up

Norton Avenue Apartments

Come join your friends as we explore exciting recreation opportunities around Central Oregon. Make some wonderful memories with great friends. Note: You may only register for one session.

Fee: \$100 ID \$120 OD / session

Program: 104270

Sa: 2:00 - 5:00 pm

Session 1: 1/23, 2/13, 3/5, 4/2, 4/30

Session 2: 1/30, 2/20, 3/12, 4/9, 5/7

Animal Art

Ages: 14 & up

Twin Knoll Transition Co-Op

Learn how to make animal-themed projects. Activities may include pottery animals, puppets, pet toys and wall hangings. Transportation available from Norton Ave. Apartments if needed.

Fee: \$100 ID \$120 OD / session

Program: 104566

W: 6:30 - 8:00 pm

Session: 2/3 - 3/16

Game Night

Ages: 16 & up

Norton Avenue Apartments

Join us for an evening of games, snacks and friendly competition. We will play old favorites as well as learn a couple of new games to enjoy with your friends.

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

Program: 104911

F: 6:00 - 8:00 pm

Sessions: 3/11, 4/8





Art Around the World

Ages: 14 & up

Twin Knoll Transition Co-Op

Explore the world by making art projects themed from a different country every week. Transportation available from Norton Ave. Apartments if needed.

Fee: \$100 ID \$120 OD / session

Program: 104677

W: 6:30 - 8:00 pm

Session: 4/6 - 5/11

Sports Spectacular

Ages: 14 & up

Norton Avenue Apartments

Are you a sports fan and ready to try new activities? Join us as we try out a new sport each week. Sports may include basketball, kickball, bocce ball, horseshoes, rock climbing, pickleball, croquet, badminton or floor hockey.

Fee: \$50 ID \$60 OD / session

Program: 104560

Th: 4:00 - 5:30 pm

Session: 4/7 - 5/12

Night at the Pool

Ages: 16 & up

Norton Avenue Apartments

Make a splash! We will enjoy an evening of open swim and games at Juniper Swim & Fitness Center followed by an ice cream social.

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

Program: 104133

F: 6:00 - 8:30 pm

Session: 4/22

Pizza & A Movie

Ages: 18 & up

Norton Avenue Apartments

There is nothing more fun than a pizza party and movie on the big screen, so come join us. Note: Time subject to change based on movie times.

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

Program: 104577

F: 3:30 - 7:30 pm

(Time subject to change)

Session: 4/29

Cooking

Bread Making

Ages: 16 & up

Twin Knoll Transition Co-Op

Have you ever had homemade bread for your sandwiches? Come learn how to make three varieties of bread. Recipes may include sandwich bread, pretzels and cinnamon rolls. Bring a sack dinner. Transportation available from Norton Ave. Apartments if needed.

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

Program: 104976

Th: 4:30 - 7:15 pm

Session: 1/28

Breakfast for Dinner

Ages: 14 & up

Twin Knoll Transition Co-Op

Learn how to make a variety of delicious classic breakfast items and have them as a scrumptious dinner. Transportation available from Norton Ave. Apartments if needed.

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

Program: 104441

W: 4:30 - 6:30 pm

Session: 2/3 - 3/16



World Cuisine

Ages: 14 & up

Norton Avenue Apartments

Have you ever wanted to travel the world? Each week come prepare and dine on a meal from around the world.

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

Program: 104552

W: 4:30 - 6:30 pm

Session: 4/6 - 5/11

Fitness

Zumba®

Ages: 14 & up

Bend Senior Center

Get ready to shake, shimmy, and salsa your way to a healthier you! Dance away the winter to a fun, energetic blend of dance music. This is an easy and "feel happy" way to work out on your own or with friends. Transportation limited to the first 10 - 12 participants depending on wheelchair needs in the bus. Please contact Kate at (541) 410-6240 if you require transportation.

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

Program: 104191

Tu: 4:30 - 5:45 pm

Sessions: 2/2 - 3/15 4/5 - 5/10

Get Fit

Ages: 16 & 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: \$60 ID \$73 OD / session

Program: 104288

Tu/Th: 6:15 - 8:00 pm

Sessions: 2/2 - 3/17 4/5 - 5/12

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, come join us for wheelchair basketball. This is a drop-in program.

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

Program: 104311

M: 6:00 - 8:00 pm

Sessions: 2/1 - 5/23

Adaptive Equipment

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



Discovery through play.

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

Preschool

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. 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.

Program: 205601

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

- or -

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

Available: Now - June 16

Arts & Crafts

Tutus on Ice NEW

Ages: 3 - 5 and parent

The Pavilion

Does your little ice prince or princess ask you for their very own tutu? Come join in the fun at The Pavilion to learn how to make your own tutu with style and snowflakes! Parent must participate with child. All materials included. Skate lessons not included - must be registered separately. See page 25 for Learn to Skate programs.

Fee: \$17 ID \$20 OD / parent & child

Program: 106021

Tu: 3:15 - 4:00 pm

Session: 3/1

Th: 3:15 - 4:00 pm

Session: 1/21

Sa: 9:15 - 10:00 am

Session: 3/5



Little Kids Pottery

Ages: 4 - 5

Harmon Park, Hobby Hut

Get creative with John Kinder! Fantasy sculptures, slab built castles and creating pots on the pottery wheel are just some of the fabulous projects. Several chosen items to be painted/glazed, fired and ready for pick up. Bring healthy snacks for break.

Fee: \$85 ID \$102 OD / session

Program: 106540

Tu: 1:00 - 2:00 pm

Sessions: 1/26 - 3/1
3/8 - 4/19 (no class 3/22)

Art StART NEW

Art Station

Ages: 2 - 3 with parent

Art StART is a play-based learning experience. Experimentation is encouraged and making a mess is part of the joy of painting, drawing and sculpting. Small classes allow children to strengthen their social skills in a nurturing setting. Projects vary each session. An adult partner must accompany each child.

Fee: \$72 ID \$87 OD / session

Program: 106556

W: 10:00 - 11:00 am

Sessions: 1/27 - 3/2
3/16 - 4/27 (no class 3/23)
5/4 - 6/8

Dance & Move

Get Up & Move!

Ages: 3 - 5

Hollinshead Barn

A fun way for your young child to learn basic dance moves and have the opportunity to tumble on mats to up-beat music! They will utilize their bodies to move to music as well as use colorful scarves, hula hoops and more!

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

Program: 106178

W: 9:00 - 9:45 am

Sessions: 2/3 - 24 4/27 - 5/18

Come Dance with Me

Ages: 3 - 4

Academie De Ballet Classique

This pre-ballet class will inspire the tiniest of dancers to fly, spin and prance while introducing basic elements of ballet. Your little dancer will travel through a fantasy-based curriculum using ballet terminology and natural movement such as skipping and jumping.

Fee: \$77 ID \$92 OD / session

Program: 106346

M: 12:00 - 12:30 pm

Sessions: 1/4 - 2/29 (no class 2/15)
3/7 - 5/2 (no class 3/23)



Swans Ballet NEW

Ages: 3 - 5

Academie De Ballet Classique

This fantasy-inspired class will spark your little dancer's imagination. The creative environment will help each dancer develop simple ballet skills and encourage proper technique while introducing fun props and music.

Fee: \$95 ID \$114 OD / session

Program: 106348

Sa: 2:00 - 3:00 pm

Session: 1/9 - 2/27

Playdance

Ages: 3 - 5

Academie De Ballet Classique

In this introduction to creative movement, activities include large jumps, pre-ballet and jazz. Dancers learn about spatial awareness, to work with partners, to share with glee and to celebrate the joy of dance. Relaxed, casual dress code.

Fee: \$95 ID \$114 OD / session

Program: 106137

W: 4:30 - 5:15 pm

Sessions: 1/6 - 2/24
3/2 - 4/27 (no class 3/23)

Th: 11:00 - 11:35 am

Sessions: 1/7 - 2/25
3/3 - 4/28 (no class 3/24)

Fantasy Ballet

Ages: 4 - 6

Academie De Ballet Classique

Using imagination and creative dance exercises, little ones can dance away with fantasy ballet! Dress in ballet or dance attire with ballet socks and shoes.

Fee: \$97 ID \$116 OD / session

Program: 106343

M: 5:00 - 5:45 pm
or
6:00 - 6:45 pm

Sessions: 1/4 - 2/29 (no class 2/15)
3/7 - 5/2 (no class 3/21)



Puddle Stompers FREE

Ages: 3 - 5 and family
First Saturday, March - 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:
3/5	Hollinshead Park
4/2	Al Moody Park
5/7	Sawyer Park
6/4	Pine Nursery Park



Outdoors

Garden Sprouts NEW

Ages: 3 - 5

The Environmental Center

Little ones can help in the garden too! Over the course of four weeks, your "little sprout" can plant seeds, dig for worms, get his or her hands dirty and tend to the garden. Families are invited to have a picnic lunch in the garden afterward.

Fee: \$30 ID \$36 OD / session
Program: 106529
W: 11:00 am - 12:00 pm
Session: 5/4 - 25

Kindermusik

Sing & Play

Ages: 12 Months - 2 Years

Cascade School of Music

Get ready to sing, play and move with your little one in this high-energy music class. Focused on your child's beginning sounds and movements, this class helps build the muscles necessary to stand and walk as well as the vocal skills for early speaking and singing. Includes all materials.

Fee: \$75 ID \$90 OD / session
Program: 106164
M: 9:30 - 10:15 am
Session: 1/4 - 25
Tu: 9:30 - 10:15 am
Session: 1/5 - 26
Th: 9:30 - 10:15 am
Session: 1/7 - 28

Wiggle & Grow

Ages: 2 - 3

Cascade School of Music

Your child will love singing, dancing and playing instruments with you and new friends! You'll love helping your child with developing gross and fine motor skills, turn-taking, social skills and active listening.

Fee: \$75 ID \$90 OD / session
Program: 106166
Tu: 10:45 - 11:30 am
Session: 1/5 - 26
Th: 10:45 - 11:30 am
Session: 1/7 - 28
F: 9:30 - 10:15 am
Session: 1/8 - 29

Move & Groove

Ages: 4 - 5

Cascade School of Music

We engage your child in music and movement activities that promote language, social and emotional skills, early math and early literacy, physical coordination, creativity and more. Plus, your child will learn basic music vocabulary and notation, all setting the stage for future school success and formal music. Includes all materials.

Fee: \$75 ID \$90 OD / session
Program: 106341
Tu: 1:30 - 2:15 pm
Session: 1/5 - 26



Parenting with Beth Bellamy

NO DRAMA DISCIPLINE: Calm Down, Build Connection, Coach, Not Control NEW

All Adults

Bend Senior Center

Because emotional reactivity is often at the root of family distress, learning to be the calm leader kids need is essential. Being too emotional interferes with a child's ability to learn what you're trying to teach. Utilizing the latest brain research, this class offers the information and skills for effective parenting: understanding the "emotional brain"; identifying reactivity triggers; self-calming and emotional regulation tools; building safe connection through empathy; setting and holding limits without punishment; and navigating tantrums and meltdowns.

Fee: \$100 ID \$120 OD / session
Program: 102212
Tu: 6:30 - 8:30 pm
Session: 2/2 - 23

TALKING TO TODDLERS: Navigating the Terrific Twos NEW

All Adults

Bend Senior Center

The toddler years can be challenging and how parents deal with this childhood phase can set the tone of the parent-child dynamic for all future stages. This class will help you understand your toddler's emotions and behavior and teaches clear strategies for overcoming the resistance to cooperation that is the hallmark of this important developmental stage.

Fee: \$25 ID \$30 OD / session
Program: 102213
Tu: 6:30 - 8:30 pm
Session: 1/19



play, learn, grow

Discover Nature Days!

PRESENTED BY
THE CHILDREN'S FOREST OF CENTRAL OREGON PARTNERS
Second Saturdays, March - June

FREE

Get outside and discover with your little explorers! Join us for two hours of art, science, and play while learning about the natural world and exploring local parks.

Learn more and register (encouraged) at
childrensforestco.org/discover-nature-days or 541-383-5592.

SNOW EXPLORERS AT SKYLINERS LODGE

with Discover Your Forest
Saturday, March 12 • 1:00 - 3:00 pm

THE INVISIBLE TRACKER AT SHEVLIN PARK

with Wildheart Nature School
and hosted by
Bend Park & Recreation District
Saturday, April 9 • 10:00 am - 12:00 pm

BIRDS AND BEAKS ARE NEAT AT AMERICAN LEGION PARK (Redmond)

with High Desert Museum
Spanish/bilingual program
Saturday, May 14 • 1:00 - 3:00 pm

WATER AND WILDLIFE AT SAWYER PARK

with Upper Deschutes Watershed Council
and The Environmental Center
and hosted by
Bend Park & Recreation District
Saturday, June 11 • 10:00 am - 12:00 pm





Before & Afterschool Programs



Grades: K - 5

Family Friendly Pricing:
Fees held at last year's rates.
AM fee is a single price regardless
of number of days used.

Offered at:

AMITY CREEK
BEAR CREEK
BUCKINGHAM
ELK MEADOW
ENSWORTH
JUNIPER
LAVA RIDGE
PINE RIDGE
SILVER RAIL

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.

KIDS INC 2015 - 16 SCHOOL YEAR

SCHOOL LOCATIONS:

Amity Creek (AM only) •
Bear Creek • Buckingham •
Elk Meadow • Ensworth • Juniper •
Lava Ridge • Pine Ridge •
Silver Rail

REGISTRATION FEE:

\$20 AM / \$20 PM per child
for each program - Non-refundable

MONTHLY FEES:

AM Fee: \$79
PM Fee: Full Time \$161
(13 or more days per month)
PM Fee: Part Time \$127
(12 or fewer days per month)

HOURS OF OPERATION:

Before School:

7:00 - 8:45 am

Afterschool:

3:30 - 6:00 pm

Early Release Wednesday:

2:00 - 6:00 pm

FOR MORE INFORMATION:

Call (541) 389-7275.

WESTSIDE SCHOOLS:

*PM Care for Amity, Westside Village &
Highland students register for Highland
RecZone 2.

REC ZONE

Grades: K - 5

The new option for
before and afterschool

Offered at:
HIGH LAKES
HIGHLAND
JEWELL
MILLER
PONDEROSA

Bend Park & Recreation District is excited to introduce our modified before and afterschool pilot program - RecZone.

The new format provides options for families that have different childcare needs while also offering additional recreation opportunities for kids.

RECZONE 2015 - 16 SCHOOL YEAR

SCHOOL LOCATIONS: High Lakes • Highland • Jewell • Miller • Ponderosa

RecZone 1 **NEW**

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.

ONE-TIME REGISTRATION FEE: \$10 per child - Non-refundable

DAYS:	TIMES:	TRIMESTER FEE:
M/T/W/Th/F:	7:45 - 8:30 am	\$90.00
M/T/Th/F:	3:30 - 4:30 pm	\$96.00
	(no program Wednesday afternoon)	

RecZone 2 **NEW**

Children will participate in RecZone 1 free play time and then enjoy enrichment activities, group game, and a healthy afternoon snack.

Note: Reservations for sessions will be required for each month. BPRD will contact parents if a child is absent on a reserved day.

ONE-TIME REGISTRATION FEE: \$20 per child - Non-refundable

DAYS:	TIMES:	MONTHLY FEE:
M - F:	7:00 - 8:30 am	\$60.00
M - F:	3:30 - 6:00 pm	\$127.00
	(Includes Wednesdays beginning at 2:00 pm)	

FOR MORE INFORMATION: Call (541) 389-7275.



At Your School:

Early Release Wednesdays: 2:00 - 3:30 pm

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

Sessions: 1/6 - 2/17, 3/2 - 4/20 (no class 3/23), 4/27 - 6/8

BEAR CREEK ELEMENTARY

All Programs: 406601

Kapow Comic **NEW**

Grades: K - 5

KAPOW! Kids can now learn the elements of creative writing and illustration using comic book styles. Students use story structure and illustration fundamentals to produce and showcase their own short stories.

Session: 1/6 - 2/17

Art Around the World

Grades: K - 5

Build a global visual vocabulary as we "travel" around the world each week. You will explore different styles and techniques while making everything from West African fabric prints to Japanese fish kites. Bon voyage!

Session: 3/2 - 4/20 (no class 3/23)

Double Dutch Jump Rope

Grades: K - 5

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing new class!

Session: 4/27 - 6/8

More on next page.

WEDNESDAYS



For Kids' Sake

Bend Park & Recreation District and Bend La Pine Public Schools work cooperatively so that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.



Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session Sessions: 1/6 - 2/17, 3/2 - 4/20 (no class 3/23), 4/27 - 6/8

BUCKINGHAM ELEMENTARY

All Programs: 406602

Exciting Inventions NEW

Grades: K - 5

Dream Big! Explore the work of other inventors such as Leonardo da Vinci, the Wright Brothers and Thomas Edison, and use your imagination to create your own exciting inventions!

Session: 1/6 - 2/17

Cascade WILDS

Grades: 1 - 5

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

Session: 3/2 - 4/20 (no class 3/23)

Fun Funky Fresh NEW

Grades: K - 5

Expressing yourself through dance is an amazing way to get some energy out by moving and grooving to music. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 4/27 - 6/8



ELK MEADOW ELEMENTARY

All Programs: 406603

Martial Arts

Grades: K - 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 1/6 - 2/17

Creation Station

Grades: K - 5

Owls, feathers and friends, oh my! We'll set up a "Creation Station" to craft projects out of fabric, paper, paints, recyclable materials and other interesting materials.

Session: 3/2 - 4/20 (no class 3/23)

French Immersion

Grades: K - 2

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 4/27 - 6/8

ENSWORTH ELEMENTARY

All Programs: 406604

Creative Clay

Grades: K - 5

Join in the fun as we make a different clay project every week like small creatures, figurines and beautiful ceramic art.

Session: 1/6 - 2/17

Martial Arts

Grades: K - 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 3/2 - 4/20 (no class 3/23)

Hoot Hangout

Grades: K - 5

Join Sunriver Nature Center for some truly wild nature activities! Use your imagination to create your own creature adaptations, get into science through earth-moving experiments, meet a real owl and find out whooooo's hanging out around Central Oregon.

Session: 4/27 - 6/8

Volunteer with kids!

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

Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session Sessions: 1/6 - 2/17, 3/2 - 4/20 (no class 3/23), 4/27 - 6/8

ENRICHMENT

WEDNESDAYS

YOUTH ACTIVITIES



HIGH LAKES ELEMENTARY

All Programs: 406605

Art Around the World

Grades: K - 5

Build a global visual vocabulary as we "travel" around the world each week. You will explore different styles and techniques while making everything from West African fabric prints to Japanese fish kites. Bon voyage!

Session: 1/6 - 2/17

French Immersion

Grades: 3 - 5

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 3/2 - 4/20 (no class 3/23)

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 4/27 - 6/8

HIGHLAND ELEMENTARY

All Programs: 406606

Hoot Hangout

Grades: K - 5

Join Sunriver Nature Center for some truly wild nature activities! Use your imagination to create your own creature adaptations, get into science through earth-moving experiments, meet a real owl and find out whooooo's hanging out around Central Oregon.

Session: 1/6 - 2/17

Double Dutch Jump Rope

Grades: K - 5

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing new class!

Session: 1/6 - 2/17



Fun, Funky & Fresh

NEW

Grades: K - 5

Expressing yourself through dance is an amazing way to get some energy out by moving and grooving to music. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 3/2 - 4/20 (no class 3/23)

Kapow Comic

NEW

Grades: K - 5

KAPOW! Kids can now learn the elements of creative writing and illustration using comic book styles. Students use story structure and illustration fundamentals to produce and showcase their own short stories.

Session: 3/2 - 4/20 (no class 3/23)

Martial Arts

Grades: K - 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 4/27 - 6/8

Awesome Animal Art

NEW

Grades: K - 5

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

Session: 4/27 - 6/8

JEWELL ELEMENTARY

All Programs: 406607

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on activities to explore the world around you and discover how things work.

Session: 1/6 - 2/17



Sportsters

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end session with a mini field day.

Session: 3/2 - 4/20 (no class 3/23)

Kapow Comic

NEW

Grades: K - 5

KAPOW! Kids can now learn the elements of creative writing and illustration using comic book styles. Students use story structure and illustration fundamentals to produce and showcase their own short stories.

Session: 4/27 - 6/8

ENRICHMENT WEDNESDAYS

YOUTH ACTIVITIES

JUNIPER ELEMENTARY

All Programs: 406608

Cascade WILDS

Grades: 1 - 5

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

Session: 1/6 - 2/17

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 3/2 - 4/20 (no class 3/23)

Art Around the World

Grades: K - 5

Build a global visual vocabulary as we "travel" around the world each week. You will explore different styles and techniques while making everything from West African fabric prints to Japanese fish kites. Bon voyage!

Session: 4/27 - 6/8

Volunteer with kids!

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

Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session Sessions: 1/6 - 2/17, 3/2 - 4/20 (no class 3/23), 4/27 - 6/8



LAVA RIDGE ELEMENTARY

All Programs: 406609

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 1/6 - 2/17

Double Dutch Jump Rope

Grades: K - 5

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing new class!

Session: 3/2 - 4/20 (no class 3/23)

Mix It Up NEW

Grades: K - 5

Experiment with different projects each week that are sure to get your hands in the mix! Sculpt clay wind-chimes, make and shake ice cream, stir up trail mix and concoct some fun science projects.

Session: 4/27 - 6/8

MILLER ELEMENTARY

All Programs: 406610

Sportsters

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end the session with a mini field day.

Session: 1/6 - 2/17

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 1/6 - 2/17

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on activities to explore the world around you and discover how things work.

Session: 3/2 - 4/20 (no class 3/23)

Cascade WILDS

Grades: 1 - 5

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

Session: 4/27 - 6/8

Creation Station

Grades: K - 5

Owls, feathers and friends, oh my! We'll set up a "Creation Station" to craft projects out of fabric, paper, paints, recyclable materials and other interesting materials.

Session: 4/27 - 6/8

PINE RIDGE ELEMENTARY

All Programs: 406611

Creation Station

Grades: K - 5

Owls, feathers and friends, oh my! We'll set up a "Creation Station" to craft projects out of fabric, paper, paints, recyclable materials and other interesting materials.

Session: 1/6 - 2/17

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 3/2 - 4/20 (no class 3/23)

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 4/27 - 6/8



Early Release Wednesdays: 2:00 - 3:30 pm

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

Sessions: 1/6 - 2/17, 3/2 - 4/20 (no class 3/23), 4/27 - 6/8



PONDEROSA ELEMENTARY

All Programs: 406612

French Immersion

Grades: 3 - 5

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 1/6 - 2/17

Awesome Animal Art

NEW

Grades: K - 5

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

Session: 3/2 - 4/20 (no class 3/23)

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on activities to explore the world around you and discover how things work.

Session: 4/27 - 6/8

SILVER RAIL ELEMENTARY

All Programs: 406613

Fun, Funky & Fresh

NEW

Grades: K - 5

Expressing yourself through dance is an amazing way to get some energy out by moving and grooving to music. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 1/6 - 2/17

Hoot Hangout

Grades: K - 5

Join Sunriver Nature Center for some truly wild nature activities! Use your imagination to create your own creature adaptations, get into science through earth-moving experiments, meet a real owl and find out whooooo's hanging out around Central Oregon.

Session: 3/2 - 4/20 (no class 3/23)

Mix It Up

NEW

Grades: K - 5

Experiment with different projects each week that are sure to get your hands in the mix! Sculpt clay wind-chimes, make and shake ice cream, stir up trail mix and concoct some fun science projects.

Session: 3/2 - 4/20 (no class 3/23)
4/27 - 6/8

Sportsters

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end the session with a mini field day.

Session: 4/27 - 6/8

More Early Release Wednesday Options

EARLY RELEASE WEDNESDAYS: Martial Arts with Miss Lovely

Grades: K - 5

Bear Creek Elementary

Join us for a great opportunity to experience traditional martial arts training. Each class focuses on basic self-defense techniques while supporting and reinforcing the need to make good choices, be self-disciplined, exercise self-control, treat yourself and others with respect, stay focused, build confidence, be courageous and honor commitment. We will end each class by reading and discussing a variety of noteworthy children's books including classic, multi-cultural and contemporary works.

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

Program: 106005

W: 2:00 - 4:00 pm

Sessions: 1/6 - 2/17
3/9 - 4/20 (no class 3/23)
4/27 - 6/8



EARLY RELEASE WEDNESDAYS: NEW Nature Chasers

Grades: 3 - 5

**Ponderosa Elementary
School &
High Lakes Elementary
School**

Become one with the forest as we journey into local natural areas for fort building, hiking, and other outdoor activities. Our amazing, nature-loving staff will share lessons about cultivation and the natural world through nature art and hands on activities. Transportation for field trips will be provided from each elementary school. Dress for the weather and bring a water bottle.

Fee: \$135 ID \$152 OD

Program: 107701

W: 2:00 - 5:00 pm

Session: 2/24 - 4/13 (no program 3/23)



camp out



**A Traditional
Summer Camp
Designed Especially
for Central Oregon Youth!**

Located just outside of Sisters 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 activities 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.

Here's what families of campers are saying about Camp Tamarack:

"Our girls had such a fabulous experience and are counting the days until next summer when they can return. The confidence they gained from being away and on their own as well as the friendships that were made are priceless."

"My 5th grader recently returned from a few nights at Camp Tamarack and I can't tell you how awesome it is to see him so excited and hear all his great stories from camp! He's usually the kid who gives the one-word answers when you ask about his day, but every night he's teaching us a new song or telling us a new story from camp. Now my daughter can't wait for her turn to go!"



Camp Tamarack Traditional Overnight Camp

Ages: 8 - 13

Registration opens March 21st

Fee: \$485 ID \$535 OD / session

Program: 206435

**Days: Sunday, 3:00 pm
to Friday, 3:00 pm**

Sessions: 7/17 - 22
7/24 - 29
7/31 - 8/5
8/7 - 12
8/14 - 19
8/21 - 26

Payment plans will be made available after registration begins. Contact Katie for questions at (541) 706 - 6114

no school?

No School Days Art Play NO SCHOOL

Ages: 7 - 11

Harmon Park Hobby Hut

No School Days are a great time for fun, friends, curiosity and creative thinking. We'll explore new projects and materials each day with activities such as paper mache, origami, felting and painting. Outdoor games and playground breaks round out the day. Bring a sack lunch, snack and water bottle each day.

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

Program: 106202

Daily: 9:00 am - 3:30 pm

Sessions:

Friday: 2/5

Th/F: 3/3, 3/4

Spring Break: 3/21, 3/22,
3/23, 3/24



try something cool

The PAC

The Pavilion

Join the PAC! Whether you feel like you want to take it easy on your days off or head out on an off-site adventure, PAC'ers will have the opportunity to choose from a variety of awesome activities and field trips such as:

- Snowshoeing • Hiking • Sledding • Visiting Sunriver • Bowling •
- And many more!

Round out the day with swimming or get out on the ice! We'll try ice skating, hockey, curling and other ice games at The Pavilion.

All activity fees and transportation included.

ELEMENTARY SCHOOL: Grades: 3 - 5

- OR -

MIDDLE SCHOOL: Grades: 6 - 8

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

Program: 110604

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

AM Extended: 7:30 - 9:00 am (Additional fee: \$8 ID \$10 OD)

PM Extended: 4:00 - 5:30 pm (Additional fee: \$8 ID \$10 OD)

Sessions:	MLK Jr: 1/18 (# 310603)	Spring Break: 3/21, 3/22,
	Friday: 2/5	3/23, 3/24,
	President's Day: 2/15	3/25
	Th/F: 3/3, 3/4	Th/F: 4/14, 4/15



Operation Recreation

Grades: K - 5

High Lakes Elementary
& Ensworth Elementary

Operation Recreation meets the needs of the working parent and the fun seeking child! This program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips.

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

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

Program: 301401

Weekdays: 7:00 am - 6:00 pm

Sessions:	Friday: 2/5	Spring Break:	3/21, 3/22, 3/23,
	Thursday - Friday: 3/3, 3/4		3/24, 3/25





Outdoors

Grow-A-Garden Early Release Wednesdays

NEW

Ages: 6 - 12

The Environmental Center

Come grow a garden in the Kansas Avenue Learning Garden at the Environmental Center! We'll start seeds in the greenhouse and plant our very own garden bed. Along the way, we'll check out bees and worms, get dirty preparing our garden bed with compost and learn what it takes to grow our own garden!

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

Program: 106528

W: 2:30 - 4:00 pm

Session: 4/6 - 6/1

Cascade WILDS

NO SCHOOL

Ages: 6 - 12

Shevlin Park

Winter need not be a time of hibernation! We will follow tracks in the snow as we explore the wilds of Shevlin Park. No worries - we'll stay moving so we stay nice and warm while playing games and learning empowering winter survival skills.

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

Program: 106527

F: 9:00 am - 3:00 pm

Sessions: 2/5 3/4

Th: 9:00 am - 3:00 pm

Session: 3/3



Cascade WILDS - Spring Break

NO SCHOOL

Ages: 6 - 12

Shevlin Park

Wahoo! Spring has sprung and school is out! Spend each day outside exploring the wilds of Shevlin Park. Experience nature like never before as we play games, learn ancient survival skills, camouflage with our surroundings and take in the signs of spring.

Fee: \$195 ID \$234 OD / session

Program: 106503

M - Th: 9:00 am - 3:00 pm

Session: 3/21 - 24



Nature Break

NEW

NO SCHOOL

Ages: 4 - 10

**Sunriver Nature Center
& Oregon Observatory**

Join a professional Naturalist for fun-filled nature exploration with hands-on science activities, arts and crafts, live animals and more outdoor time than you can shake a stick at!

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

Daily: 10:00 am - 12:00 pm

Program: 106015

Sessions:

3/21: Tracking the Wild Beast

3/22: Reptibian (reptile and amphibian)

3/23: Life in a Pond

3/24: Friends of Flight

3/25: For the Lava Rocks

Archery - The Ancient Art

NO SCHOOL

Grades 6 - 8

Harmon Park

Learn the 10,000 year-old art of bows and arrows. A fun program that emphasizes shooting safety and developing basic archery skills using recurve bows on an outdoor range located in Tumalo. No previous experience necessary and all skill levels welcome. All archery equipment is provided. Dress for the weather. Sign up for Cave Exploration in the afternoon to make a full day of fun.

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

Program: 107710

Th: 9:00 am - 1:00 pm

Session: 4/14

F: 9:00 am - 1:00 pm

Session: 4/15

Cave Exploration

NO SCHOOL

Grades 6 - 8

Harmon Park

Let's head underground to explore the cool world of lava tubes. Helmets, gloves and flashlights provided. Wear long pants, sturdy shoes and bring a jacket. Sign up for Archery in the morning to make a full day of it.

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

Program: 107714

Th: 1:30 - 4:30 pm

Session: 4/14

F: 1:30 - 4:30 pm

Session: 4/15

Volunteer with kids!

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

Arts & Crafts

Draw Monsters & Dragons NEW NO SCHOOL

Ages: 9 - 12

Art Station

Learn how to draw monsters, dragons and other fantasy characters. Contour lines and simple shapes while using various media to create bold characters so you can continue drawing your favorites after this camp.

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

Program: 106561

M: 9:00 am - 12:00 pm

Session: 1/18

Patchwork Storytelling NEW NO SCHOOL

Ages: 6 - 8

Art Station

Inspired by the children's books and art quilts of Faith Ringgold, you'll read, draw and construct your very own story. Assemble your illustrations and quilted frame to create a large wall hanging.

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

Program: 106562

M: 1:00 - 4:00 pm

Session: 1/18



Fimo Jewelry NEW NO SCHOOL

Art Station

Create one-of-a-kind wearable art out of Fimo clay. Design fun patterns and learn how to assemble jewelry.

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

Program: 106560

Ages: 6 - 8

M: 9:00 am - 12:00 pm

Session: 1/18

Ages: 9 - 12

M: 1:00 - 4:00 pm

Session: 1/18



Sharpie Art NEW NO SCHOOL

Art Station

Oh yeah! Who doesn't love the bright, bold colors of Sharpies? Make a variety of artwork from mandalas and portraiture drawings to sculptures in this open studio environment.

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

Program: 106563

Ages: 6 - 8

F: 1:00 - 4:00 pm

Session: 2/5

Ages: 9 - 12

F: 9:00 am - 12:00 pm

Session: 2/5

Clay Robot NEW NO SCHOOL

Art Station

Construct a unique robot in clay. Bring your robot to life using extruded clay pieces to create arms, legs, tentacles and more.

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

Program: 106564

Ages: 6 - 8

F: 9:00 am - 12:00 pm

Session: 2/5

Ages: 9 - 12

F: 1:00 - 4:00 pm

Session: 2/5

Block Printmaking NEW NO SCHOOL

Ages: 9 - 12

Art Station

Learn the basics of positive and negative space in this block printing camp. Design your block, practice carving techniques and print on the press. Take your block home to print again and again.

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

Program: 106565

M: 9:00 am - 12:00 pm

Session: 2/15

Doodling & Noodling NEW NO SCHOOL

Ages: 6 - 8

Art Station

Learn how to doodle and noodle in this camp designed to show you the keys to drawing with imagination. Bring a sketchbook to camp.

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

Program: 106570

M: 1:00 - 4:00 pm

Session: 2/15

I Love My Flag NEW NO SCHOOL

Art Station

It's all about you! Make patterned papers and design personal symbols to create your own flag. This flag is unique to you and will look fantastic hanging in your bedroom.

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

Program: 106571

Ages: 6 - 8

M: 9:00 am - 12:00 pm

Session: 2/15

Ages: 9 - 12

M: 1:00 - 4:00 pm

Session: 2/15

Cardboard Sugar Skulls NEW NO SCHOOL

Art Station

Sugar skulls are a traditional folk art of southern Mexico used to celebrate the Day of the Dead. Customize your very own out of cardboard, paint and sparkles!

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

Program: 106572

Ages: 6 - 8

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

Session: 3/3 - 4

Ages: 9 - 12

Th/F: 1:00 - 4:00 pm

Session: 3/3 - 4



Spring into Art

NEW

NO SCHOOL

Art Station

Artists such as Van Gogh, O'Keeffe, Warhol and Galler were inspired by springtime. Nature will be your inspiration as you explore clay and glazes to create artwork.

Fee: \$70 ID \$84 OD / session
Program: 106573

Ages: 6 - 8

Th/F: 1:00 - 4:00 pm

Session: 3/3 - 4

Ages: 9 - 12

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

Session: 3/3 - 4

Paper Mache Critters

NEW

NO SCHOOL

Art Station

Creeping, crawling critters are springing up outside! Make a bug, caterpillar or flying insect out of paper mache. Design your critters with paint, found objects and embellishments.

Fee: \$115 ID \$138 OD / session
Program: 106568

Ages: 9 - 12

M - Th: 9:00 am - 12:00 pm

Session: 3/21 - 24

Ages: 6 - 8

M - Th: 1:00 - 4:00 pm

Session: 3/21 - 24

Exploring Sculpture

NEW

NO SCHOOL

Art Station

Learn how to see, think and create like a sculptor. Create three-dimensional artworks using found objects, wood, paper and wire while exploring personal meaning.

Fee: \$115 ID \$138 OD / session
Program: 106574

Ages: 6 - 8

M - Th: 9:00 am - 12:00 pm

Session: 3/21 - 24

Ages: 9 - 12

M - Th: 1:00 - 4:00 pm

Session: 3/21 - 24



Pottery

Kids' Pottery

Ages: 7 - 10

Harmon Park, Hobby Hut

Local artist John Kinder will teach you pottery wheel projects and sculpture techniques. Make pots you can eat and drink from. Build pots on the wheel or with coils of clay or make a slab wall hanging inspired by nature and more. Students may select work to be glazed and fired. Bring healthy snack for break.

Fee: \$95 ID \$114 OD / session

Program: 106541

M: 4:00 - 5:30 pm

Session: 1/25 - 2/29

3/7 - 4/18 (no class 3/21)

Home School Kids' Pottery

Ages: 6 - 10

Harmon Park, Hobby Hut

Pottery teacher John Kinder combines many projects and different skill levels for this home school class. Animal sculptures, slab wall art and coil sculptures will be just a few projects students will enjoy as well as the pottery wheel. Students will learn pottery terms and be introduced to some clay artists. Projects vary each session. Glazing of projects included.

Fee: \$95 ID \$114 OD / session

Program: 106542

Tu: 2:30 - 4:00 pm

Session: 1/26 - 3/1

Tu: 2:30 - 4:00 pm

Session: 3/8 - 4/19 (no class 3/22)

Volunteer with kids!

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

Cooking & Baking

French Macarons: A Class for Parents & Children

NEW

Ages: 10 & 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 / parent & child

Program: 102893

Th: 4:30 - 6:30 pm

Session: 4/21





Valentine's Day NEW Macarons: An Intro to French Macarons

Ages: 12 - 17

Bend Senior Center

Sweets for your sweet! Have you ever wanted to try making French macarons at home? Now you can! We will explore the basics of these beautiful French confections for you to re-create them at home just in time for Valentine's Day.

Fee: \$32 ID \$39 OD / session

Program: 106578

Th: 4:30 - 6:30 pm

Session: 2/11

Braided Breads NEW & Rising Doughs

Ages: 11 - 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: 106130

Tu: 3:00 - 4:30 pm

Session: 1/19 - 2/9

Science & Technology

**BROUGHT TO YOU
BY THE BPRD "SCIENCE
ROCKS" TEAM OF THE
MASTER & DR. NOPE.**

Offered on No School Days
throughout the year.

Bring your sense of fun and
adventure along with a water
bottle, lunch and healthy
snack.

Space Explorers NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Become a rocket scientist and land a rover on Mars! Learn about the universe around us while you perform fun science experiments and activities. Team with other young scientists to explore the solar system.

Fee: \$50 ID \$60 OD / session

Program: 106700

F: 9:00 am - 3:00 pm

Session: 2/5

Light & Lasers NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Join us to explore telescopes, kaleidoscopes, periscopes and more! Learn about lasers in the Laser Dome and take home your creations to continue your scientific explorations.

Fee: \$50 ID \$60 OD / session

Program: 106702

Th: 9:00 am - 3:00 pm

Session: 3/3

Dinosaur Day NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Explore the world of paleontology by examining and creating fossils, teeth and other clues about how the dinosaurs lived. You'll get to take home keepsakes to share with your family!

Fee: \$50 ID \$60 OD / session

Program: 106701

F: 9:00 am - 3:00 pm

Session: 3/4

Fantastic Flight Spring Break NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Future aviators! Get ready to take flight! Learn how airplanes, helicopters and hot air balloons work as we do hands-on investigations about things that fly.

Fee: \$50 ID \$60 OD / session

Program: 106705

M: 9:00 am - 3:00 pm

Session: 3/21

Secret Agent Science - Spring Break NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Secret agents and spies - How do they make all those cool gadgets? Join us to make your own and learn the science of stealth and disguise.

Fee: \$50 ID \$60 OD / session

Program: 106703

Tu: 9:00 am - 3:00 pm

Session: 3/22



It's Shocking! NO SCHOOL - Spring Break

Ages: 6 - 11

Juniper Elementary

Zappity-zap-zap! Bzzzzzz! Learn about electricity and magnetism using hands-on experiments to discover the principles of static, current, conductivity and resistance.

Fee: \$50 ID \$60 OD / session

Program: 106704

W: 9:00 am - 3:00 pm

Session: 3/23

Alternative Energy - Spring Break NO SCHOOL

Ages: 6 - 11

Juniper Elementary

There's so much more to energy than traditional electric and gas! Join The Master and Dr. Nope as we do some fun hands-on practical applications of solar, wind and water power.

Fee: \$50 ID \$60 OD / session

Program: 106706

Th: 9:00 am - 3:00 pm

Session: 3/24



Science & Technology

4-H Intro to the Engineering of Robots

Ages: 9 - 12

Pine Ridge Elementary

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: \$75 ID \$90 OD / session

Program: 106182

Tu: 4:00 - 5:30 pm

Sessions: 1/19 - 2/16

3/1 - 4/5 (no class 3/22)

Teens! Volunteer with BPRD.

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

Coding 101 NEW

Grades: 3 - 5

Sylvan Learning Center

Each student works with their own netbook creating fun, animated, interactive projects and video games! This course inspires life-long 21st century skills like problem solving, logic, collaboration, basic coding skills, and more!

Fee: \$249 ID \$299 OD / session

Program: 106117

W: 5:00 - 6:30 pm

Session: 1/13 - 2/10

Robotics

Sylvan Learning Center

This class allows students to use LEGO® technology to build and animate robots! Students gain an early love for STEM education by using creativity and problem-solving skills while building awesome robots that come to life!

Fee: \$199 ID \$239 OD / session

Program: 106118

Grades: 2 - 4 (101)

Sa: 9:00 - 11:30 am

Session: 1/30 - 2/27

Grades: 4 - 6 (201)

W: 4:30 - 6:30 pm

Session: 2/17 - 3/16

Bot Lab NEW

Sylvan Learning Center

Bot Lab is designed to promote STEM education, keep learning fun, encourage creativity, and challenge students to problem-solve and work logically! Come help our themed robots come to life using programming from computer software!

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

Program: 106120

Hours: 12:00 - 2:00 pm

Grades: 2 - 4 (100)

Sessions:

M: 1/18 Space Adventure

Th: 3/3 Superhero School

M: 3/21 Dinosaur World

Grades: 4 - 6 (200)

Sessions:

M: 2/15 Movie Set Adventure

Tu: 3/22 Safari Expedition

Performing Arts

Groove n' Move NEW Pop Star Camp NO SCHOOL

Ages: 6 - 11

Cascade Middle School

Spend your Spring Break singin' and dancin'! You'll make microphones and other pop star crafts, learn lyrics and moves to favorite songs and perform in a show for family and friends on the last day of camp. Bring a snack and water bottle.

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

Program: 106179

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

Session: 3/21 - 24



Intermediate Jazz - Early Release Wednesdays

Ages: 8 - 16

Academie De Ballet Classique

Dancers finish this class with smiles all around! Contemporary jazz combo class for the intermediate dancer looking for new challenges. Multi-styled dance class using dance styles as seen on TV, stage and movies.

Fee: \$104 ID \$125 OD / session

Program: 106345

W: 3:30 - 4:30

Session: 1/6 - 2/24

3/2 - 4/27 (no class 3/21)

Jazzy Kids

Ages: 5 - 8

Academie De Ballet Classique

High energy jazz for beginning dancers. Learn all the cool moves you see on TV and in movies. Choreograph your own dance to perform for your friends at the session's end.

Fee: \$104 ID \$125 OD / session

Program: 106349

Tu: 6:30 - 7:30 pm

Session: 1/5 - 2/23

3/1 - 4/26 (no class 3/22)

Razzle Jazz**NEW****Ages: 8 - 11****Academie De Ballet Classique**

Energetic open level class will stretch, strengthen and build confidence for the dance star inside you! Full warm up and choreographed class exercises to keep interest and excitement high.

Fee: \$110 ID \$132 OD / session

Program: 106350

Th: 6:30 - 7:30 pm

Sessions: 1/7 - 2/25

3/3 - 4/28 (no class 3/24)

Puppetry for Kids**NEW****Ages: 8 - 11****Elk Meadow Elementary**

Learn how to create a character and bring it to life as we make our own puppet and practice real puppeteer techniques.

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

Program: 106019

Tu: 3:45 - 5:15 pm

Sessions: 1/12 - 2/2 2/9 - 3/1

Performance in a Weekend**Ages: 7 - 11****BEAT Studio**

Come be a star! Class members will audition, rehearse, work on simple sets and costumes, all working towards a performance for family and friends.

Fee: \$65 ID \$78 OD / session

Program: 106148

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

Session: 3/12 - 13

**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. Capped by a performance!

Fee: \$65 ID \$78 OD / session

Program: 106149

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

Session: 3/5 - 6

Music & Voice**Girls' Super Pop Chorus****Ages: 8 - 11****Cascade School of Music**

This chorus is for girls who love to sing. We will sing a variety of songs from 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; no auditions.

Fee: \$145 ID \$174 OD / session

Program: 106165

Th: 5:15 - 6:15 pm

Session: 2/11 - 5/26 (no class 3/24)

Rock U!**Ages: 9 - 16****Cascade School of Music**

Play in a real rockin' band! Open to electric guitars, basses, drums and keyboards with basic proficiency. Learn classic rock tunes and write and play your own music. Placement by auditions only.

Auditions will be hosted on 1/30.

Call (541) 382-6866 for a time slot.

Fee: \$285 ID \$335 OD / session

Program: 106585

M: 5:00 - 6:15 pm

Session: 2/8 - 5/23 (no class 3/21)

Bend Boys' Choir**Ages: 7 - 11****Cascade School of Music**

The tradition of boys' choirs is a rich one and this fun group will sing a variety of music from Bach to the Beatles and learn about musical styles, singing technique and performing. Choir director Julie Hanney keeps it enthusiastic and interesting while teaching important musical concepts. No experience necessary; no auditions.

Fee: \$145 ID \$174 OD / session

Program: 106162

Th: 4:00 - 5:00 pm

Session: 2/11 - 5/26 (no class 3/24)

Musician's Path: Year One**Cascade School of Music**

The first year of instrumental study is done in a small group class. Our students make friends while making music! Formal music study, musical field trips, performances and more round out this engaging program.

Mandatory Parent Orientation Meeting:

**Sunday, February 7th,
6:30 - 8:00 pm
at Cascade School of Music.**

Fee: \$295 ID \$345 OD / session

Program: 106581

Payment options available.

Call Katie at (541) 706-6114.

GUITAR PATH**Grades: 3 - 4**

W: 2:30 - 3:20 pm

Session: 2/10 - 5/26
(no class 3/23)

VIOLIN PATH**Grades: 2 - 3**

Tu: 5:00 - 5:50 pm

Session: 2/9 - 5/24
(no class 3/22)

PIANO PATH**Grades: 3 - 4**

W: 4:30 - 5:20 pm

Session: 2/10 - 5/25
(no class 3/23)

DRUM PATH**Grades: 3 - 4**

F: 5:00 - 5:50 pm

Session: 2/12 - 5/27
(no class 3/25)



Learning Workshops

KPOV Radio Camp Spring Break

NO SCHOOL

Ages: 10 - 13

KPOV Radio

Have a great time as you learn to be a radio DJ, interview a friend and tell a story with sound effects, music and humor. The produced show will be broadcast on 88.9 and you'll get a CD copy to take home!

Fee: \$95 ID \$114 OD / session

Program: 106119

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

Session: 3/21 - 25

Babysitter's Training

Ages: 11 - 15

American Red Cross

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. Become a great role model and learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch. Materials included.

Fee: \$85 ID \$102 OD / session

Program: 106180

F: 8:30 am - 3:30 pm

Session: 2/5

Sa: 8:30 am - 3:30 pm

Sessions: 1/16, 2/20, 3/12, 4/23

Spanish Immersion

NEW

Catch up on your Spanish or use this time outside of school to learn a new language. We will be playing games and do stimulating activities all while conversing in an immersion environment to explore culture, food, arts and storytelling in Spanish.

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

Program: 106103

Ages: 5 - 11

Highland Elementary

Tu: 4:00 - 5:00 pm

Sessions: 1/5 - 2/16

2/23 - 4/12 (no class 3/22)

4/19 - 6/7

Ages: 5 - 11

Miller Elementary

Th: 4:00 - 5:00 pm

Sessions: 1/7 - 2/18

2/25 - 4/14 (no class 3/24)

4/21 - 6/9

Teens! Volunteer with BPRD.

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

Parenting with Beth Bellamy

TALKING TO TODDLERS: Navigating the Terrific Twos

NEW

All Adults

Bend Senior Center

The toddler years can be challenging and how parents deal with this childhood phase can set the tone of the parent-child dynamic for all future stages. This class will help you understand your toddler's emotions and behavior and teaches clear strategies for overcoming the resistance to cooperation that is the hallmark of this important developmental stage.

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

Program: 102213

Tu: 6:30 - 8:30 pm

Session: 1/19

NO DRAMA DISCIPLINE: Calm Down, Build Connection, Coach, Not Control

NEW

All Adults

Bend Senior Center

Because emotional re-activity is often at the root of family distress, learning to be the calm leader kids need is essential. Being too emotional interferes with a child's ability to learn what you're trying to teach. Utilizing the latest brain research, this class offers the information and skills for effective parenting: understanding the "emotional brain"; identifying re-activity triggers; self-calming and emotional regulation tools; building safe connection through empathy; setting and holding limits without punishment; and navigating tantrums and meltdowns.

Fee: \$100 ID \$120 OD / session

Program: 102212

Tu: 6:30 - 8:30 pm

Session: 2/2 - 23



sports rock

Everybody wins.

Sports, whether team-based or individual, are great activities 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 - Spring Break NO SCHOOL

Grades: 1 - 5

Cascade Indoor Sports

Join us for a great day of sports! We'll be playing all of your favorite games: soccer, kickball, tag, ultimate Frisbee, flag football, volleyball, dodgeball, Capture the Flag, floor hockey, garbage ball and more! Campers must bring running shoes, appropriate clothing, and water bottle and snack each day.

Single Day Fee: \$40 ID \$48 OD

All 4 Days Fee: \$120 ID \$144 OD

Program: 103310

Daily: 8:30 am - 12:30 pm

M: 3/21

Tu: 3/22

W: 3/23

Th: 3/24

Lava Bear Basketball Camp NO SCHOOL

Grades: 3 - 5

Bend High School

No school? Cool, come play ball! Geared towards the grade school player, this camp is under the direction of Bend High School Basketball coach, Scott Baker, and his staff.

Fee: \$23 ID \$28 OD / session

Program: 103107

M: 9:00 am - 12:00 pm

Session: 2/15

COBO Basketball Camp NEW NO SCHOOL

Grades: 3 - 5

Pacific Crest Middle School

This camp is geared towards the elementary school age player. Camp is under the direction of COBO Director, Craig Reid, and his staff.

Fee: \$24 ID \$31 OD / session

Program: 103108

M or F: 9:00 am - 12:00 pm

Sessions: 1/18 or 2/5



Volleyball

Volleyball Skills Camps

NO SCHOOL

Grades: 3 - 5

Trinity Lutheran School

Designed just for elementary school kids, this camp features drills and fun games to develop your skills. Includes a pizza lunch at noon!

Fee: \$23 ID \$28 OD

Program: 103125

M: 9:30 am - 12:30 pm

Session: 1/18

Spike Club Volleyball

Grades: 3 - 8, Girls

The Pavilion

Spike Club is designed for girls wanting to improve their skills as they prepare for the next level of volleyball. Lead by local club and school volleyball coaches, Spike Club is split into two groups - grades 3 - 5 and grades 6 - 8.

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

Program: 103121

Th: 6:00 - 8:00 pm

Session: 4/21 - 5/26

Baseball

Bend High Baseball Camp

Grades: 2 - 6

Bend High School

Improve your game and get the most out of your baseball season with quality instruction from the Bend High School baseball staff. Campers must bring their own baseball mitt, bat and a water bottle each day. Camp will be held rain or shine (we will be indoors if the weather is poor). Please wear appropriate clothing.

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

Program: 103102

Su: 3:00 - 5:30 pm

Session: 1/31



Youth Baseball Camp

NEW

NO SCHOOL

Grades: 3 - 5

Bend FieldHouse

Our coaching staff will help you get ready for the upcoming baseball season! Specially tailored for this age group, we'll focus on skill development including hitting, throwing, fielding, base running and more. Bring your own baseball mitt, bat and water bottle. Held rain or shine (indoors if the weather is poor).

Fee: \$35 ID \$42 OD

Program: 103151

Th/F: 8:30 - 10:30 am

Session: 3/3 - 4

Tiny Tots Baseball

Ages: 4 - 7

Bend FieldHouse

Designed to develop motor skills, promote physical fitness and create self-confidence, this class will build skills in throwing, catching, base running, hitting and hand-eye coordination through a number of fun activities. Note: Parent/guardian must attend and participate with child.

Fee: \$38 ID \$46 OD / session

Program: 103124

W: 2:30 - 3:20 pm

Session: 2/24 - 3/16

Bitty Baseball League

NEW

Ages: 4 - 6 (as of 4/1/16)

The Pavilion

A good introduction for the younger player, Bitty Baseball will focus on skill development, teamwork and fun. Teams meet for practice and scrimmages for 60 minutes each Saturday. Team t-shirt, bat and ball included. Choose group for child's age as of April 1st, 2016. This program is dependent on volunteer coaches. Adults interested in coaching should contact Greg at (541) 706-6124.

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

Registration Deadline: 3/17

Season: 4/23 - 5/21

Sa: Times to be scheduled

Program: 103764 Age 4

103665 Age 5

103666 Age 6

Golf

Youth Golf Lessons

Ages: 9 - 12

Awbrey Glen Golf Club

A fantastic opportunity for those who are new to golf to get their golf game off to a great start in a small group setting. Dress code applicable. Clubs provided or bring your own.

Fee: \$79 ID \$95 OD / session

Program: 103701

F: 4:00 - 5:15 pm

Sessions: 4/15 - 29 5/6 - 20

Volunteer with youth sports and adaptive programs.

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



Youth & Junior Golf Lessons

River's Edge Golf Course

This is a great opportunity to learn the game of golf or improve your skills in a small group setting.

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

Program: 103703

YOUTH - Ages: 7 - 10

W: 2:00 - 3:30 pm

Sessions: 4/6 - 27 5/4 - 25

6/1 - 22

JUNIOR - Ages: 11 - 14

W: 4:00 - 5:30 pm

Session: 5/4 - 25

PGA Junior Golf League

Ages: 8 - 13

Lost Tracks Golf Club or

River's Edge Golf Course

Designed to bring a team sport atmosphere to the game of golf, this youth golf league provides a structured environment for kids of all skill levels. Compete and have fun while playing golf with your friends and classmates! Choose between Lost Tracks or River's Edge golf courses. Includes team shirt, golf balls and bag tags. Participants must provide their own clubs. Practice on Wednesdays; league play on Saturdays.

Fee: \$145 ID \$174 OD / season

Program: 103700 - Lost Tracks

Program: 103702 - River's Edge

W/Sa: 4:00 - 5:00 pm

Season: 4/20 - 6/18 (No league 5/23)

Lacrosse

Boys Spring Lacrosse Camp

Grades: 1 - 8

Summit High School

Get ready for the upcoming season! Taught by Summit High School coaches and players, this camp will tune you up for the season ahead. Equipment provided or bring your own helmet, stick and gloves. If needed, equipment will be issued on March 15, 4:30 - 5:30 pm at the old fire station building near Big Sky Park.

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

Program: 103126

Tu - Th: 5:30 - 7:00 pm

Session: 3/15 - 17



Boys Lacrosse Skills Days

Grades: 1 - 8

Summit High School

This camp is the perfect way to start the season! Choose to attend one day or both. Learn new skills and drills while playing with your friends. The Summit High School coaching staff is comprised of experienced players and some of the best coaches from around the area. They are energetic, positive and enjoy teaching this exciting sport to kids.

Single Day Fee: \$22 ID \$24 OD

Both Days Fee: \$38 ID \$43 OD

Program: 103106

Sa: 10:00 am - 12:00 pm

Sessions: 4/9 & 4/16

Girls Spring Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex

Girls, this camp is all about you and the best way to get ready for your upcoming season! Local high school girls' coaches and their female staff are committed to teaching all ability levels the skills and techniques required to play and enjoy lacrosse. Equipment provided or bring your own goggles and stick. If needed, equipment will be issued 30 minutes prior to the first session.

Fee: \$43 ID \$52 OD / session

Program: 103127

Tu - Th: 4:00 - 5:30 pm

Session: 3/15 - 17



Youth Lacrosse League

Grades: 1 - 8

Locations to be determined

It's no wonder why lacrosse is so popular - it's exciting, fast-paced and just great fun! A wonderful off-season complement to many other sports, this program emphasizes skill development, participation, teamwork, sportsmanship and fun. Leagues will be divided by the categories below. Teams meet twice a week and play an eight-game schedule. Goggles or helmet, stick and mouth guard provided. Players in coed and boys divisions must provide their own shoulder pads, elbow pads and gloves.

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

Registration Deadline: 3/4

Season: 4/4 - 6/3

COED

Program: 103011 Grades 1 - 2

BOYS

Program: 103012 Grades 3 - 4

Program: 103013 Grades 5 - 6

Program: 103014 Grades 7 - 8

GIRLS

Program: 103015 Grades 3 - 5

Program: 103016 Grades 6 - 8

Youth Lacrosse Team Sponsorships

Here's a chance to promote your business and support Bend Park & Recreation District youth team sports 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 # 103000 Youth Lacrosse (boys & girls grades 1 - 8)
- Fee: \$275/team

Volunteer lacrosse coaches needed.

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



Bend FC Timbers

Central Oregon Soccer League

Ages: U6 - U12 (Date of Birth: 07/31/11 through 08/01/03)

Bend FC Timbers offers a Spring Developmental league. School-based and divided by gender and age, teams practice twice a week and play games on Saturdays and/or Sundays. Instruction, number of players on teams and game field sizes are age appropriate and grow incrementally. Each child receives a uniform.

Season: March 14 - May 15

Future Timbers Academy

Ages: 5 - 8

Designed for our youngest soccer 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, the program meets once a week indoors.

Season: November 30 - January 22

Junior Academy

Ages: 8 - 10

Year-round with breaks

For soccer players looking for a more competitive environment, this program features an academy that will train under the guidance of the Bend FC Timbers professional coaching staff. The Academy will focus primarily on skill development and small sided games.

Academy Teams

Ages: 11 - 18

Year-round with open enrollment

For highly committed soccer 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.



Soccer

Start Smart Soccer

Ages: 3 - 5

Riverbend Park

Get involved with your child in this sensational soccer program that prepares kids for organized soccer in a friendly environment. All participants will receive equipment to continue practicing their skills after the program ends. Note: Parent/guardian must attend and participate with child.

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

Program: 103131

Tu/Th: 5:30 - 6:20 pm

Session: 4/21 - 5/5

Volunteer with youth sports and adaptive programs.

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

Youth Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports

Get out of the cold weather and join the youth indoor soccer league! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All registered players will be placed on a team for the session and will be given a team shirt. Limited space available, registration available until full.

Fee: \$85 ID \$102 OD / season

Season: 3/12 - 5/7

Program: 103895

Grade: Saturdays:

K 10:00 am - 12:00 pm

1 - 2 12:00 - 2:00 pm

3 - 5 2:00 - 4:00 pm

6 - 8 4:00 - 6:00 pm

Rush Elite Soccer Skills

Ages: 7 - 11

Cascade Indoor Sports

Designed for the player who wants to take their soccer game to the next level, this class will help develop individual soccer skills needed to improve your game. Oregon Rush staff will coach soccer fundamentals and skill building.

Fee: \$85 ID \$102 OD / session

Program: 103113

Ages: 7 - 8

W: 4:00 - 4:55 pm

Ages: 9 - 11

W: 5:00 - 5:55 pm

Sessions: 1/6 - 2/17

2/24 - 4/13 (No session 3/23)



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 - Teddies

Ages: 18 Months - 3 Years

Parents participate with the child as they learn soccer basics and fun activities.

Fee: \$85 ID \$102 OD / session

Program: 103103

Tu: 10:00 - 10:55 am

Sessions: 1/5 - 2/16
2/23 - 4/12 (No session 3/22)

W: 11:00 - 11:55 am

Sessions: 1/6 - 2/17
2/24 - 4/13 (No session 3/23)

Th: 5:00 - 5:55 pm

Sessions: 1/7 - 2/18
2/25 - 4/14 (No session 3/24)

Sa: 9:00 - 9:55 am

Sessions: 1/9 - 2/20
2/27 - 4/16 (No session 3/26)

SoccerTots - Cubs

Ages: 3 - 4

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

Fee: \$85 ID \$102 OD / session

Program: 103104

M: 5:00 - 5:55 pm

Sessions: 1/4 - 2/15
2/22 - 4/11 (No session 3/21)

Tu: 11:00 - 11:55 am

Sessions: 1/5 - 2/16
2/23 - 4/12 (No session 3/22)

Tu: 4:00 - 4:55 pm

Sessions: 1/5 - 2/16
2/23 - 4/12 (No session 3/22)

W: 10:00 - 10:55 am

Sessions: 1/6 - 2/17
2/24 - 4/13 (No session 3/23)

Th: 4:00 - 4:55 pm

Sessions: 1/7 - 2/18
2/25 - 4/14 (No session 3/24)

Sa: 9:00 - 9:55 am

Sessions: 1/9 - 2/20
2/27 - 4/16 (No session 3/26)

SoccerTots - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

Fee: \$85 ID \$102 OD / session

Program: 103105

M: 4:00 - 4:55 pm

Sessions: 1/4 - 2/15
2/22 - 4/11 (No session 3/21)

Tu: 5:00 - 5:55 pm

Session: 1/5 - 2/16
2/23 - 4/12 (No session 3/22)

W: 4:00 - 4:55 pm

Session: 1/6 - 2/17
2/24 - 4/13 (No session 3/23)

Th: 5:00 - 5:55 pm

Session: 1/7 - 2/18
2/25 - 4/14 (No session 3/24)



CLIP IT OUT!
.....
PLACE IT
ON YOUR
FRIDGE!
.....
DON'T MISS
ANY ACTION!

Plan Ahead!

Youth League 2016 Registration Deadlines:

WINTER-SPRING 2016 REGISTRATION: Open Now

Program/League	Season	Registration Deadline
Youth Indoor Soccer League	March 12 - May 7	Until Full
Middle School Flag Rugby	April 4 - May 27	Feb. 13
Youth Lacrosse League	April 4 - June 3	March 4
Girls Softball League	March 29 - June 2	March 6
PGA Junior Golf League	April 20 - June 11	Until Full

SUMMER 2016 REGISTRATION: Opens March 21st

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	June 7
Youth Tackle Football League	August - October	June 22
Youth Flag Football League	Sept. - Nov.	August 2
Kindergarten Soccer League	Sept. - October	July 24
6th Grade Volleyball League	Sept. - October	August 21

FALL 2016 REGISTRATION: Opens August 8th

Program/League	Season	Registration Deadline
Youth Basketball	January - March	Nov., TBD
High School Basketball	Dec. - March	Nov., TBD
Middle School Basketball - Boys	Nov. - Dec.	Oct., TBD
Middle School Basketball - Girls	January - March	Dec., TBD
Youth Volleyball League	October - Dec.	Sept., TBD



Rugby

Middle School NEW Flag Rugby League

Boys & Girls, Grades: 6 - 8

Locations to be determined

The newest Olympic sport is coming to Bend through a joint program between Rugby Oregon and BPRD. Flag Rugby 7's is a fun, fast and inclusive team sport where all players will be running, passing, catching, scoring and working together. Teams practice during the week; games played on weeknights. Uniform shirt and ball provided; players must provide own cleats. Teams are co-ed.

Fee: \$75 / season

Registration Deadline: 3/13

Season: 4/4 - 5/27

Program:

103801 - Cascade Middle School

103802 - High Desert Middle School

103803 - Pacific Crest Middle School

103804 - Pilot Butte Middle School

103805 - Seven Peaks Middle School

103806 - Sky View Middle School



Softball

Girls Softball League

Ages: 6 - 14 (as of 1/1/16)

Locations to be determined

What a great way to play, make friends and grow your competitive game! The season swings into action with a players' clinic followed by team practice twice a week and most games played during the week. Includes uniform top, shorts and socks.

Registration Deadline: 3/6

Season: 3/29 - 6/2

Ages: 8 & Under

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

Program: 103132

Ages: 10 & Under

Fee: \$79 ID \$95 OD / season

Program: 103133

Ages: 12/14 & Under

Fee: \$79 ID \$95 OD / season

Program: 103134

Pre-Season Softball Clinics

Ages: 8 - 14

Bend FieldHouse

Get ready for the upcoming season and improve your game! All sessions are under the direction of local high school coach Mike Carpenter.

Fee: \$54 ID \$65 OD / session

Program: 103136

Su: 4:00 - 5:30 pm

Session: 2/28 - 3/20

Girls Fast Pitch Softball Pitching Clinics

Ages: 9 - 14

Harmon Park

Smokin' fast balls and tricky sliders! Get ready for the upcoming season and improve your pitching skills under the direction of local high school coach, Mike Carpenter. Self-select Novice or Experienced clinics. Note: Participants must bring someone to act as their "catcher" during each session.

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

Program: 103135

NOVICE:

Su: 4:00 - 5:00 pm

Session: 4/10 - 5/1

EXPERIENCED:

Su: 5:00 - 6:00 pm

Session: 4/10 - 5/1

Track & Field

Middle School Track Clinics

Grades: 6 - 8

Pacific Crest Middle School

Get a jump on the upcoming track season! Join your friends and local middle school track coaches to improve your best time or try a new event. Emphasis is on individual improvement.

Fee: \$42 ID \$50 OD / session

Program: 103065

M/Tu/Th: 3:15 - 4:30 pm

Session: 3/7 - 17



BHS Spring Break Track Camp

Grades: 3 - 8

Bend High School

Hosted by the BHS Track & Field coaching staff and their athletes, this new Spring Break camp is three days of focused training ending with a track meet on the final day of camp. Includes an equipment bag. Bring running shoes, appropriate clothing, and water bottle and snack each day.

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

Program: 103630

W - F: 12:00 - 3:00 pm

Session: 3/23 - 25

Youth Track Clinics

Grades: 1 - 5

Pilot Butte Middle School

The Central Oregon Track Club staff and athletes lead this great program geared towards athletes of all ability levels - a fantastic introduction to track & field. The program will consist of four clinics and a "Run, Jump & Throw" track meet. Participants must bring running shoes, appropriate clothing and water bottle each day.

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

Program: 103101

Tu/Th: 5:15 - 6:45 pm

Session: 5/3 - 17



Learn to Skate

Ages: 3 & Up
The Pavilion **NEW**

This program offers progressive classes designed to increase your recreational skating experience and develop the basic skills that are fundamental to figure skating and hockey.

Note: Skaters may be moved during the session to a level that is most appropriate. Rental skates included.

Fee: \$60 ID \$72 OD / Session: 1/5 - 2/13
\$50 ID \$60 OD / Session: 2/16 - 3/19

CHOOSE THE RIGHT LEVEL:

TOTS SKATE: AGES 3 - 5 Learn how to stand, fall, swizzle and snowplow stop on the ice with fun songs and games. Protective headgear recommended. Prerequisite: ability to participate in a class environment.

Program: 110100, 110110

LEVEL 1: AGES 6 - 14 This class will get you comfortable on the ice! Learn how to properly stand and fall on the ice and practice forward and backward gliding, swizzles and snowplow stop.

Program: 110101, 110111

LEVEL 2: AGES 6 - 14 For those who have successfully completed Level 1 skills. Learn forward crossovers, gliding on one foot, stroking and t-stop.

Program: 110102, 110112

LEVEL 3: AGES 6 - 14 For skaters who have completed Level 2 skills. Learn backward crossovers, two-foot turns, Mohawk and hockey stop.

Program: 110103, 110113

LEVEL 4: AGES 6 - 14 For those who have successfully completed Level 3 skills. Learn edge control, inside 3-turn, lunge and bunny hops in preparation for freestyle.

Program: 110104, 110114

TEEN: AGES 13 - 17 Get together with new friends and gain new skating skills. Practice crossovers, skating backwards and stops and advance at your own pace to intermediate spins and turns.

Program: 110105, 110115

ADULT: AGES 18 & UP Learn how to glide and develop your stroke. Practice balance and edge work and advance in your technique through skills and drills.

Program: 110106, 110116

Once-A-Week Lesson Schedule

CHOOSE TUESDAYS, THURSDAYS OR SATURDAYS.

Want more than just once-a-week?
Sign up for two or more lessons per week.

SESSION ONE: 1/5 - 2/13

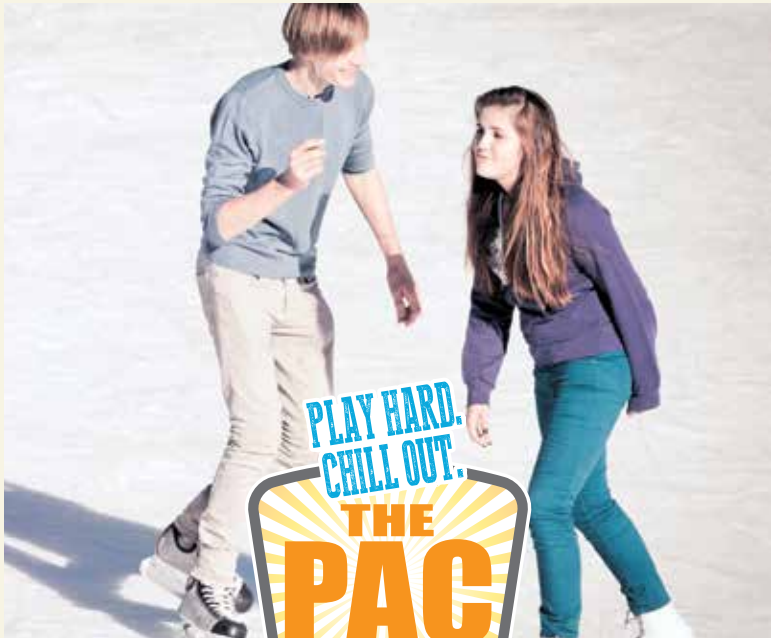
TIME	TUESDAYS	THURSDAYS
10:00 - 10:30 am	Tots	Tots
4:30 - 5:00 pm	Tots Level 1 Level 2	Tots Level 1 Level 2
5:10 - 5:40 pm	Tots Level 1	Tots Level 1 Level 2
5:50 - 6:20 pm	Level 1 Level 2 Level 3 Level 4 Adult	Level 1 Level 2 Level 3 Level 4 Teen

TIME	SATURDAYS
9:00 - 9:30 am	Tots Level 1 Level 2 Adult
9:40 - 10:10 am	Tots Level 1 Level 2 Level 3 Level 4
10:20 - 10:50 am	Tots Level 1 Level 2 Teen
11:00 - 11:30 am	Tots Level 1 Level 2 Level 3 Level 4

SESSION TWO: 2/16 - 3/19

TIME	TUESDAYS	THURSDAYS
10:00 - 10:30 am	Tots	Tots
4:30 - 5:00 pm	Tots Level 1 Level 2	Tots Level 1 Level 2
5:10 - 5:40 pm	Tots Level 1 Level 2	Tots Level 1 Level 2
5:50 - 6:20 pm	Level 2 Level 3 Level 4 Adult	Level 2 Level 3 Level 4 Teen

TIME	SATURDAYS
9:00 - 9:30 am	Tots Level 1 Level 2 Adult
9:40 - 10:10 am	Tots Level 1 Level 2 Level 3 Level 4
10:20 - 10:50 am	Tots Level 1 Level 2 Teen
11:00 - 11:30 am	Tots Level 1 Level 2 Level 3 Level 4



The Pavilion

Join the PAC! Whether you feel like you want to take it easy on your days off or head out on an off-site adventure, PAC'ers will have the opportunity to choose from a variety of awesome activities and field trips such as:

- Snowshoeing
- Hiking
- Sledding
- Visiting Sunriver
- Bowling
- And many more!

Round out the day with swimming or get out on the ice! We'll try ice skating, hockey, curling and other ice games.

All activity fees and transportation included.

ELEMENTARY SCHOOL:

Grades: 3 - 5

- OR -

MIDDLE SCHOOL:

Grades: 6 - 8

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

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

AM Extended:

7:30 - 9:00 am

(Additional fee: \$8 ID \$10 OD)

PM Extended:

4:00 - 5:30 pm

(Additional fee: \$8 ID \$10 OD)

Program: 110604

Sessions: MLK Jr.: 1/18 (# 310603)

Friday: 2/5

President's Day: 2/15

Th/F: 3/3, 3/4

Spring Break: 3/21, 3/22,
3/23, 3/24,
3/25

Th/F: 4/14, 4/15



Learn to Play Hockey I

NEW

Ages: 6 - 14

The Pavilion

**SPACE IS LIMITED -
WAIT LIST AVAILABLE**

Our "Learn to Play" program is designed to introduce players with little or no skate/hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Rental skates included.

Fee: \$110 ID \$132 OD / session

Program: 110201

Ages:

M: 4:00 - 5:00 pm 6 - 10

5:15 - 6:15 pm 11 - 14

Sessions: 1/4 - 3/14

Ages:

W: 4:00 - 5:00 pm 6 - 10

5:15 - 6:15 pm 11 - 14

Sessions: 1/6 - 3/16

Ages:

Sa: 11:45 am - 12:45 pm 6 - 14

Sessions: 1/9 - 3/19

Learn to Play Hockey II

NEW

Ages: 6 - 14

The Pavilion

**SPACE IS LIMITED -
WAIT LIST AVAILABLE**

Level 2 of our "Learn to Play" program is designed to supplement what beginner players have learned about the sport of ice hockey. Designed to further develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Rental skates included.

Fee: \$110 ID \$132 OD / session

Program: 110202

Ages:

M: 4:00 - 5:00 pm 6 - 10

5:15 - 6:15 pm 11 - 14

Sessions: 1/4 - 3/14

Ages:

W: 4:00 - 5:00 pm 6 - 10

5:15 - 6:15 pm 11 - 14

Sessions: 1/6 - 3/16

Ages:

Sa: 11:45 am - 12:45 pm 6 - 14

Sessions: 1/9 - 3/19

**Volunteer with youth sports
and adaptive programs.**

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



Skateboarding

Spring Break Skate & Swim!

NO SCHOOL

NEW

Ages: 6 - 11

Ponderosa Park Skatepark - The Original Pondi

Calling all beginner skateboarders, this camp is for you! Develop and improve your skills on the skateboard, get comfortable in the park and skate the trail to Juniper Swim & Fitness Center at the end of each day to cool off in the pool! Bring your skateboard, helmet, backpack, swim suit and sack lunch each day.

Fee: \$180 ID \$216 OD / session

Program: 106044

M - Th: 10:00 am - 3:30 pm

Sessions: 3/21 - 24

Bearings Spring Break!

NO SCHOOL

Ages: 6 - 12

Bearings Skateboard Academy

Spring time is the right time to skate in BSA's new 3,300 sq. ft. indoor facility. Geared toward first-time and novice skateboarders, this Spring Break session will cover basic skateboard techniques with a focus on fun, building skills and safety. Lead by BSA's professional coaches.

Fee: \$175 ID \$210 OD / session

Program: 106002

M - Th: 9:30 am - 12:30 pm

Session: 3/21 - 24

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: 106519

M/W: 4:15 - 4:45 pm

Sessions: 2/1 - 24

2/29 - 3/30 (no classes 3/21 or 3/23)

4/4 - 27

5/2 - 25

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

Sessions: 2/2 - 25

3/1 - 31 (no classes 3/22 or 3/24)

4/5 - 28

5/3 - 26



Juniors Karate

Ages: 6 - 12

Odyssey Martial Arts

Discover what martial arts is all about! Students will learn self-control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

Fee: \$79 ID \$95 OD / session

Program: 106518

M/W: 5:00 - 5:45 pm

Sessions: 2/1 - 24

2/29 - 3/30 (no classes 3/21 or 3/23)

4/4 - 27

5/2 - 25

Tu/Th: 4:45 - 5:30 pm

Sessions: 2/2 - 25

3/1 - 31 (no classes 3/22 or 3/24)

4/5 - 28

5/3 - 26

Kids Agility Spring Break

NEW

NO SCHOOL

Ages: 7 - 13

Smith Martial Arts

Get your heart pumping! Conquer an obstacle course and the agility ladder while running, jumping and getting fit.

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

Program: 106506

Tu/Th: 10:00 - 11:00 am

Session: 3/22 & 24

Mixed Martial Arts Sampler

Ages: 7 - 15

Smith Martial Arts

Learn basic MMA terminology and participate in agility drills, conditioning, take downs, and core work. Our goal is to help kids become stronger in mind and body by building confidence, control, trust and respect.

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

Program: 106505

Sa: 10:30 am - 12:00 pm

Sessions: 4/30 5/7



Kids Mixed Martial Arts

Ages: 6 - 12

Smith Martial Arts

Learn mixed martial arts skills and techniques including boxing, kickboxing, take downs, grappling, submissions and conditioning. With safety and fitness emphasized, this program is for beginners and kids with some prior training. Includes t-shirt.

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

Program: 106508

Tu/Th: 4:30 - 5:15 pm

Sessions: 1/12 - 2/4 2/9 - 3/3

3/8 - 31 4/5 - 28

5/3 - 26

Teen Mixed Martial Arts

NEW

Ages: 13 & up

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 teens with some prior training. Includes t-shirt.

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

Program: 106509

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

Sessions: 1/12 - 2/4 2/9 - 3/3

3/8 - 31 4/5 - 28

5/3 - 26



Teen Bushido Kai Karate

Ages: 13 & up

Sortor Bushido Kai Karate

Begin your martial arts journey with Bushido Kai karate! Meet new people and get in shape, as you develop an understanding of "The Way of the Warrior," a strong foundation in Bushido Kai technique, self-defense, forms and Japanese history and terminology. Course fee includes everything: uniform, belt, training DVD and book, and a private lesson with Sensei Brian before your first group class (Bushido Kai Karate will call to schedule).

Fee: \$120 ID \$144 OD / session

Program: 106110

Tu: 6:50 - 7:45 pm

- AND -

Th: 4:00 - 4:50 pm

Session: 1/26 - 3/24

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.

Fencing

Beginning Foil Fencing

Ages: 9 & up

High Desert Fencing

Discover the Olympic sport of competitive fencing. Learn the basic footwork, blade work and tactics to enjoy the sport in a safe and fun manner while developing proper form and techniques. All fencing equipment provided. Wear t-shirt, athletic pants and shoes (no shorts/pants with pockets).

Fee \$65 ID \$78 OD / session

Program: 106188

Tu: 4:30 - 5:30 pm

Sessions: 1/19 - 3/8 4/5 - 5/24

Beginning Epee Fencing

Ages: 13 & up

High Desert Fencing

Learn the Olympic sport of competitive epee fencing. Participants will learn the basic footwork, blade work and tactics in order to enjoy the sport in a safe and fun manner. All fencing equipment is provided. Wear t-shirt, athletic pants and shoes (no shorts/pants with pockets).

Fee: \$85 ID \$102 OD / session

Program: 106187

Tu: 5:30 - 7:00 pm

Session: 1/19 - 3/8
4/5 - 5/24

Intermediate Fencing

Ages: 9 & up

(or those who have taken Beginning Fencing)

High Desert Fencing

Have you taken beginning fencing and still want more? This class allows fencers of all ages to continue to have fun developing fencing skills with foils, epees and sabers. We will use lessons, drills and situational bouting as well as lots of time fencing to help everyone develop their technique and tactics. All fencing equipment is provided.

Fee: \$85 ID \$102 OD / session

Program: 102186

Th: 5:30 - 7:00 pm

Sessions: 1/21 - 3/10 4/7 - 5/26

Archery

Archery The Ancient Art

NO SCHOOL

Ages: 10 - 15

Harmon Park

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 an outdoor range located outside of Tumalo. No previous archery experience necessary, but all skill levels welcome. All archery equipment is provided. Dress for the weather. Sign up for Cave Exploration in the afternoon to make a full day of fun. See page 80.

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

Program: 107710

Th: 9:00 am - 1:00 pm

Session: 4/14

F: 9:00 am - 1:00 pm

Session: 4/15



Volunteer with youth sports and adaptive programs.

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



Many thanks to every volunteer who generously contributed time as a coach for youth fall sports programs. These people share 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!

Bend Unified Recreational Soccer League

Susanna Abrahamson	Craig Chenoweth	Amanda Farstvedt	Bradley Howk	Tom Lothrop	Gabe Ring	David Tolle
Brian Ahern	Melissa Clemo	Mike Feldman	Jerry Huegel	Jim Maloney	Casey Rodhouse	Ryan Tomlinson
Ryan Altman	Kevin Collins	Anthony Fletcher	Natalie Hummel	Chris Manfredi	Tom Rodhouse	Charissa Toney
Jenny Anderson	Jason Colquhoun	Zach Frank	Paul Humphrey	Matt Martin	Matt Rogers	Silas Towne
Rolf Armstrong	CJ Colt	D'Anza Freeland	Jennifer Hutchinson	Chris Maskill	Jayne Root	Alicia Vickery
Dude Aylor	Scott Cook	Luke French	Paul Hutter	Chris Mayes	Kris Rotge	Danielle Vidalli
Leslie Bailey	Chris Cooper	Brady Fuller	David Jacobsen	Daryl McCarl	Todd Rotge	Brian Wachs
Chris Barlow	Ryan Cruz	Antonio Gillette	Christina Johansen	Dan McNairy	Tucker Ruberti	Erick Ward
Vito Bartollota	Tim Curtis	Hilary Gilmore	Justin Johnson	Ariel Mendez	Stephanie Russell	Chris Warner
Eric Bercot	Jay Davenport	Fernando Gotlieb	Kathy Johnson	Nick Misischia	Mehdi Salari	Corey Weathers
Tim Berg	Amanda Davis	Vince Grace	Matt Jones	Sarah Mowry	Genti Saliu	Melissa Webb
David Bermudez	Travis Davis	David Graham	Mary Kapsa	Marissa Nehl	Doug Sanderson	Crystal Weber
Mark Bernahl	Rina Dean	Tony Grossman	Jessica Keegan	Drew Norris	Andy Sargent	Kalie Whitcomb
Greg Blackmore	Gary Defrang	Eileen Grover	Christina Kennedy	Moriah Ottlinger	Fred Schroeder	Garth White
Aaron Boehm	Robert Dennis	Dustin Gurley	Hodge Kerr	Lorin Page	Heidi Scott	Lisa Wilber
Jim Bradbury	Natalie Dent	William Hargrove	Jeff Klein	Travis Perkins	Sam Silva	Raymond Williams
Adam Brown	Shawn Diez	Bryan Harrison	Chris Kraybill	Michael Powderly	Tyler Simones	Darin Wodke
Carey Brown	Chris Doan	Teague Hatfield	Josh Kuhn	Sky Press	Lled Smith	Wendi Worthington
Banni Bunting	Trevin Duey	Peter Hicks	Mike Larrenata	David Prull	Jeremy South	
Ed Busch	Dirk Duryee	Erin Hoar	Cameron Larson	Greg Ranstrom	Peter Sparks	
Mike Byler	Danny Ellis	Erin Hoffman	Mike Larson	Mara Richardson	Nicole Stilson	
Michelle Calvillo	James Erickson	Joel Hoffman	Daniel Laudenslauger	Matthew Wurth	Rick Stilson	
Adam Carrol	Wendy Evans	Amber Hossick	Winter Lewis	Ben Zimmerman	Kelly Strycharz	
Jason Chaffey	David Fagen	Petar Hossick	Chet Liew	Amanda Ring	John Tavares	

continued on next page

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:

- Bitty Ball Baseball**
- Girls Middle School Basketball**
- Youth Lacrosse**
- Girls Softball**
- Middle School Flag Rugby**

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.



BIG

THANKS!

to our fall 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 2015 Fall Sports Sponsors:

Youth Fall Soccer, Youth Volleyball (Grades 3 - 5), and 6th Grade Girls Volleyball Programs Sponsor:

**The Center, Orthopedic & Neurosurgical
Care & Research**

Youth Tackle Football Program Sponsor:

**Keith E. Krueger, D.M.D., P.C.
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Youth Fall Soccer Team Sponsors:

DMK Golf Design

Kindergarten Soccer Team Sponsors:

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Youth Volleyball Team Sponsors:

**Exit Realty Bend
Pine Ridge Inn**

Youth Flag Football Team Sponsors:

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Thanks to Fall Sports Coaches, continued.

Youth Flag Football

Mark Allers	Bayard Fox	Kelly Moyes	Todd Sheets
Shane Bishop	Matt Freeman	John Murphy	Aaron Thomas
Cory Bittner	Harvey Gonzalez	Peter Ozolin	Mike Thomas
Courtney Bledsoe	Jeff Gregg	Nick Pardo	Mike Toolan
Gretchen Boni	Mark Hall	Bill Perkins	Adam Treu
George Brant	Mark Howell	Shawn Polizzi	Vito Vacarro
Clint Burleigh	Kevin Karpstein	Delton Price	Garrick Wells
Eric Carmichael	Joe Kennedy	Tom Pulliam	Pete West
Mike Carpenter	Kevin Keown	Dan Radatti	Garth White
Michelle Cunha	Rod Ketner	Pratt Rather	Russ White
Brian Debels	Clark Limoges	Joshua Rodriguez	Dave Williams
Barrett Flesh	Mark Macleod	Wayne Sauer	Jeff Williams
Tory Flory	Carlin Miller	Kevin Schaffer	

Youth Tackle Football

Scott Besaw	John Egress Steve	Adam Malinowski	Todd Spence
Mike Bjorvik	Forman	Jim Maloney	Blake Sweat
Ryan Boyle	Daniel Freuff	Bill Martin	Ryan Thebiay
Adam Brooks	Bob Gaede	Sam Meier	Peter Thomas
Keith Burk	Bob Guthrie	Chris Norman	Kane Warren
Clint Burleigh	Doug Huebner	Jody O'Donnel	Eric White
Marcus Carroll	Jerry Humphreys	Tyler Perrigan	Adam Whitworth
Bill Corrigan	Mike Irwin	Paul Powers	Ian Woodford
Bret Cromwell	Fred Kent	Dave Roath	Justin Zink
Don Delisi	Ernest Larrabee	Kelly Simmelink	
Todd Dickerson	Rachel Leckenby	Tom Sorenson	

Kindergarten Soccer

Michael Ahlman	Rich Fox	Nicole Koppy	Tim Schmidt
Chris Arathoon	Zach Frank	Brian Korfhage	Blackwood Sharks
Daron Brown	David Graham	Craig Langer	Jane Shein
Brian Carmichael	Miles Graham	Spencer Mitchell	Michelle Staley
Dana Carmichael	Carri Hanson	Brock Monger	Nicole Stilson
Keith Clayton	Grant Hanson	Julie Newton	Rick Stilson
Sedonia Darling	Liaha	Drew Norris	Tina Sullivan
Gary Defrang	Hollingsworth-Sotelo	Brandy Odekirk	Misha Therrian
Ryan Douglas	Noah Johnson	Angela Phillips	Andy Timm
Dan Ellis	Mary Kapsa	Mehdi Salari	Randy Wadsworth
Drew Erickson	Tyson Keever	Genti Saliu	
Amanda Farstvedt	Steve Kominsky	Lars Santana	

Middle School Tennis

Brandon Ferris	Jeff Kitay	Gregg Morris	Tom Scanland
Greg Ginsburg	Sandra Lindsay	Rob Petrescu	

6th Grade Volleyball

Sue Arnold	Mandy Faulkner	Crystal Prinzing	Deana Tucker
Jon Brickey	Anne Harris	Heather Robey	Heather Welker
Brad Collins	Kyle Kendal	Edith Sanchez	Valeri Wodrich
Bobby Culpepper	Lindsey Nelson	Tami Taylor	
Karen Doorn	Maria Polenz	Michelle Thomas	

Program Locations

Locations of all winter and spring BPRD programs are in alphabetical order below.

Academie De Ballet Classique 162 NW Greenwood Ave, Bend, OR 97701	Camp Tamarack 30901 USFS 2066 600, Camp Sherman, OR 97730	KPOV – High Desert Community Radio 501 NW Bond St, Bend, OR 97701	Riverbend Park 799 SW Columbia St, Bend, OR 97701
American Red Cross – Twin Knowles 2570 NE Twin Knolls Dr, Bend, OR 97701	Cascade Indoor Sports 20775 High Desert Ln, Bend, OR 97701	Larkspur Park 1700 SE Reed Market Rd, Bend, OR 97702	River’s Edge Golf Course 400 NW Pro Shop Drive, Bend, OR 97701
Amity Creek Elementary 437 NW Wall St, Bend, OR 97701	Cascade Middle School 19619 Mountaineer Way, Bend, OR 97702	Lava Ridge Elementary School 20805 Cooley Rd, Bend, OR 97701	Sawyer Park 62999 O.B. Riley Rd, Bend, OR 97701
Art Station 313 SW Shevlin Hixon Dr, Bend, OR 97702	Cascade School of Music 200 NW Pacific Park Ln, Bend, OR 97701	Lost Tracks Golf Club 60205 Sunset View Dr, Bend, OR 97702	Shevlin Park 18920 NW Shevlin Park Rd, Bend, OR 97701
Awbrey Glen Golf Club 2500 Awbrey Glen Dr, Bend, OR 97701	Elk Meadow Elementary School 60880 Brookwood Blvd, Bend, OR 97702	Miller Elementary School 300 NW Crosby Dr, Bend, OR 97701	Silver Rail Elementary School 61530 SE Stone Creek St, Bend, OR 97702
Bear Creek Elementary School 51 SE 13th, Bend, OR 97702	Ensworth Elementary School 2150 NE Daggett Ln, Bend, OR 97701	Norton Ave. Apartments 415 NE Norton Ave, Bend, OR 97701	Smith Martial Arts 100 SE Bridgeford Blvd. Suite A Bend, OR 97702
Bearings Skateboard Academy 62999 Layton Ave, Ste. 3, Bend, OR 97702	The Environmental Center 16 NW Kansas Ave, Bend, OR 97701	Odyssey Martial Arts 924 SE Wilson Ave, Bend, OR 97702	Sortor Bushido Kai Karate 63056 Lower Meadow Dr, Bend, OR 97701
BEAT Studio 2524 NE Division St, Bend, OR 97701	Harmon Park, Hobby Hut & Outdoor Center 1100 NW Harmon Blvd, Bend, OR 97701	Pacific Crest Middle School 3030 NW Elwood Ln, Bend, OR 97701	Summit High School 2855 NW Clearwater Dr, Bend, OR 97701
Bend Fieldhouse (at Vince Genna Stadium) 401 SE Roosevelt Ave, Bend, OR 97702	High Desert Fencing 911 SE Wilson Ave, Bend, OR 97702	The Pavilion 1001 SW Bradbury Way, Bend, OR 97702	Sunriver Nature Center & Oregon Observatory 57245 River Rd, Sunriver, OR 97707
Bend High School 230 NE 6th St, Bend, OR 97701	High Lakes Elementary School 2500 NW High Lakes Lp, Bend, OR 97701	Pilot Butte Middle School 1501 NE Neff Rd, Bend, OR 97701	Sylvan Learning Center 2150 NE Studio Rd, Bend, OR 97702
Bend Senior Center 1600 SE Reed Market Rd, Bend, OR 97702	Highland Elementary School at Kenwood 701 NW Newport Ave, Bend, OR 97701	Pine Nursery Park 3750 NE Purcell Blvd, Bend, OR 97702	Tall Pine Studio SE Bend off of Knott Rd, Bend, OR 97702
Big Sky Sports Complex Big Sky Park, 21690 Neff Rd, Bend, OR 97701	Jewell Elementary School 20550 Murphy Rd, Bend, OR 97702	Pine Ridge Elementary School 19840 Hollygrape St, Bend, OR 97702	Trinity Lutheran School 2550 NE Butler Rd, Bend, OR 97701
BPRD District Office 799 SW Columbia St, Bend, OR 97702	Juniper Elementary School 1300 NE Norton, Bend, OR 97701	Ponderosa Elementary School 3790 NE Purcell Blvd, Bend, OR 97701	Twin Knolls Transition Co-op 2500 NE Twin Knolls Dr, Bend, OR 97702
Buckingham Elementary 62560 Hamby Rd, Bend, OR 97701	Juniper Swim & Fitness Center 800 NE 6th St, Bend, OR 97701	Ponderosa Park & Skatepark 225 SE 15th St, Bend, OR 97702	

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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 comfort of all park users. Park users are responsible for knowing and following all park rules. This is only 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.



PARK 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		•					•	•	•	•	•	•				

PARK 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										•	•					
Wooddriver Park	61690 Wooddriver Dr		•									•		•			



Bend Whitewater Park



Discovery Park nature play area



Foxborough Park



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Nature Break

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Spring Break Skate & Swim
Kids Agility Spring Break
All Sport Camp
Bend High Track Camp

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