



SUMMER
REGISTRATION
NOW
OPEN

your playbook

online preview
edition

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

youth & adult
recreation
registration
now open

play for life

CONTACT US

phone: (541) 389-7275
email: info@bendparksandrec.org
website: 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: May 28 - Memorial Day, July 4 - Independence Day, Sept 3 - Labor Day

THE ART STATION

313 SW Shevlin Hixon Dr. • p. (541) 389-7275
Open for scheduled programs and open studio hours. See schedule online.

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 27.

JUNIPER SWIM & FITNESS CENTER

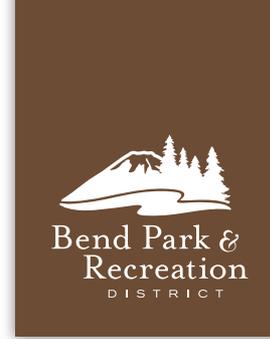
800 NE 6th Street • p. (541) 389-7665
Mon. - Fri. 5:15 am - 9:00 pm
Saturdays 7:00 am - 6:00 pm
Sundays 8:30 am - 5:30 pm
Holiday hours and special events: See page 18.

THE PAVILION

1001 SW Bradbury Way • p. (541) 389-7588
Office Hours 8:00 am - 5:00 pm, Mon. - Fri.
June 18 - August 31
Hours subject to change.

PARK SERVICES

1675 SW Simpson Ave. • p. (541) 388-5435
Mon. - Fri. 7:30 am - 4:00 pm
Park Services will be closed: May 28 - Memorial Day, July 4 - Independence Day, Sept 3 - Labor Day



summer 2018 • online preview edition

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

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

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

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

BOARD OF DIRECTORS:
Nathan Hovekamp, Chair • Brady Fuller, Vice-Chair • Ellen Grover • Ted Schoenborn • Lauren Sprang

BUDGET COMMITTEE:
Thomas Fisher • Larry Kimmel • Joanne Matthews • Ariel Mendez • Brian Thorsness

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

ADMINISTRATIVE SERVICES DIRECTOR:
Lindsey Lombard • (541) 706-6109
lindsey@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

FOLLOW US:

Facebook - Bend Park & Recreation District, Juniper Swim & Fitness Center, The Pavilion, Bend Whitewater Park, Art Station and Bend Senior Center.

Twitter - Bend Park & Rec (@bendparksandrec)

Instagram - bendparks (@bendparks)

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.

SERVICIOS AL ALCANCE DE LA COMUNIDAD LATINA / LATINO OUTREACH SERVICES: Comuníquese con Kathya al Tel. (541) 706-6190. Horarios de oficina Juniper Swim & Fitness Center: Lunes, miércoles y viernes de 2:30 a 7:00 pm y los martes de 9:00 am a 1:00 pm en las Oficinas del Distrito (en Old Mill District).

Contact: Kathya Avila p. (541) 706-6190.
Office hours: Juniper Swim & Fitness Center
Mondays, Wednesdays & Fridays, 2:30 - 7:00 pm
District Office: Tuesdays, 9:00 am to 1:00 pm



"It is a happy talent
to know how to play."
- Ralph Waldo Emerson

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How to Register

REGISTER ONLINE:

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

Payment in full is required at the time of registration.

New Accounts

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

Online Registration Instructions

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



2. Enter your email and password. You already have an account if you have recently participated in a program or have a pass at Juniper Swim & Fitness Center, The Pavilion or Bend Senior Center. The default password is your last name (first letter capitalized) unless you set it up differently.

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

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

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

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

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



You can further refine the search using the options at the top of the screen. These include: day of 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 two locations:

- **Juniper Swim & Fitness Center:**
800 NE 6th Street
- **Bend Senior Center:**
1600 SE Reed Market Road

Registration forms are available online at [bendparksandrec.org](https://register.bendparksandrec.org) or by calling (541) 389-7275.

Credits & Refunds

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

Mark Your Calendar:

Fall 2018 registration begins August 6, 2018.

Winter-Spring 2019 registration begins December 10, 2018.

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.





LET'S PLAY!

Facility Fee & Pass Information

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

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

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

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

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

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

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

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

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

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

FACILITY STANDARD FEES & PASSES

FACILITY	JUNIPER SWIM & FITNESS CENTER	JUNIPER SWIM & FITNESS CENTER	BEND SENIOR CENTER	BEND SENIOR CENTER
PASS TYPE	Full Access	Basic	Full Access	Basic
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.

Single Visit Admission	Adult (19-59)	\$8.00	7.00	\$6.50	\$3.50
	Older Adult (60-79)/Student	\$7.00	6.00	\$5.50	\$1.50
	Youth (3-18)/Honored Citizens (80+)	\$6.00	5.00	\$4.50	\$1.25
	Children under 3 with paying adult	Free	Free	n/a	n/a

10-Visit Pass	Adult (19-59)	\$69.00	\$59.00	\$60.00	\$29.00
Save an average of 20%	Older Adult (60-79)/Student	\$59.00	\$49.00	\$45.00	\$12.00
	Youth (3-18)/Honored Citizens (80+)	\$49.00	\$39.00	\$35.00	\$10.00

Monthly Pass	Adult (19-59)	\$61.00	\$51.00	\$51.00	\$24.00
Unlimited Visits!	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.



WATER
WORLD!
.....
RECREATION
& LAP
SWIMMING
.....
PAGE 20

keep it cool

*More Activities
at Juniper swim & Fitness:*
 Adult swimming p. 21
 Adult Fitness p. 46 - 52
 Youth Fitness
& swimming p. 22 - 26

Perfectly fit for you.

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

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



Summer 2018: June 16 - Sept. 3

Regular Hours:

Monday - Friday	5:15 am - 9:00 pm
Saturday	7:00 am - 6:00 pm
Sunday	8:00 am - 5:30 pm

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

Visit online at: juniperswimandfitness.com



Follow us on Facebook!

Look for Juniper Swim & Fitness Center

Schedules & Information

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

Fees

Pass information on pages 16 - 17.

Holidays & Special Hours

5/28	Memorial Day	Noon - 5:00 pm
6/3	Staff Training	Closed at 4:00 pm
7/4	Independence Day	Noon - 5:00 pm
9/3	Labor Day	Noon - 5:00 pm
9/1 - 16	Annual maintenance	Olympic pool closed

Swim Meets & Events

6/9	Oregon Senior Games
6/23 - 24	Sun Country Swim Meet
8/10 - 12	Bend Open Swim Meet
8/27	Kids Triathlon (see page 25)

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



How to Get There



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

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

The SOUTH ENTRANCE is located off Franklin Avenue 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 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, a giant fish and other fun splash features.

Outdoor Activity Pool Open June to early September.

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

Hot Tub, Dry Sauna & Steam Room

These coed amenities are perfect for post-workout relaxation.

Ages: 16 & up

FITNESS CENTER & EQUIPMENT:

Fitness Center

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

Fit Studio

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

Indoor Cycling Studio

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

Group Exercise Studio

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

Yoga Studios

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

OTHER FEATURES:

Multiple Locker Rooms

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

Wi-Fi & Lounge Areas

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



Kids' Corner Child Care

Ages: 6 weeks - 6 years

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

Stay is limited to two hours.

Reservations recommended.

Walk-ins welcome, space permitting.

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

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

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

Kids' 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

Learn more at
juniperswimandfitness.com



TEENS!

Check out the Jr. Lifeguard & Swim Instructor Aide training and volunteer programs on page 24. Volunteer opportunities available with child care and recreation programs too!

LEARN TO SWIM THIS SUMMER!

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

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

Adult Lessons, page 21.
Youth Lessons, pages 22 - 23.



Drop-In Swim Sessions

Open Recreation Swim

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

Fee: Basic pass or drop-in fee

June 16 - September 3

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

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

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

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

Family Swim

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

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

June 16 - September 3

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

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

Parent-Child Swim

Ages: 6 & under with adult

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

Fee: Basic pass or drop-in fee

June 16 - September 3

F: 4:00 - 5:30 pm

Sa: 7:00 - 9:00 am

Su: 8:00 - 10:30 am

Lap Swimming & Water Running

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

Fee: Basic pass or drop-in fee

June 16 - September 3

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

F: 5:15 am - 7:30 pm

Sa: 7:00 am - 6:00 pm

Su: 8:00 am - 5:30 pm

WANT MORE?

Look for:

ADULT FITNESS

on pages 46 -52.

ADULT SWIMMING

on page 21.

YOUTH FITNESS & SWIMMING

on pages 22 - 26.



in the swim

Summer Lap Swim Schedules

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

Adult Swimming

Level 1 Adult Swim Instruction

Ages: 16 & up

This class is designed for adult swimmers with little to no experience in the water. We will help you conquer your fear of swimming by introducing basic swim skills and water safety. The majority of this class takes place in shallow water.

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

Activity: 205554

Sa: 7:45 - 8:30 am

Sessions: 6/16 - 7/14
7/21 - 8/25 (no class 8/11)

Liquid benefits.

It's never too late to become a swimmer! Our swim program allows you to progress from no experience to becoming a master swimmer. Come swim - gain confidence in the water and feel great.

Level 2 Adult Swim Instruction

Ages: 16 & up

Learn skills in a comfortable environment designed for new swimmers to learn basic front crawl and back strokes. Appropriate for adults unable to swim 15 meters.

Fee: \$97 ID \$117 OD / session

Activity: 205555

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

Sessions: 6/19 - 7/5 7/10 - 26
7/31 - 8/16

Level 3 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 while individualized to meet your goals. Appropriate for adults who can swim 15 meters but not much more.

Fee: \$97 ID \$117 OD / session

Activity: 205556

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

Sessions: 6/18 - 7/2 7/9 - 25
7/30 - 8/15

Swim Technique

Ages: 16 & up

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

Fee: \$120 ID \$144 OD / session

Activity: 205557

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

Sessions: 6/18 - 7/18
(Adj. Fee \$104 ID \$125 OD, no class 7/4)
7/23 - 8/22

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). Although not required, many choose to race.

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

June 16 - August 31

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

Tu/Th: 6:30 - 7:45 am

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

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

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

Adult Stroke Clinic

Ages: 16 & up

If you are looking to improve your freestyle, swim leg of the triathlon, or open water swimming, join us for this five-week clinic as our coaches help you focus on technique and swimming more efficiently through individual instruction, videos and drills.

Fee: \$83 ID \$99 OD / session

Activity: 205558

Tu: 5:00 - 6:00 pm

Sessions: 6/19 - 7/17

PADI Discover SCUBA

Ages: All Adults

Got a sense of adventure? Come learn what it's like to breathe underwater with Fins Scuba & Water Sports. Try scuba in this introductory class and see if you like it before you decide to commit to a PADI Open Water Certification program. Learn basic skills and safety rules to carry over to your scuba certification course should you take the next step. All equipment and workbook provided. Some independent workbook study required prior to start of class. Register at least seven days in advance of class.

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

Activity: 208935

Sa: 9:00 am - 12:00 pm

Session: 6/2 8/4

Recreation Swim Schedules

available on page 20 and at juniperswimandfitness.com.

Find all the times you can come splash and play.



like a fish

Make a splash.

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

Youth 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 five preschoolers and six for other levels.
- **Professional:** All instructors are Red Cross certified and trained in our own best practices program.
- **Fun:** We believe learning to swim should be a positive, fun experience!

For more information, call (541) 389-7665.

Registration Tip: Prerequisites for each class are listed in the class description on our registration website. Learn more online at register.bendparksandrec.org
For more information and specific details, please refer to our website for the skills list for each level.

Swim Lesson **FREE** Assessment:

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

Come by the pool:

May 1 - June 14

Tu: 10:45 am
Th: 6:30 pm
Sa: 12:30 pm

June 16 - August 31

M - Th: 12:45 pm & 7:00 pm
F: 12:15 pm
Sa: 11:45 am

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

Youth Swim Lesson

Descriptions & Schedule

Parent Tot Programs

Ages: 6 - 36 months

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

Sea Stars

Age: 2.5 - 3

Has your child attended Parent Tot class and ready for an extra challenge? Specially-designed for the two-and-a-half to three year old, this fun and encouraging class will teach your child the basic skills of floating, gliding and water safety. Prerequisite: Parent Tot class.

Journey Programs

Ages: 3 - 5

A progressive journey for preschoolers/ kindergartners that develops swimming skills in a creative environment for your child's comfort, confidence and enjoyment. Children work on kicking, gliding and basic strokes. Journey 1 through 5 levels are available.

Level Programs

Ages: 6 - 12

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

Teen Level Programs

Ages: 13 - 15

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

Private & Semi-Private Lessons

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

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



ONE-DAY-A-WEEK SESSIONS

\$40 ID \$48 OD

Parent Tot 1, 2

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Teen Level 1, 2, 3

Level 4, 5, 6

\$40 ID \$48 OD

Parent Tot 1, 2

Sea Stars

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Teen Level 1, 2, 3

Level 4

Level 5, 6

FRIDAY - or - SATURDAY

FRIDAYS:

6/22 - 7/20

7/27 - 8/24

8:50, 9:40 am

8:50, 9:40, 10:30, 11:20 am

9:40 am

8:50, 9:40, 11:20 am

10:30 am

10:30 am

SATURDAYS:

6/16 - 7/14

7/21 - 8/25 (no class 8/11)

9:15 am

9:15 am

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

9:15 am

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

10:05 am

9:15 am

9:15, 10:05 am

Start times only listed. All classes 45-minutes.

FOUR-DAYS-A-WEEK SESSIONS

\$58 ID \$70 OD

Parent Tot 1, 2

Sea Stars

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Teen Level 1, 2, 3

Level 4

Level 5, 6

Start times only listed. All classes 40-minutes.

MONDAY - THURSDAY

6/18 - 28

7/2 - 12

(No class 7/4. Fee: \$50 ID \$60 OD)

7/16 - 26

7/30 - 8/9

8/13 - 23

8:15, 9:00, 9:45 am

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

8:15, 9:00, 9:45, 10:30 am

9:00, 9:45 am

9:00, 9:45 am

9:45 am

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

10:30 am

TWO-DAYS-A-WEEK SESSIONS

M/W \$50 ID \$60 OD

T/TH \$58 ID \$70 OD

\$58 ID \$70 OD

\$43 ID \$52 OD

Parent Tot 1, 2

Sea Stars

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Teen 1, 2, 3

Level 4

Level 5, 6

Start times only listed. All classes 40-minutes.

MONDAY/ WEDNESDAY - or - TUESDAY/ THURSDAY

6/18 - 7/12 (no class 7/4)

7/16 - 8/9

8/13 - 30

5:40, 6:25 pm

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

11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm

12:15, 5:40 pm

11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm

6:25 pm

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

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

TRAINING & VOLUNTEER PROGRAMS

Jr. Lifeguard & Swim Instructor Aide Programs

Ages: 12 - 15

Be part of the team at Juniper this summer! Learn the skills, standards and expectations for being a lifeguard or swim instructor and put your training into practice through supervised volunteering during summer programs.

Participants will complete a swim skills test and must attend all required training dates for their session. Volunteering is a required part of these programs. Information about volunteer shifts for summer will be available at training. Students may participate in only one of these programs per summer.

Fee: \$25 covers training

SWIM INSTRUCTOR AIDE

Activity: 209501

Required Training Dates:

Tu/Th: 4:00 - 6:00 pm
5/29, 5/31, 6/5, 6/7

- OR -

Tu/Th: 9:45 - 11:45 pm
6/26, 6/28, 7/3, 7/5

Ongoing Training Dates:

W: 4:30 - 5:45 pm
7/11 - 8/15

JUNIOR LIFEGUARD

Activity: 209502

Required Training Dates:

W: 2:00 - 4:00 pm
5/30, 6/6

- OR -

W: 10:00 am - 2:00 pm
6/27

Ongoing Training Dates:

Th: 10:30 am - 1:00 pm
6/28 - 8/16



Family Swim Programs

at Juniper Swim & Fitness Center

Clases de Natación para Familias en español / Family Swim Lessons in Spanish

All Ages with Adult

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

This class is designed for Latino families, but everyone is welcome! In this combined youth and adult class, we will teach a progressive swim lesson for the whole family! Small children's pool lessons available for preschool-age children. School-age children and adult lesson in the main indoor pool.

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

Activity: 205260

F: 5:30 - 6:15 pm
6:25 - 7:10 pm

Session: 6/22 - 7/20 7/27 - 8/24

Youth Swim Programs

at Juniper Swim & Fitness Center

Juniper Summer Swim League

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

Activity: 205411

Entering Grades: 1 - 10

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

Session: 6/18 - 8/10

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

Entering Grades: 4 - 10

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

Session: 6/19 - 8/10

Intro to Water Polo & Instructional League

Ages: 6 - 14

Join this fast moving game that requires fitness, individual skill and teamwork. Practice is held in the deep water. 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: \$84 ID \$100 OD / session

Activity: 205412

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

Session: 6/19 - 8/9

Youth Stroke Clinic

One-day stroke clinic is designed for summer league swimmers and swimmers with limited competitive swimming experiences who are interested in refining their competitive strokes. Each clinic will include instruction, drills and feedback.

Fee: \$16 ID \$20 OD / session

Activity: 205410

Daily: 7:15 - 8:15 pm

Sessions: 8/27 Freestyle

8/28 Backstroke

8/29 Breaststroke

8/30 Butterfly

Beginning Springboard Diving

Ages: 9 - 12

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

Fee: 65 ID \$78 OD / session

Activity: 205570

T/Th: 6:25 - 7:10 pm

Sessions: 6/19 - 7/12 7/16 - 8/9

Advanced Springboard Diving

Ages: 9 - 12

This class will challenge the student to learn new skills on the boards! Participants will begin to learn backwards dive as well as reverse and continued improvements on the front dive. Prerequisite: Students must be able to perform approach and front dive in at least two positions off of both boards or instructor approval.

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

Activity: 205571

M/W: 6:25 - 7:10 pm

Sessions: 6/18 - 7/11

(No class 7/4. Adj. Fee: \$57 ID \$69 OD)
7/16 - 8/8

Snorkeling

Ages: 9 - 14

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

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

Activity: 205575

F: 12:20 - 1:00 pm

Sessions: 6/22 - 7/20 7/27 - 8/24

Youth Scuba

at Juniper Swim & Fitness Center

PADI Bubblemakers Scuba

Ages: 8 - 9

Whether it's a glass of milk, bubble gum or being submerged beneath the surface, you can't help blowing bubbles! The PADI Bubblemaker program is an introduction to breathing underwater and underwater diving. Come learn in the pool with Fins Scuba & Water Sports and discover the thrill!

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

Activity: 207910

Su: 9:00 am - 12:00 pm

Session: 7/7

PADI Discover Scuba Diving

Ages: 10 through Adult

Got a sense of adventure? Come learn what it's like to breathe underwater with Fins Scuba & Water Sports. This introductory class will let you try scuba to see if you like it before you decide to commit to a PADI Open Water Certification program. Learn what wearing the equipment feels like and how easy it is to move around underwater with it on. Find out what it's like to breathe underwater as you learn basic skills and safety rules to carry over to your scuba certification course should you take the next step. Parents may sign up with children to make it a family adventure, though not required. All equipment and workbook provided. Some independent workbook study required prior to class. Register at least seven days prior to session.

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

Activity: 207920

Sa: 9:00 am - 12:00 pm

Sessions: 6/2 8/4

PADI "Seal Team" Scuba

Ages: 8 - 16

It's action-packed fun in the pool! Learn basic scuba skills as you complete exciting "AquaMissions" underwater. In Part A: Missions 1 - 5, you learn basic scuba diving skills, such as breathing underwater, clearing a mask of water, recovering a regulator and swimming while experiencing the sensation of weightlessness. No previous scuba experience needed. Includes take-home DVD and AquaMission materials. Complete Missions 1 - 5 and become a recognized PADI Seal Team Member. Once you complete Missions 1 - 5, you're ready for Part B: Mission 6 "Shipwreck Diving" including an adventure building an underwater shipwreck. Orientation at Fins Scuba & Water Sports, medical release and independent workbook (provided at orientation) study required prior to class.

Part A: Missions 1 - 5

Fee: \$295 ID \$345 OD / session

Activity: 207921

Sa: 9:00 am - 1:00 pm

Sessions: 7/14

Part B: Mission 6 (Prerequisite: Part A)

Fee: \$99 ID \$120 OD / session

Activity: 207921

Su: 9:00 am - 1:00 pm

Sessions: 7/15



Presented by



5th Annual Kids Triathlon

Ages: 4 - 15

Juniper Swim & Fitness Center

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

Early Fee: \$25 ID \$30 OD - by 8/22

Late Fee: \$30 ID \$35 OD - 8/23 and later

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

Activity: 205607

Date: Sunday, August 26

Time: 8:30 am - 12:30 pm

Kids Triathlon Clinics

Ages: 4 - 15

Juniper Swim & Fitness Center

Come give "tri" a try, learn new skills and make new friends. Each clinic will include activity in each of the disciplines so bring your bike, helmet, swim suit, towel, running shoes and a water bottle. Finish your session with a tip to keep you healthy and motivated all summer. Sign up for one or all. Whatever you choose, it will be tons of fun! Bring your bike, helmet, swim suit, towel, running shoes and a water bottle.

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

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

Activity: 205608

Tu: 5:00 - 6:15 pm

Sessions: 7/31, 8/7, 8/14, 8/21



Youth Programs

at Juniper Swim & Fitness Center

Summer Buddies Includes daily swimming!

Ages: 3 - 5

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

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

Program: 205600

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

or

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

Activity: 6/25 - 7/12 (no program 7/4; fee \$63 ID \$75 OD)

7/16 - 8/2

8/6 - 23

Busy Buddies Preschool Includes swim lessons & yoga!

Ages: 3 - 5

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

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

Monthly Fee:

2 days/week: \$158 ID \$189 OD
(payment is due by the 5th of each month.)

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

Registration begins May 21.

Activity: 405601

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

or

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

Dates: Sept. 10 - June 13

Need child care while you work out?

With Kids' Corner, we've got you covered.
Learn more on page 19.

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids:

Ages: 4 - 11

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

Fee: Full Access Pass or drop-in fee.

Yoga Play

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

Creative Play

This unique fitness class blends a little bit of rhythm, dance, imagination, body education, and even a healthy snack!

Schedule at:

juniperswimandfitness.com

Teen Fitness

Ages: 11 - 17

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

GROUP FITNESS CLASSES: Get fit and have fun with our many group exercise class options. 16 - 17 year olds are welcome in all of our regular group exercise classes. 11 - 15 year olds may attend some classes under parent/guardian supervision. See pages 46 - 52 for classes. Contact Monica at (541) 389-7665 for assistance.



Girls Get Fit & Have Fun!

Ages: 10 - 14

Designed especially for you! Fill your summer with fitness and friends while building self-confidence, and a lifelong love of fitness. Experience a variety of workout options: dance fitness, indoor cycling, yoga stretching, water running, weight training, and even obstacles courses. Coaches create a positive environment wrapped around weekly themed activities. Program details are available at bendparksandrec.org. Program time is 11:30 am to 1:15 pm. Bring your lunch to refuel with friends before Recreation Swim at 1:15 to 4:00 pm.

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

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

Activity: 205403

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

Sessions: 6/25 - 28 7/9 - 12

7/23 - 26 8/6 - 9

8/20 - 23

Guys Get Fit & Have Fun!

Ages: 10 - 14

Coaches offer plenty of workouts with weights, indoor cycling, water running, outdoor field games, even obstacle courses, to name just a few. Be a part of the dynamic, positive environment as you participate in the weekly themed activities. Weekly theme information available at bendparksandrec.org. Program time is 11:30 am to 1:15 pm. Bring your lunch to refuel with friends before Recreation Swim at 1:15 to 4:00 pm.

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

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

Activity: 205404

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

Sessions: 6/25 - 28 7/9 - 12

7/23 - 26 8/6 - 9

8/20 - 23



Just for you.

Inspiring learning, health and wellness for active older adults.

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

Follow us on Facebook.



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

Bend Senior Center

Summer 2018: June 1 - Sept. 3

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

Schedules & Information

Visit bendparksandrec.org for current group fitness schedules and facility rules and regulations.

Fees

Pass information on pages 16 - 17.

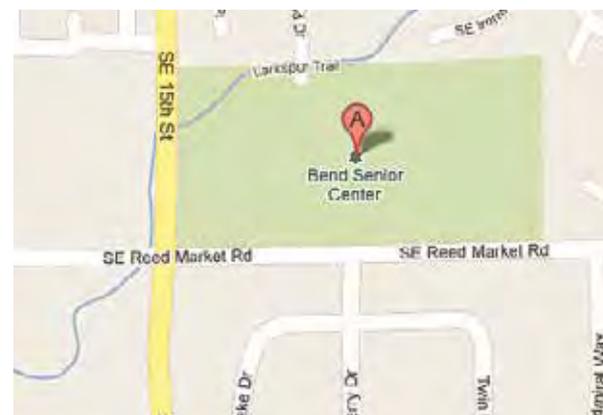
Special Hours & Closures

May 28	Memorial Day - Closed
July 4	Independence Day - Closed
Sept. 3	Labor 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.



"I'm ready to grow
young again."
~ Bruce Springsteen



Fitness passes through health plans? Ask us how.

You may be eligible to receive no-cost or low-cost fitness passes through your health plan. To learn more, ask the staff at the Bend Senior Center front desk for details.

One-in-five people 65 and older is eligible for a fitness benefit included in selected Medicare health plans. Contact your health insurance carrier to see if you are eligible.

The Bend Senior Center is proud to partner with the following plans:

- Silver & Fit
- SilverSneakers
- AARP Medicare Supplement Insurance Plan - Oregon

Community Information & Support

AARP Driver's Safety

4th Monday of each 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 each month,
4:00 - 5:00 pm

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

Alzheimer's & Dementia Caregiver Support Group **FREE**

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

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

Social Security Basics **FREE**

3rd Wednesday of each month,
4:30 - 5:30 pm,
February - September

Eligible for Social Security soon? Come learn about the many options available to make the choices that are right for you!

Medicare 101 **FREE**

3rd Wednesday of each month:
5:30 - 6:30 pm,
February - September

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

Council on Aging Info & Resources **FREE**

Every Thursday, 8:30 to 4:30 pm

Free information and resource assistance for older adults. Call (541) 678-5483 for more information or to make an appointment.



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

Ear/Hearing Care & Consultations **FREE**

1st Thursday in August,
10:00 - 11:30 am

Provided by licensed audiologist

VOLUNTEER WITH BPRD.

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

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.

5/23 Early Bend History
James Crowell, Local Historian

5/30 Learning to Heal & Flourish through the Principles of Chinese Medicine
Mark Montgomery, Bend Community Healing

6/6 Emergency/Disaster Preparedness
PJ Johnson, American Red Cross

6/13 About the Lands No One Else Wanted: The Story of Our Public Lands
Jeff Kitchens, Deschutes Field Office Manager, USDOI BLM Prineville District

6/20 Quackery: A Brief History of the Worst Ways to Cure Everything
Nathan Pedersen, Deschutes Historical Society

6/27 Tea Tasting 101: Elephant-Friendly™ Tea
Cindi Neiswonger, Inspired Leaf Teas

SOCIAL ACTIVITY SCHEDULE

MONDAY:	<i>(subject to change)</i>
12:00 - 4:00 pm	Pool/Billiards
12:00 - 3:00 pm	Social Bridge
12:30 - 4:00 pm	Duplicate Bridge
12:30 - 3:00 pm	Co-ed Mexican Train
TUESDAY:	
10:30 am - 2:30 pm	High Desert Rug Hookers
11:45 am - 12:15 pm	Souper Tuesday Lunch
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:45 - 2:45 pm	Afternoon at the Movies
1:00 - 3:00 pm	Knitters Social
WEDNESDAY:	
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Duplicate Bridge
THURSDAY:	
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:00 - 12:30 pm	Thursday Social Lunch
12:30 - 5:00 pm	Crafters Co-Op
1:00 - 2:30 pm	Afternoon Dance
FRIDAY:	
12:00 - 3:30 pm	Social Bridge
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Duplicate Bridge
12:45 - 3:45 pm	Pinochle
SATURDAY:	
9:30 am - 3:00 pm	Pool/Billiards
11:30 am - 3:00 pm	Social Bridge
SUNDAY:	
2:00-4:00 pm	Sunday Dance Hour (1st week; August is 8/12) The Notables Swing Band

VOLUNTEER AT EVENTS

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

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 Full Access or Basic Pass.

Tuesday Afternoon at the Movies **FREE**

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

Thursday Afternoon Dance **FREE**

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



Sunday Afternoon Dance

On the first Sunday of the month, dance to The Notables Swing Band, 2:00 - 4:00 pm for \$5 per person. (NOTE: August dance is 8/12.)

Pool/Billiards

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

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.

Crafters Co-op

Every fourth Thursday, 12:30 - 5:00 pm. This activity is designed for crafters, especially paper crafters. Bring your project, meet new people and share your crafting.

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 \$4.00 or a donation for those 60-plus.

Come to an event!

Stroke Awareness Day **FREE**

Tuesday, May 1

Lunch: 11:45 am

Speaker: 12:00 pm

Resource Fair: 12:45 - 1:45 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, and stroke risk assessments.

National Senior Health & Fitness Day **FREE**

Wednesday, May 30

Join over 100,000 older adults throughout the U.S. today as we celebrate the 25th 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!

Premier World Discovery Armchair Travel Informational Meeting **FREE**

Tuesday, June 21, 11:45 am - 12:45 pm

Come learn about the great 2018-19 travel options and program particulars.

Fit. Flexible. For life.

Weekly Fitness Classes



June 1 - August 31 (no classes 7/4) Updates at bendparksandrec.org.

Fee: Full Access Pass or single visit fee (see pages 16 - 17)

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 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	7:35-8:35 am Strength & Stretch	7:35-8:35 am Strength & Stretch	7:35-8:35 am Strength & Stretch	7:35-8:35 am Strength & Stretch	7:35-8:35 am Strength & Stretch	
	8:00-10:00 am Fitness Room Orientation	7:45 am-8:45 am Cardio Dance Fusion	8:15-9:15 am Indoor Cardio Walking		8:00-10:00 am Fitness Room Orientation	
	8:45-9:45 am Cardio Dance Fusion	8:45-9:45 am Cardio Ball	8:30-9:30 am Nia	8:45-9:45 am Better Balance Circuit Workout	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 Balance Essentials	9:00-10:00 am Strength & Condition	8:45-9:45 am Restorative Yoga Flow	9:00-10:00 am Strength & Condition
	8:45-9:45 am Better Balance Circuit Workout		10:00-11:00 am Beginning Line Dance	9:00-10:00 am Zumba Gold	8:45-9:45 am Fitness Variety	
	10:15-11:15 am Functional Fitness	9:35-10:35 am 24 Movement Tai Chi	10:00-11:00 am Zumba Gold	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	11:30 am-12:30 pm Strength, Tone & Mightier Bone	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		10:15-11:15 am Functional Fitness	10:00-11:00 am Beginning Line Dance II	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Chair Yoga	12:45-1:45 pm Group Circuit Training	11:30 am-12:30 pm Chair Yoga	11:30 am-12:30 pm Strength, Tone & Mightier Bone	
AFTERNOON	12:45-1:45 pm Group Circuit Training		1:30-2:30 pm Stretch & Relax		12:45 - 1:45 pm Stretch & Relax	
	2:00-3:00 pm 8 Movement Tai Chi		2:00-3:00 pm 8/24 Tai Chi			
	3:30-4:15 pm Guided Meditation	3:15-4:15 pm Mindfulness for Yoga		3:15-4:15 pm Mindfulness for Yoga		
EVENING	4:30-5:30 pm Yoga Flow	4:30-5:30 pm Yoga Flow	4:30-5:30 pm Pilates Mat	4:30-5:30 pm Yoga Flow		
	4:30-5:30 pm Zumba 101					
	4:30-5:30 pm Pilates Mat		4:30-5:30 pm Zumba			
	5:35-6:35 pm Barre Body	5:35-6:35 pm Cardio Dance Fusion	5:35-6:35 pm Yoga 101	5:35-6:35 pm Barre Body		

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.

Fitness Center Orientation M/F 8:00 - 10:00 am

Personal Training

Individual Training Rates:

- Introductory Session: \$75
- Ongoing Single Session: \$60
- Mini Consultation: \$25 (30 minutes)
- 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 bendparksandrec.org for trainer bios.

Class descriptions on pages 46 - 52 in Adult Fitness.
Look for the icon.



artful focus

create yourself.

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

"It's not just about creativity, it's about the person you're becoming while creating."

~ Charlie Peacock,
songwriter



Two great facilities for art!

Art Station

313 SW Shevlin Hixon Drive
Bend, OR 97702
p. (541) 617-1317

Facility information on pages 31 - 32.

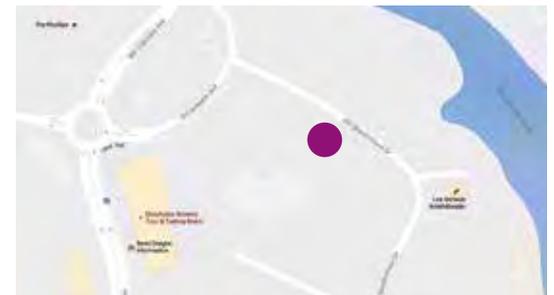
Bend Senior Center

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

Facility information on pages 27 - 30.

Follow us on Facebook!

 Bend Senior Center, the Art Station and Bend Park & Recreation District



About The Art Station

The Art Station programs and classes are operated by Bend Park & Recreation District in a historic train station in the Old Mill District.

Schedules

The Art Station is open during scheduled open studio and program times. Visit bendparksandrec.org for the current schedule.

How to Get There

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

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



Art Station Art Parties

All Ages

The Art Station is a great place to hold private parties! Paint a masterpiece, create clay projects, make your sculpture - the possibilities are endless! We have a wide range of options for guests of all ages - from toddlers to adults.

There is no set-up or clean-up - all you and your guests have to do is show up, relax and have fun. Your party will include a private party room, all the materials for your activity, aprons to wear and a dedicated art instructor. You provide the treats, decorations and party supplies such as plates, utensils and cups.

Guests:

- Adult Party: 10 guests
- Kids Party: 10 children
& 10 adult chaperones

Fees:

- Art Party: \$200 for 2 hours
- Clay Party: \$250 for 2 hours

Includes:

- 1 hour for art/clay project instruction
- 1 hour for celebration

To Book a Party:

Call (541) 389-7275 to see if your desired date and time is available. Please fill out an online party request form on our website at bendparksandrec.org.



Art Station Features

Situated in the Old Mill District across from the Les Schwab Amphitheater, the Art Station features a variety of art class mediums including:

Painting	Drawing	Printing	Sculpture	Jewelry
Glass arts	Ceramics	Pottery	Textiles	Mixed media

In addition to classes, the Art Station has open studio times and opportunities for parties or groups.

CLAY STUDIO:

Our Clay Studio with large work tables, six pottery wheels and a gas and electric kiln, provides opportunities for you to learn basic techniques, including hand building and wheel thrown pottery, as a beginner or an experienced potter in a welcoming atmosphere.

MULTI-MEDIA STUDIO:

Our large, multi-media studio with great natural lighting offers endless creative possibilities to promote critical thinking and problem solving skills, as well as pro-social behaviors in youth. Adults can explore their creative side with self-expression that is meditative, calming and has proven wellness benefits. Come improve your skills or develop new ones! The possibilities and classes are endless.

ADULT CLASSES
on pages 33 - 34.

YOUTH CLASSES
on pages 63 - 69.



Open Studio & Kiln Firing

Open Studio - Independent Work Time:

Check online calendar for open times and updates.

Artists, new and experienced alike, are welcome to come practice their art and develop skills during open studio times. Includes opportunity to store your project. Registration encouraged; drop-ins welcome if space is available.

Fee:	\$18 ID \$22 OD / visit (3 hours)
	\$162 ID \$192 OD for 10-visit pass - save 10%
Activity #:	411195
Dates:	1/1 - 12/3 (Limited schedule 6/18 - 8/31)

Kiln Firing of Artist's Pottery

Want to fire your own pottery in our kiln?
Contact Laura at (541) 617-1317 for pricing and availability.

Clay

All Skills Pottery

Ages: 16 & up

Art Station

Learn basic techniques, including hand-building and wheel thrown stoneware pottery techniques as a beginning or experienced potter. Tools and first ten pounds of clay provided; additional clay available for purchase at the studio. Instructor: Helen Bommarito

Fee: \$189 ID \$227 OD / session

Activity: 211100

W: 6:00 - 9:00 pm

Session: 8/1 - 9/5

Day Clay

Ages: 16 & up

Art Station

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

Fee: \$189 ID \$227 OD / session

Activity: 211105

F: 9:30 am - 12:30 pm

Session: 8/24 - 9/28



Drawing & Multimedia

Sketch Bend

Ages: 16 & up

Art Station

Get to know Bend through your "artist's eyes" and improve your sketching skills. Get inspired by other artist's "on the spot" drawings and their techniques as we experiment with different drawing media. We will sketch the natural beauty of Bend and some of the interesting architectural features of downtown. All levels of experience are welcome! Student provides sketchbook. Instructor: Vicki Shuck

Fee: \$98 ID \$118 OD / session

Activity: 111112

Sa: 9:00 am - 12:00 pm

Session: 5/5 - 19

Up-Cycled Garden Chair Painting NEW

Ages: 14 & up

Art Station

Transform an antique or vintage dining chair into a useful reclaimed garden creation! We provide the chair and paint, you decide the purpose! Learn eco-friendly wood furniture preparation as well as repair and refinishing techniques using 100% nontoxic acrylic paints and finishes. Instructor: Jessica Gamble

Fee: \$120 ID \$144 OD / session

Activity: 211141

W: 5:30 - 8:30 pm

Session: 6/27



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.





SUPPORTED THROUGH PARTNERSHIP WITH TOUR DES CHUTES

Cancer Survivors Art Therapy FREE

In partnership with Tour Des Chutes, this class is free of charge for adults impacted by cancer care and survivorship. This class provides access to expression and healing.

Concepts of Self in Sculpture

Construct a three-dimensional representation of yourself while utilizing negative and positive space, texture, collage and inside/outside concepts. Are you a smooth operator, a support to others, a strong leader or not sure of your qualities? Let your choices of materials, colors and gestures help inform you about your own qualities. No worries - You do not have to come knowing how to do this. It is a class of self-discovery in a fun and safe way.

Instructor: Deena Newman
Activity: 211199
Fee: Free
Tu: 6:00 - 8:00 pm
Session: 7/31 - 8/14



Pastel Landscapes NEW

Ages: 16 & up
Art Station

Discover the intensity of color when using pastel chalk to depict horizons seen and imagined. This class is for beginners and experienced artists who wish to indulge themselves in the richness provided by pastel work. You will be gently guided through a series of exercises to lay down color fields found in nature and the varied moods evoked at the horizon. Instructor: Deena Newman

Fee: \$65 ID \$78 OD / session
Activity: 211115
W: 5:45 - 7:45 pm
Session: 7/18 - 8/1

Learn to See, Learn to Draw

Ages: 14 & up
Art Station

Yes, you can draw more than a stick figure! The more you see, the better you draw. Join us as we practice seeing with "artist's eyes." Learn to use your drawing tools to achieve volume, correct proportion, perspective, lights, darks and interesting line work. Instructor: Vicki Shuck

Fee: \$105 ID \$126 OD / session
Activity: 211110
M: 5:45 - 8:45 pm
Session: 7/30 - 8/20

Jewelry

Fused Glass Jewelry

Ages: 14 & up
Art Station

In this class, you will be presented with two different techniques allowing you to create beautiful fused glass jewelry. Students will create fused glass pendant pieces and/or earring pieces using either dichroic or reactive glass to achieve remarkable results. Additional \$5 - \$10 fee paid to instructor per piece for materials and firing cost. Instructor: Julia Christoferson

Fee: \$38 ID \$46 OD / session
Activity: 211163
Tu: 5:30 - 8:00 pm
Session: 7/24

Painting

Acrylic Workshop Series

All Adults
Bend Senior Center

Wow! Learn the basics of acrylic painting in just a day. All skill levels are welcome as we focus on the techniques of color, lighting, composition, texture and layering. Take home a finished, ready-to-frame painting featuring the topics below. Take one or all classes! Additional \$20 fee paid to instructor per class for materials. Instructor: Carol Picknell

Fee: \$15 ID \$18 OD / session
Activity: 202407
Th: 1:00 - 3:30 pm
Session: 6/7 - Monkey Face
Session: 7/19 - Bird of Paradise
Session: 8/2 - Kauai Rooster

GET CREATIVE WITH A CHILD!

"With Your Child" art classes on pages 63 - 64.



Intro to Chinese Brush Painting

Ages: 16 & up
Bend Senior Center

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

Fee: \$20 ID \$24 OD / session
Activity: 202405
Th: 1:00 - 3:30 pm
Session: 6/14

Beginning Watercolor

All Adults
Bend Senior Center

Take a creative step and learn to paint in watercolor. With just two brushes and three colors, we will explore how to do washes, mix colors, make a color wheel and complete a simple project. No art experience necessary, just a willing attitude to explore and have fun. Additional \$10 supply fee due to instructor at class. Instructor: Jennifer Ware-Kempke.

Fee: \$20 ID \$24 OD / session
Activity: 202400
Th: 1:00 - 3:30 pm
Sessions: 6/21

OH! DELISH!
.....
**JAPANESE
COOKING
CLASSES**
.....
PAGE 36

make your play

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?

Cooking & Baking

Bacon Jam

All Adults

Bend Senior Center

If you like bacon, you will go crazy for bacon jam. Use it on everything from pancakes, to soups and sandwiches. Bacon jam is a bacon lover's dream-come-true and makes a great holiday gift. Instructor: Jessica Carleton.

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

Activity: 202223

Tu: 5:30 - 7:30 pm

Session: 5/22

Plant-Based Vegan Cooking

All Adults

Bend Senior Center

A hands-on cooking class for those committed to living a healthy, plant-based lifestyle. For the longtime vegan or the newbie, this class will cover the basics of eating a well-balanced vegan diet. Knife skills, kitchen shortcuts and proper bean and whole grain cooking will be covered. Menu: Thai coconut chickpeas over brown rice, walnut tacos; stir fry with Chinese fried rice. Instructor: Suzanne Landry.

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

Activity: 202231

W: 5:00 - 8:00 pm

Session: 5/30

Simple, Seasonal Summer Meal Prep

All Adults

Bend Senior Center

How do you keep healthy cooking simple and not spend all of your time in the kitchen? Learn how to prepare clean and seasonal eats for a week in just two hours! You will leave with a complete meal plan, recipes and shortcuts to healthy eats within your budget. Instructor: Layla McGlone.

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

Activity: 202212

M: 5:30 - 7:30 pm

Session: 6/4

Summertime Ice Cream Treats

All Adults

Bend Senior Center

Learn the techniques of making pure, simple ice creams for your family, including: the freezing process, flavor profiles, ingredient ratios and all the tricks for the tastiest homemade treats. Bring containers. Instructor: Brenda Chilcott

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

Activity: 202225

Tu: 5:00 - 7:30 pm

Session: 6/5

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.

Taste of Japan

All Adults

Bend Senior Center

Join instructor Yoko Godlove and take a tour of signature Japanese dishes. Discover a healthy new world of flavorful dishes - all without leaving Bend.

Let's Roll Sushi

Learn about simple sushi rolling techniques, proper sushi equipment and ingredients, including ingredients other than raw fish. The class includes recipes, the cost of food and sushi to take home for the whole family - bring containers.

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

Activity: 202266

Su: 1:00 - 4:00 pm

Session: 6/24

Miso Soup NEW

Miso is a fermented mixture of soybeans, barley and rice that's high in protein and rich in vitamins and minerals. Miso is a daily staple in Japan, leading some to believe that it is the secret behind their longevity. Bring containers for leftovers.

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

Activity: 202267

Tu: 5:30 - 7:30 pm

Session: 7/17

Okonomiyaki NEW

Okonomiyaki (literally means 'grilled as you like it') is a savory version of Japanese pancake, made with flour, eggs, shredded cabbage, meat/protein and condiment toppings. It's a great way to use up leftovers. Bring an apron and take-home containers.

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

Activity: 202268

Tu: 5:30 - 7:30 pm

Session: 7/24



Cooking with New Mexico Red Chiles

All Adults

Bend Senior Center

Let's cook with red dry chilies and spice things up. We'll learn about the different uses in recipes, prepare red chile sauce, a chile potato dish and New Mexico style red enchiladas. Class includes, recipes, food, and chile sauce to take home. Bring containers. Instructor: Marsha Palmer.

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

Activity: 202269

Sa: 11:00 am - 1:00 pm

Session: 6/9

Savory & Spicy NEW International Dishes

All Adults

Bend Senior Center

Taste unique flavors from different ethnic cuisines while enjoying mostly plant-based dishes. Cook from scratch some of the best dishes the world has to offer: Thai noodle stir fry; Japanese mabo tofu with shiitake; North African shakshuka; Greek couscous salad and more. Instructor: Suzanne Landry.

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

Activity: 202229

Sa: 10:00 am - 1:00 pm

Session: 6/16

Artisan Pizza

All Adults

Bend Senior Center

Mama Mia, that is-a-good-pizza pie! Here is your chance to learn the secret behind a flavorful pizza dough and creating a crispy crust in a conventional oven. Mix your own pizza dough by hand and craft your own personal artisan pizzas. Instructor: Brenda Chilcott

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

Activity: 202254

Th: 5:00 - 7:00 pm

Session: 6/21

Make Your Own Kimchi

All Adults

Bend Senior Center

Kimchi is a traditional fermented Korean delicacy made with vegetables, the most common being cabbage. Not only is it a low-calorie, high fiber and nutrient-packed side dish, the health benefits of kimchi, like other fermented foods, is well-documented. We will learn to make Napa cabbage kimchi and other recipes. Instructor: Jessica Carleton.

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

Activity: 202222

Tu: 5:30 - 7:30 pm

Session: 6/26

Grilling Beyond the Meat

All Adults

Bend Senior Center

Burgers and dogs, move over! Explore the many entrees, sides, grilled pizza, salads and desserts you can make on the grill. Learn about marinades and rubs too. Serve more filling and delicious dishes using the wholesome freshness of fruits and vegetables, lean protein and seafood. Instructor: Suzanne Landry

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

Activity: 202228

Sa: 10:00 am - 1:00 pm

Session: 8/4



Preserves & Jams NEW

All Adults

Bend Senior Center

Learn to turn the sweet, tasty summer harvest into delectable eats year round! Learn what constitutes a jam and how it differs from a preserve or jelly. We'll cover the basics and a simple recipe for homemade jam. All materials provided and participants take home 3 six-oz. jars of finished jam, which make perfect gifts. Instructor: Marsha Palmer

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

Activity: 202233

W: 4:00 - 7:00 pm

Session: 7/25

Cooking with Fresh Herbs & Spices

All Adults

Bend Senior Center

Make memorable dishes using fresh herbs and dried spices. Learn how to purchase, store and use them in recipes for entrees, soups, salads and veggie dishes. Lecture covers the difference between herbs and spices; subbing fresh for dried; flavor families of international cuisines; and spice rack essentials. Instructor: Suzanne Landry.

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

Activity: 202213

Th: 5:00 - 8:00 pm

Session: 7/19

Handmade Pretzels

All Adults

Bend Senior Center

Do you love those soft, hot, fresh pretzels, but think you can only get them at the ball game? Learn how to make them, and enjoy them fresh out of the oven. We will also make a couple of different dipping sauces. Better not miss this one! Instructor: Jessica Carleton.

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

Activity: 202241

Th: 5:30 - 7:30 pm

Session: 8/2

Company-Loving Make-Ahead Brunch

All Adults

Bend Senior Center

Master crowd-pleasing, make-ahead brunch ideas so you can kick back and enjoy time with company. Tasty dishes include: asparagus and mushroom quiche, home-fried chili potatoes; fiesta quinoa salad; spicy and sweet corn muffins and more. Instructor: Suzanne Landry

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

Activity: 202227

Th: 5:00 - 7:30 pm

Session: 8/9

Cooking with New Mexico Green Chiles

All Adults

Bend Senior Center

Learn to cook with fresh, New Mexico green chiles. We'll start with the culinary history of chile and how to handle them safely and efficiently in the kitchen. We'll roast fresh, in-season Hatch green chiles and prepare green chile chicken enchiladas. Class includes recipes, cost of food and chile sauce to take home. Bring containers. Instructor: Marsha Palmer.

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

Activity: 202270

Sa: 11:00 am - 1:00 pm

Session: 8/11

Dance

Silver Swans®

Ages: 30 & up

Academie De Ballet Classique

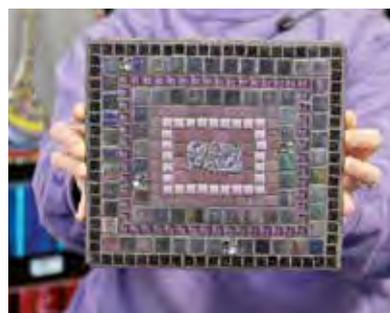
Whether you've never danced before or want to get back into the swing of it, our Silver Swans® classes have something for everyone! Wear ballet attire or comfortable clothes that moves easily. Wear layers to shed as we warm up. Developed by the Royal Academy of Dance, this program is a licensed Silver Swans® class. Instructor: Valerie Holgers RAD RTS

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

Activity: 202173

Tu: 12:30 - 1:30 pm

Sessions: 6/12 - 7/10 7/17 - 8/14



DIY: Arts & Crafts

DIY: Mosaic Stepping Stones

Ages: 16 & up

Bend Senior Center

Mosaic step stones are a great way to personalize your garden, walkway, or yard. This hands-on class covers how to create your own garden art, including advanced techniques, such as using tiles, stone, river rocks, stained glass and more. Instructor: Jessica Carlton

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

Activity: 202434

Th: 4:00 - 7:00 pm

Session: 5/31



With Your Child

Designed for an adult/child team, roll up your sleeves and share the wonder and excitement with cooking with your little one.

Adults register for the class, child is included in the fee.

With Your Child: French Pastry

Ages: 8 & up with adult

Bend Senior Center

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

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

Activity: 202250

M: 5:00 - 7:00 pm

Session: 5/21



With Your Child: French Macarons

Ages: 8 & up with adult

Bend Senior Center

Celebrate some one-on-one time with your 'mon petit sweet.' You and your child will learn the basics of French macarons. Learn to incorporate seasonal flavors, piping with precision and even achieving the perfect "piéd" (foot). Instructor: Abby Rowland.

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

Activity: 202251

M: 5:00 - 7:00 pm

Sessions: 6/11 6/18

With Your Child: Hand Pies

Ages: 7 & up with adult

Bend Senior Center

Learn to make miniature, old-fashioned hand pies with little hands! Your child will learn to make a perfect pie crust and pie filling. With the help of cookie cutters and fun decorations, we will bake perfectly portioned old fashioned treats! Instructor: Abby Rowland.

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

Activity: 202256

M: 5:00 - 7:00 pm

Session: 7/23

DIY: Watercolor Tile Coasters **NEW**

Ages: 16 & up

Bend Senior Center

Have fun creating tile coasters that perfectly fit the unique style of your home. Anyone can use this easy technique to create one-of-a-kind tile accents. Instructor: Maren Jeffery

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

Activity: 202441

Th: 5:30 - 7:30 pm

Session: 6/14

DIY: Homemade Grain-Free Dog Treats **NEW**

Ages: 16 & up

Bend Senior Center

You'll do the cooking as we learn to make homemade grain-free dog treats for your furry friend. These treats are easier on the wallet and ideal for training or spoiling. Your dog will go nuts for these recipes. Bring containers for take-home treats. Instructor: Maren Jeffery

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

Activity: 202444

Tu: 5:30 - 7:30 pm

Session: 6/19

DIY: Mason Jar Oil Lamps **NEW**

Ages: 16 & up

Bend Senior Center

Create a lovely ambiance for your home and liven up outdoor spaces this summer with a Mason jar oil lamps. These homemade lamps last longer than regular candles and will make your home smell absolutely delicious. Choose from a variety of scents and styles. Instructor: Maren Jeffery

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

Activity: 202443

Th: 5:30 - 7:30 pm

Session: 7/12

DIY: Hand-Painted Turtle Wine Glasses **NEW**

All Adults

Bend Senior Center

In this glass painting workshop, you'll create a set (2) of one-of-a-kind wine glasses. Learn different methods for textures and patterns and leave inspired and ready to create your own pieces at home. All materials supplied. Instructor: Diane Burns

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

Activity: 202420

F: 5:30 - 7:30 pm

Session: 7/27

**With Your Child: Tea Cup Bird Feeders** **NEW**

Ages 5 & up with adult

Bend Senior Center

Do you like to watch the birds in your garden? Join us as we create delightful and functional one-of-a-kind bird feeders out of tea cups and saucers. Everything you need will be provided in this creative workshop for you and your child to make a bird feeder. Adult registers child attends for free. Instructor: Diane Burns

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

Activity: 202421

Th: 5:00 - 7:00 pm

Session: 8/9

Fiber Arts**Learn to Knit**

All Adults

Bend Senior Center

Learn the basics of knitting: how to hold a pair of needles, work a knit stitch, cast-on and bind-off stitches. Compare different needles and learn how to choose the one for you and your yarn. Make a cotton wash cloth using the knit stitch, and if time permits, learn the purl stitch. Cotton yarn supplied. Instructor: Kristina Romer

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

Activity: 202470

Tu: 9:30 - 11:30 am

Session: 6/5 - 12

First Knitted Beanie: A Next Skill Builder **NEW**

All Adults

Bend Senior Center

When you know the basic stitches in Learn to Knit class, tackle your first beanie using a circular needle. Learn the skills to make a beanie or "slouchy" of any size. The pattern and small size is super easy and quick, so start and finish in one class! Yarns supplied or bring your own. Instructor: Kristina Romer

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

Activity: 202474

Tu: 9:30 - 11:30 am

Session: 7/17

**Play for work.
Work for play.**

View available positions at bendparksandrec.org/jobs.

**Fitness - Specialized:****Stand Tall - Don't Fall**

Ages: 50 & up

As we age, a loss of balance can lead to fear of falling which often results in a decrease in quality of life. This multi-faceted program emphasizes safety, builds new skills to maintain balance and helps to provide the confidence to remain active and healthy throughout our mature years. This class is limited to 30 and taught by certified Arthritis instructors. Prerequisite: Ability to stand unassisted for 15-20 minutes in class.

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

Activity: 202777

W: 10:00 - 11:00 am

Sessions: 6/13 - 8/22 (no class 7/4)

More fitness classes in Adult Fitness.

Look on pages 46 - 52.



Gardening

Mason Jar Herb Garden NEW

Ages: 16 & up

Bend Senior Center

With a few simple tips, you can learn to re-purpose a mason jar into a DIY indoor herb garden. It's a country chic way to get fresh herbs in your kitchen for seasons to come. Instructor: Maren Jeffery

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

Activity: 202202

Th: 5:30 - 7:30 pm

Session: 5/17

With Your Child: Flowering Spring Basket NEW

Ages: 6 & up with adult

Bend Senior Center

Enjoy some one-on-one time with your child and create a beautiful spring basket together. You'll learn techniques for filling provided containers with flowers and plants. It's sure to bring smiles. Fee includes one adult/child team - only the adult registers. Instructor: Rae Aldrich.

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

Activity: 202203

W: 4:30 - 6:30 pm

Session: 5/23

Succulent Garden Dish NEW

Ages: 16 & up

Bend Senior Center

Currently very trendy, succulents are easy to grow and perfect for dish gardens! Learn about succulents, their care and how to upcycle forgotten items into creative and beautiful planters. Bring a small container/dish to start your own garden. Instructor: Rae Aldrich.

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

Activity: 202200

W: 5:00 - 7:00 pm

Session: 6/6



Music

Beginning Guitar I

Ages: 14 & up

Bend Senior Center

Learn the basics of acoustic guitar. 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. Instructor: Carl Ventis.

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

Activity: 202106

M: 4:45 - 5:45 pm

Sessions: 6/4 - 25 7/9 - 30
8/6 - 27



Beginning Guitar II

Ages: 14 & up

Bend Senior Center

Beginning guitar taught you basic chords, basic strumming and very basic songs. Beginning Guitar II expands your knowledge base and teaches different strum patterns. We will also incorporate picking and simple bar chords to expand your song knowledge, along with a little music theory. Improve your skills and become a more confident guitar player. Instructor: Carl Ventis.

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

Activity: 202107

M: 6:00 - 7:00 pm

Sessions: 6/4 - 25 7/9 - 30
8/6 - 27

Beginning Ukulele I

Ages: 14 & up

Bend Senior Center

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

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

Activity: 202100

Tu: 4:45 - 5:45 pm

Session: 6/5 - 6/26 7/10 - 31
8/7 - 28

Technology

Photo Editing on your Phone or iPad

All Adults

Bend Senior Center

Take your pictures to the next level with basic photo editing on your iPad or phone. Learn simple techniques to make your photos brighter, more vibrant and captivating. Bring your phone or iPad with photos. Instructor: Maren Jeffery

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

Activity: 202563

W: 5:30-7:00 pm

Session: 7/18

iPad Essentials

All Adults

Bend Senior Center

Designed for those who want to "start from the beginning." From customizing the screen to Internet, email, texting, adding apps, Siri, and more. Covers everything to know to get up and running on your iPad. Bring your iPad running iOS 11. Instructor: Robyn Lyman

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

Activity: 202560

M/W/F: 10:00 am - 12:00 pm

Session: 8/27 - 31

Tours

Out to Lunch Bunch

All Adults

Bend Senior Center

Come and enjoy a "little bite of Bend" with monthly visits to local eateries. We may visit an ethnic food restaurant or dine in one of Bend's oldest establishments. Transportation, lunch and gratuity included. Restaurant announced two weeks prior to program date. Space is limited.

Fee: \$19 ID \$23 OD

Activity: 202530

M: 11:00 am - 1:00 pm

Sessions: 6/11, 7/2, 8/13



Riley Ranch Nature Reserve

NEW

All Adults

Bend Senior Center

Join us for a stroll through Riley Ranch Nature Reserve, as we visit the overlook above the rocky river canyon to view unique lava flows, cliffs and sweeping mountain views. The nature reserve is composed of 184 acres of former private ranch land, which now hosts many native plant species, migratory birds and wildlife. Please wear sturdy shoes for soft-surface trail. Transportation included.

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

Activity: 202330

M: 12:30 - 3:30 pm

Session: 5/21

Historic Carousel & Museum Tour

All Adults

Bend Senior Center

NEW

Come along on a nostalgic trip to a bygone era as we visit the newly opened Albany Carousel and Museum. We will marvel over the handiwork of over 160,000 hours of volunteer time spent restoring and carving the 50 featured animals on the carousel. Transportation and lunch included.

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

Activity: 202300

Su: 8:30 am - 7:00 pm

Session: 6/10

Elk Lake Lunch & Pontoon Boat Ride

All Adults

Bend Senior Center

Join us for a summer day at Elk Lake. After exploring the grounds and lodge, we will enjoy a leisurely lunch overlooking the lake. Following lunch, we will explore the lake on a pontoon boat while we hear about the history of the lodge and lake. Cost includes transportation, lunch and boat ride.

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

Activity: 202301

M: 10:30 am - 3:30 pm

Session: 8/20

Trips

Philadelphia, the Poconos & the Brandywine Valley

All Adults

Join the Bend Senior Center and travel to Philadelphia, the Poconos and the Brandywine Valley. Learn about some of our nation's oldest history. During this tour, we will experience the Valley Forge National Historical Park, a Philadelphia city tour, Independence Hall, the Liberty Bell, National Constitution Center, the Poconos, two former DuPont mansions, Hershey's Chocolate World, Pennsylvania's Amish Country and more. The program showcases a six-day/five-night itinerary staying at the first-class Hilton hotel at Penn's Landing and flying roundtrip Portland/Redmond to Philadelphia.

Dates: 6 days
9/16 - 21, 2018

Fee: \$1795/each (dbl occupancy)
land/air/ tax from Portland

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

Volunteer with events.

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

Scenic Switzerland

All Adults

Journey to Switzerland for an in-depth look of the Alps. This incredible tour will give you a true glimpse into the Alps along with Geneva, Chamonix, Zermatt, Gstaad, Montreux and more. Features a nine-day/seven-night itinerary to Geneva, Switzerland and home from Zurich. The tour showcases first-class hotels, including four nights in small town Europe's finest, Yverdon-les Bains, and three nights in Lucerne. Explore the best the Alps has to offer including Interlaken, Lucerne walking tour, Bern City tour and Bear Pits, Gruyeres, the Matterhorn, Swiss wine tasting and more.

Dates: 9 days
9/18 - 26, 2018

Fee: \$3995 each (dbl occupancy)
land/air/ tax from Portland

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

Munich's Oktoberfest & Danube River Cruise

All Adults

Join the Bend Senior Center on a remarkable European river cruise. Enjoy the Danube River and passing scenery of some of Europe's oldest and most iconic cities and towns. The onboard luxury interior, hospitality and exclusiveness of the new Amadeus Queen provides ultimate comfort, while daily touring and inclusive meals and local wines make this a trip to remember. This cruise features incredible views, significant European history, iconic castles and touring in the cities of Munich, Regensburg, Melk, Durnstein, Vienna, Budapest and more. Each luxury stateroom is fully-equipped with modern furnishings including larger private bathrooms with shower. An experience of a lifetime!

Dates: 11 days
10/2 - 12, 2018

Fee: \$4595 each (dbl occupancy)
land/air/ tax from Portland

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

Santa Fe Holiday

All Adults

Travel on 'Santa Fe Holiday' this winter holiday and explore some of our nation's historic past in the artist's mecca of Santa Fe, New Mexico, famous for its holiday season decorations. During this tour, we will experience Albuquerque, Santa Fe, the "High Road to Taos," Loretto Chapel, Indian Pueblo Cultural Center, Taos Pueblo and more. The program showcases a five-day/ four-night itinerary staying in the first-class hotel, Inn of Governors, in historic Santa Fe.

Dates: 5 days,
11/28 - 12/2, 2018

Fee: \$1575 each (dbl occupancy)
land/air/ tax from Redmond/Portland

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

Costa Rica Adventure

All Adults

Journey to Costa Rica to immerse yourself in Central America's greatest hidden gem, Costa Rica. This nine-day/eight-night tour featuring sixteen meals will give you a true glimpse into this incredible country and its people. The program features a professional naturalist tour director and showcases first-class hotel accommodations, including three multi-night stays. Visit Paos Volcano National Park to view the dramatic mile-wide crater from an overlook, along with the Arenal Volcano National Park. Other highlights include, Jungle Crocodile Safari Cruise, coffee plantation visit, butterfly garden, hummingbird gallery, orchid garden tour and much more.

Dates: 9 Days
2/13 - 21, 2019

Fee: \$3,195 each (dbl occupancy)
land/air/ tax from Portland

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



Wellness

Get Your Glow: Summer Skin Care

Ages: 15 & up

Bend Senior Center

Learn to create a spa experience at home. Discover healthy homemade skin care solutions to nourish your skin helping support a beautiful glow. Try products at the class and take home a recipe collection that includes moisturizers, scrubs and soothing muscle rub. Instructor: Layla McGlone.

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

Activity: 202036

M: 5:30 - 7:30 pm

Session: 5/14

Learn Reiki Technique

All Adults

Bend Senior Center

Learn Usui Reiki I, a gentle non-invasive, hands-on Japanese technique for stress reduction and relaxation that also promotes healing. Participants learn about Reiki and will have practice giving and receiving Reiki for themselves, others and pets. Instructor: certified Usui Reiki Master Kristina Romer. A student workbook provided.

Fee: \$79 ID \$95 OD / session

Activity: 202620

F: 12:30 - 3:30 pm

Session: 8/10 - 17

Self-Massage & Relaxation

Ages: 15 & up

Bend Senior Center

Discover simple practices and tools to soothe your sore muscles and promote relaxation. Gain an understanding of reflexology, the role of fascia and the power of breath to improve circulation and relaxation. Instructor: Layla McGlone.

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

Activity: 202038

M: 5:30 - 7:00 pm

Session: 8/13



Sugar & Salt Body Scrubs

Ages: 14 & up

Bend Senior Center

Learn to formulate naturally-scented salt and sugar scrubs that will have your skin singing your praises. We'll learn the difference between salt and sugar scrubs, how to create scents mixing essential oils and the benefits of adding natural ingredients for extra-exfoliating power. Instructor: Maren Jeffery

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

Activity: 202037

Th: 5:30 - 7:00 pm

Session: 8/16

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



DISCOVERY
IN BEND
.....
RILEY RANCH
NATURE RESERVE
WALKS
.....
SEE BELOW.

You're greater outdoors.

There's nothing quite like the outdoors for refreshing the body and mind. Whether you're a bonafied nature buff or just wanting to step outside from time to time, a little adventure (or two or three or four) offers the exercise you're wanting while expanding your knowledge, too.

In her own grand and beautiful style, Mother Nature always has a way of making us better, both inside and out.



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

Hiking & Walking

Riley Ranch Nature Reserve Walks NEW

All Adults

Riley Ranch Nature Reserve

Level 1 - Summer evenings are a magical time to stroll the Riley Ranch Nature Reserve. As the sun moves low and a gibbous moon rises in the sky, the temperature begins to drop and wildlife sightings increase. Join us for some guided strolls to learn about this scenic gem. Leader: To be determined.

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

Activity: 208460

Daily: 7:00 - 9:00 pm

Sessions: Sa: 5/26 M: 6/25

Tu: 7/24 Th: 8/23

Ochoco Wildflower Hikes NEW

All Adults

Meet at The Pavilion

Level 2+ - These moderate hikes average 5 - 8 miles with plenty of time to learn about the native flowers and plants, take pictures and enjoy the early summer weather in the Ochoco Mountains. Leader: Leslie Olson.

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

Activity: 208741

Tu: 8:30 am - 4:00 pm

Sessions: 6/12, 6/19



Historic NEW Wagon Road Outings

All Adults

Meet at The Pavilion

Level 2+ - Feel the allure of the pioneering spirit! Wagon roads were once the main thoroughfare for traveling over the Cascades and through Central Oregon. Now that the wagons are gone, the roads are reserved for curious souls to recapture the spirit of the old West. Explore Mt. Hood's Barlow Road (Level 2), the most perilous section of the Oregon Trail. We'll make numerous stops for visits to wagon ruts, pioneer graves and other points of interest while hearing stories and journal accounts that make history come alive. You can also try a three-week session of hikes (Level 2+ with 7 - 10 miles each day) along the old Santiam Wagon route west of Santiam Pass. Transportation included. Leader: Leslie Olson.

Activity: 208720

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

M: 8:00 am - 6:00 pm

Session: 8/20 Barlow Wagon Rd.

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

Tu: 8:30 am - 5:00 pm

Session: 9/11 - 25 Santiam Wagon Rd.

Rainbow Seeker Hikes

Ages: 50 & up

Meet at The Pavilion

Level 2 - Explore easy to moderate trails at a very comfortable pace. Hikes range from 4- 6 miles. Join the camaraderie of a group of folks that enjoy socializing while on leisurely hikes. Transportation included. Leader: Dean Dobbs

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

Activity: 208740

Tu: 8:30 am - 3:30 pm

Sessions: 5/29 - 6/5 6/12 - 19

6/26 - 7/3 7/10 - 17

7/24 - 31 8/7 - 14

8/21 - 28 9/4 - 11

Trailpacers Hikes

All Adults

Meet at The Pavilion

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

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

Activity: 208715

Th: 8:30 am - 4:30 pm

Sessions: 6/14 - 6/28 7/5 - 7/19

7/26 - 8/9 9/6 - 9/20



Water Sports & Boating

Overnight Raft Trip: Exploring the John Day

All Adults

Meet at Harmon Park

Flowing through a land of dramatic geology and scattered ranches, the John Day River is the longest un-dammed river in Oregon. Our small group will start at the Condon Paleontology Center, a world-class history museum displaying over 500 fossil specimens representing the significance of the John Day Fossil Beds. We'll travel down the John Day canyon and camp riverside before departing on a relaxing two-day raft float along the river (one Class II rapid), including a tranquil camp along the river. Coming off the river, we'll swing through the Painted Hills to marvel at the spring colors before returning to Bend. Some camping gear available upon request. Transportation, leadership, meals and paddle raft included. Questions? Call Eric at (541) 706-6116 or email at EricD@bendparksandrec.org.

Fee: \$350 ID \$400 OD / session

Activity: 208205

F - Su: 8:30 am 6:00 pm

Session: 6/8 - 10

Hike & Walk Ratings

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

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

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

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

Daytrippers:

Looking for some fabulous tours or day trips?

BPRD is hosting several different outings this summer.

See page 39 - 40.



For more information, call (541) 389-7275 • bendparksandrec.org • Location and park lists on pages 107 - 111

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

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 as 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.

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

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

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

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

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

PPP Kayak Clinic

All Adults

Tumalo Creek Kayak & Canoe

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

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

Activity: 208969

W 6:00 - 8:00 pm

Session: 5/9

Sa: 2:00 - 4:00 pm

Session: 5/12



Basic Stand Up Paddleboard

All Adults

Tumalo Creek Kayak & Canoe

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

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

Activity: 208955

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

Sessions: Most Thursdays & Sundays, June - August



Basic Skills Kayaking

All Adults

Tumalo Creek Kayak & Canoe

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

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

Activity: 208960

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

Sessions: Most Thursdays & Saturdays, June - August

Intermediate Skills Kayaking

All Adults

Tumalo Creek Kayak & Canoe

Designed for beginning and intermediate paddlers who have taken the Basic Skills Kayaking class and are ready to take things to the next level. Learn smooth paddle strokes, effective maneuvers, self-rescues, graceful re-entries and how to deal with waves and shifting winds. This is the perfect primer for those looking to plan longer ocean adventures.

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

Activity: 208961

Su: 8:15 am - 4:00 pm

Sessions: 7/8 7/22
8/5 8/19
9/9

Full Immersion Whitewater Kayak

Ages: 16 & up

Tumalo Creek Kayak & Canoe

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

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

Activity: 208962

F: 5:30 - 8:00 pm

Sa: 9:00 am - 4:00 pm

Su: 9:00 am - 6:00 pm

Sessions: 5/11 - 13 5/25 - 27
6/8 - 10 6/22 - 24
7/6 - 8 7/20 - 22
8/3 - 5 8/17 - 19
9/7 - 9

Women Only Session: 6/15 - 17

Intermediate Whitewater Kayak

Ages: 16 & up

Tumalo Creek Kayak & Canoe

A continuation of the Full Immersion Whitewater class with an emphasis on precision river running and additional safety techniques. You'll learn to pick apart rapids, slow things down and make difficult sections of river more manageable as you develop your skills and confidence. Equipment provided.

Fee: \$195 ID \$234 OD / session

Activity: 208963

Sa - Su: 8:00 am - 6:00 pm

Sessions: 7/14 - 15 8/11 - 12



Half-Day Deschutes River Tour

Ages: 14 & up

Tumalo Creek Kayak & Canoe

Imagine floating on a kayak, stand up paddleboard or canoe through a completely undeveloped, pristine and aqua-blue section of river in the heart of the Deschutes National Forest, passing ancient lava flows and colorful aspen groves as we explore tranquil lagoons and side channels. This tour is suggested as a relaxing outing for all ages and skill levels looking for a perfect mini-adventure.

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

Activity: 208966

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

Sessions: Most Tuesdays & Fridays,
June - August 



Upper Deschutes River Tour

Ages: 14 & up

Tumalo Creek Kayak & Canoe

Paddle approximately nine miles of moving flatwater and experience the serenity and pristine beauty of paddling a winding river. Keep an eye out for deer, elk, bald eagles, great blue herons, beavers and otters. A great trip for families looking to get off the beaten path in Central Oregon. Includes lunch and equipment.

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

Activity: 208967

W or Sa: 9:00 am - 3:00 pm

Sessions: Most Wednesdays
& Saturdays,
June - August 



Wilderness & Outdoor Safety

River Safety & Rescue

Ages: 14 & up

Pioneer Park

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

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

Activity: 208980

Sa: 8:30 am - 5:00 pm

Sessions: 5/26 7/7
8/4

Swiftwater Rescue - Advanced

All Adults

Pioneer Park & McKenzie River

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

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

Activity: 208984

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

Sessions: 6/2 - 3 7/14 - 15

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 NOLS Wilderness Medicine. CPR not included.

Fee: \$225 / session

Activity: 408360

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

Sessions: 6/2 - 3 11/17 - 18

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

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

Fee: \$745 / session

Activity: 408364

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

Session: 10/30 - 11/8

WFR Recertification

Ages: 16 & up

Hollinshead Barn

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

Fee: \$320 / session

Activity: 408362

Daily: 8:00 am - 5:00 pm

Sessions: 10/2 - 4 (Tu - Th)

10/20 - 22 (Sa - M)

11/9 - 11 (F - Su)



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

**NATIONAL
SENIOR
HEALTH &
FITNESS DAY**
May 30
See page 47

fit to move

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)
Facility information on pages 18 - 20.

Bend Senior Center 
1600 SE Reed Market Rd.
p. (541) 388-1133
Facility information on pages 27 - 30.

Look for the JSFC and BSC icons with class descriptions.
A variety of passes are available for both locations. Pass information on pages 16 - 17.

 **Follow us on Facebook!**
Juniper Swim & Fitness Center, Bend Senior Center, The Pavilion, the Art Station and Bend Whitewater Park.

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-served basis.

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

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

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

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

Disponibilidad de Instructores Bilingües en Inglés y Español.

Para mayor información visite bendparksandrec.org/espanol.

Bilingual Spanish/English fitness instructors available.

View classes online at bendparksandrec.org/espanol.



Get Started with Fitness 101

Whether you are new to fitness or making a return, our expansive schedule of classes offer something for everyone! All our fitness classes are ongoing and offered on a first-come, first-served basis. New students, attend one of our 101 classes to get you oriented and off to a great start. Questions? Call our helpful staff for assistance at (541) 389-7665.



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 48 - 52. Visit our website at bendparksandrec.org for the Fit4U class schedule.

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 or coming back after some time off? 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:

Introductory Session:	\$75
Single Session:	\$60
Mini Consultation:	\$25 (30-Minutes)
3 Session Package:	\$171 (\$57 each)
6 Session Package:	\$324 (\$54 each)

Partner Training Rates (per person):

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

Group Training Available: 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 bendparksandrec.org for trainer bios and fitness options.

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

Private & Semi-Private Classes

Looking for personalized instruction in one of BPRD's classes? Want to hone in an advanced movement or a specific area of fitness? Private classes are perfect for focusing on you.

Our highly-trained instructors offer private and semi-private sessions in all listed Yoga, Pilates, Indoor Cycling, Water Fitness, Strength & Conditioning and Cardio classes.

30-minute session:	\$25
60-minute session:	\$50

Session can be shared with a partner of like abilities and goals.

Call the Fitness Team at (541) 706-6188 to schedule your class.

National Senior Health & Fitness Day

25th Anniversary Event

Wednesday, May 30th, 2018

Come join us at Bend Senior Center and Juniper Swim & Fitness Center for:

Class Samplers

Free Fitness Orientations

Health & Wellness

Professionals

Treats and More

Look for more on our Fitness Events & Workshops schedule at bendparksandrec.org

Make the most of your fitness this summer.

- Beat the heat with air conditioning and refreshing pools.
- Avoid allergens and wildfire smoke with our filtration systems.
- Try a new class! Discover the wonderful environment of our outdoor water fitness classes!
- Condition for those great summer adventures.
- Train consistently for your walks, runs, rides, swims, triathlons and races.



Indoor Cycling:

Benefits: Indoor cycling is a non-impact, cardio workout for everyone - you don't need to be a cyclist to enjoy these classes. Classes can be easily modified to meet your needs and goals. Want to cycle on your own? You're welcome to use the bikes when classes are not in session.

BABY & ME CYCLE/CORE JSFC

Bring baby and get your workout in while you connect with other parents and guardians. Babies can sit in a car seat, in a stroller, on a blanket or in a bouncy-type seat while you ride. Babies welcome from six weeks to crawling.

CYCLE JSFC

Offering a wide range of structured cycle workouts from endurance rides and hill climbs to sprints and race pace efforts. You are encouraged to modify your ride to meet your needs and goals.

Fit 4U CYCLE 101 JSFC

Want to try indoor cycling? The instructor will assist you with a detailed bike set up, teach modifications and give you the skills and confidence to make indoor cycling a part of your exercise routine.

CYCLE CORE JSFC

A double whammy! It's a cycling workout with off-the-bike core training to finish up.

CYCLE ON YOUR OWN JSFC

Non-instructed cycling on your own. Please check in at the South reception desk for personalized assistance.

CYCLE/STRENGTH & CORE JSFC

A combination of cardiovascular training, strength training and core conditioning, both on and off the bike.

EXPRESS CYCLE JSFC

Short on time? This is your class for a comprehensive workout as it's a regular workout just condensed for time.

EXTENDED CYCLE JSFC

Let's go and go and go! Longer format class to build endurance.

Fit 4U FIT 4 U CYCLE JSFC

Wide range of structured cycle workouts. Perfect for active, older adults.

WORLD BEAT CYCLE JSFC

International music selections to inspire you as you navigate hills, flats and intervals and a bit of geographic trivia thrown in to exercise your brain, too.

Cardio Fitness & Dance:

Benefits: These classes are full of variety with dance, step, kickboxing and always your choice of high- or low-impact. Engage your muscles and get your heart pumping for increased strength and resilience.

CARDIO BARRE BODY JSFC

Let's not glisten, let's sweat! This class uses the fundamentals of ballet, yoga and Pilates, and fuses them together in an easy-to-follow, fast-paced manner to create a heart pumping class. Gym shoes required.

Fit 4U CARDIO BALL BSC

Light, low-impact cardio and core conditioning integrating exercise balls, chairs and light weights.

CORE/STRENGTH/ CARDIO CHALLENGE JSFC

Cardio-intense intervals, strength and functional training utilizing weights, resistance bands and body bars for a full body workout.

Fit 4U INDOOR CARDIO WALKING BSC

Alternating cardio walking with body toning for quick and efficient results. Easy-to-follow workouts without any complex or fancy footwork.

P90X® LIVE! JSFC

P90X Live constantly switches things up to help you and your muscles break through fitness plateaus. Cardio, resistance and strength training, plyometrics, ab work and more! Modifications are offered continually.

TURBO KICK LIVE!® JSFC

Ready to become a total fitness knockout? With fun, rhythmic cardio kickboxing moves and high energy music, you'll get ultra-lean and toned while having a blast.

Fit 4U BALLET FUNDAMENTALS JSFC

Basic classical ballet technique, cueing, body alignment and musicality. Instruction focuses on proper position and variations, benefiting both the beginner student as well as those with more experience.

Fit 4U BEGINNING LINE DANCE I BSC

Featuring a wide variety of music, this class is designed for those that want to learn the basic steps as well as progress further.

Fit 4U BEGINNING LINE DANCE II BSC

Step it up! For those that want more of a challenge, we'll build on our basic steps to a variety of music styles.

BLISS DANCE WORKOUT JSFC

Phenomenal fun, serious sweat! A 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

Another great Bliss workout! High energy and music-fueled, this class delivers a fierce cardio-blast while dancing to the best hip hop, funk and club beats.

BLISS/ZUMBA JSFC

Come for the full hour and get your cardio dance on! Make the most of your tight schedule with 30 minutes of Bliss dance workout followed by 30 minutes of Zumba. Whether it's 60 or 30 minutes, your body will thank you.

Fit 4U CARDIO DANCE 101 JSFC

Let's get you dancing and your heart pumping! Instructor will take you through basic practice steps of the various cardio dance formats that we currently offer.

CARDIO DANCE FUSION JSFC BSC

Mix it up, fuse it all together. Set to numerous genres of music, class offers various cardio dance formats.

Fit 4U NIA® JSFC BSC

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life, body and mind.

Fit 4U ZUMBA® 101 **BSC**

Learn the basics of Zumba, one step at a time! Taught at a slower pace with attention to individual steps and time to practice each, this class will have you feeling confident you can attend any Zumba class as you build your skill set.

Fit 4U ZUMBA GOLD® **BSC**

Come ready to sweat and leave feeling empowered and strong! Featuring easy-to-follow choreography focused on balance, range of motion and coordination, Zumba® Gold is the perfect match for both beginners and active older adults who are looking for lower intensity modifications of the original Zumba® moves you love.

ZUMBA® **JSFC** **BSC**

Zumba takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why Zumba® fitness classes are often called exercise in disguise.

(Also see Aqua Zumba, page 51.)

ZUMBA® - SPANISH SPEAKING **JSFC**

Hola Zumba! All are welcome in this Spanish-instruction dance fitness class that incorporates Latin and international music. Fun and easy-to-follow for both Spanish and non-Spanish speakers, this class is for dancers as well as non-dancers! All facets of class including the welcome and class orientation will be in Spanish.

Strength & Conditioning:

Benefits: Make every day better by improving your day-to-day function with strength and conditioning! Use a variety of equipment to increase your muscle strength and endurance, bone density and balance.

Fit 4U BEGINNING BARRE **BSC**

Class combines ballet and strength conditioning with head-to-toe flexibility, balance and core work.



BARRE BODY **JSFC** **BSC**

Conditioning class utilizing small, precisely controlled body movements to challenge, tone and define muscles. Core strength and balance improve as the exercises constantly reinforce proper body alignment and posture.

Fit 4U FITNESS CENTER CIRCUIT **JSFC**

Coached workout with a series of stations to get your whole body fit. Held in the fitness center, these classes offer something for everyone.

Fit 4U FUNCTIONAL FITNESS **JSFC** **BSC**

Improve your daily function through a series of exercise routines emphasizing flexibility, balance and strength. Class focus is on muscle mechanics, core work and body awareness.

TOTAL BODY STRENGTH & CORE **JSFC**

A total body strength workout using a variety of equipment.

TRX CIRCUIT **JSFC**

Get a full-body workout utilizing TRX straps, weights, Bosu® balance trainers and stability balls in this circuit-style workout.

TOTAL BODY BOOT CAMP CONDITIONING **JSFC**

Muscle-specific sports conditioning drills using a variety of equipment. Classes include sports-type drills, speed and agility.

Fit 4U STRENGTH, TONE & MIGHTIER BONE **BSC**

This weight training class focuses on improving bone health and muscle mass while increasing flexibility and balance.

Fit 4U FITNESS VARIETY **BSC**

A total body conditioning class incorporating strength, cardio, core and balance.

Fit 4U STRETCH & STRENGTH **BSC**

Start your day out right with proper techniques of strength training and stretching. Class uses a variety of equipment with stretching woven in throughout the class.

Fit 4U BETTER BALANCE CIRCUIT WORKOUT **BSC**

This self-paced class is designed for active adults. Uses a variety of equipment and your own body weight. Focuses on exercises for improving strength, agility, flexibility and balance.

Fit 4U GROUP CIRCUIT TRAINING **BSC**

Working in a group setting, exercises are modified and individualized to fit your needs and goals for improving the activities of your daily living. Exercises can be performed standing, seated or on the floor. Includes exercises for strength, flexibility and balance with a warm up and cool down.

Fit 4U STRENGTH & CONDITIONING **BSC**

Improve your strength, range of motion, flexibility, balance and hand-eye coordination. Weights are used from both sitting and standing positions with modifications recommended as needed. To add conditioning, rest periods are shortened.

Fit 4U BALANCE ESSENTIALS **BSC**

Combines Pilates, yoga and functional conditioning preparing you to excel in all kinds of exercise by improving your strength, balance, endurance and flexibility.



Fitness Center

Fit 4U FITNESS CENTER ORIENTATION **JSFC** **BSC**

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively, orientations are strongly recommended prior to using the fitness center, and in some cases, it may be required. Fitness center trainings are offered weekly and are free.

FITNESS CENTER & UNDER 18 USE **JSFC**

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

Need child care while you work out?

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

Learn more on page 19.



Mind & Body:

Benefits: Rooted in traditional practices, Mind & Body classes aim to improve your overall health and wellbeing through stretching, focused breathing, relaxation techniques and strengthening movements or poses. Yoga, Pilates, Tai Chi, meditation and other practices are known to offer opportunities to build on both physical and mental awareness and wellness.

All Levels

Fit 4U YOGA 101 **JSFC** **BSC**

Get started in yoga as the instructor will cover the foundations of yoga poses along with modifications and class formats. Learn how to build a practice that meets your needs and goals.

Fit 4U STRETCH & RELAX **BSC**

Gentle stretching to relieve tension, increase flexibility and improve range of motion. Class format is on the floor with mats provided.

Fit 4U CHAIR YOGA **BSC**

An introduction to yoga using modifications on or standing behind chair to increase better balance and strength. Personalized assistance is available as needed. Breath and alignment are emphasized.

Fit 4U GUIDED MEDITATION **JSFC** **BSC**

A quiet time and space to focus on breathing, and your personal intention as you relax in an extended Savasana, a pose of relaxation.

Fit 4U GENTLE YOGA **JSFC** **BSC** FOR MINDFULNESS

This yoga practice is designed to settle the mind, stretch the body and cultivate relaxation in the moment with meditation, breath work and asanas, or seated poses.

Fit 4U YOGA FUNDAMENTALS **BSC**

Learn to do yoga poses correctly and safely with an emphasis on alignment, proper muscle action and breathing techniques. This class moves at a slow pace and includes the instruction and tools to develop your yoga practice.

Fit 4U RESTORATIVE YOGA **JSFC**

Restorative yoga poses prioritize stillness. This passive practice is done lying and seated, allowing time to go deep into stretches and lengthen tired muscles. Quiet your mind as well as your body.

Fit 4U RESTORATIVE FLOW YOGA **JSFC** **BSC**

Restorative Flow includes gentle movement with the breath in standing poses, as well as passive lying and seated stretches.

Fit 4U RESTORATIVE YOGA FOR ATHLETES **JSFC**

A restorative practice designed to enhance athletic recovery and reduce the risk of injury. Add flexibility training to your workout routine and improve your athletic performance.

Fit 4U YIN YOGA **JSFC**

Opens the connective tissue in the body using deep, passive poses held for several minutes. This practice challenges your mind to relax as you tether your focus to your breath.

Fit 4U PRENATAL YOGA **JSFC**

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

Fit 4U BABY & ME YOGA **JSFC**

Journey in your yoga practice with baby at your side. Make new connections and build friendships as you transition from pregnancy. Babies are welcome from six weeks to walking.

Fit 4U TAI CHI 8 MOVEMENT **BSC**

Slow, circular movements to gently exercise muscles and improve range of motion. Often described as "meditation in motion," Tai Chi focuses on constant, low-impact movements and internal awareness to help generate a feeling of overall health and vitality.

Fit 4U TAI CHI 8/24 MOVEMENT **BSC**

This class is designed for those that want to build on the 8 Movement form of Tai Chi as a bridge to the 24 Movement. Both formats are featured.

Fit 4U TAI CHI 24 MOVEMENT **BSC**

Further your practice of Tai Chi with additional movements to help improve balance, movement, vitality and wellbeing.

Intermediate Levels

FLEXIBLE STRENGTH THROUGH YOGA **JSFC**

A fitness-style yoga class that moves with the breath, continuously stretching and strengthening the body.

INTRO TO ASHTANGA VINYASA **JSFC**

Learn the classical sequence of asanas or poses from which Vinyasa yoga was born. Practice introduces the primary series of asanas.

KUNDALINI YOGA & MEDITATION **JSFC**

Known as the yoga of awareness, the yoga of consciousness, in Kundalini practitioners use asanas (physical postures), pranayama (breath), chanting and meditation to transform and deepen our personal practice.

YOGA FLOW **JSFC** **BSC**

An introduction to Vinyasa Yoga, moving with the breath, this alignment-focused class features a flowing sequence of meditation, breath and traditional Hatha Yoga asanas and aims to increase energy, flexibility and strength.

VINYASA YOGA **JSFC**

Move with the breath in this dynamic form of yoga which incorporates sun salutations and connecting poses to create asanas and flow in your practice.



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.

YOGA FOR ATHLETES JSFC

Yoga for athletes reaches the athlete in all of us by improving balance, flexibility and mental focus. Yoga poses and breath work can help improve performance, sleep, injury reduction and recovery.

YOGA & PILATES JSFC BSC

Learn to move your body from your core, your powerhouse with techniques and benefits of both disciplines. Yoga increases flexibility and balance; Pilates increases core strength and lengthens the muscles.

PILATES BARRE JSFC

Class flows through a series of Pilates and Barre-inspired exercises to develop deep pelvic floor and posture stabilizing muscles. Done primarily standing.

PILATES MAT JSFC BSC

Using the fundamentals of Pilates, flow through a contemporary series of Pilates and Pilates-inspired mat exercises to develop deep pelvic floor and posture-stabilizing muscles.

Advanced Levels

PIYO LIVE! JSFC

PiYo Live! combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This combo mixed with speed delivers a fat-burning, low-impact workout that aims to have your muscles long, lean and defined.

POWER VINYASA YOGA JSFC

Come ready to heat up your practice and sweat in this challenging practice that can produce extraordinary physical results. Focused on this a faster paced workout-style yoga, practitioners are also known to grow personally as they continue to build strength and flexibility. For this advanced class, six months prior practice of yoga fundamentals is recommended.

SCULPT FUSION YOGA JSFC

This challenging, athletic workout features yoga-inspired exercises combined with balance and flexibility training. Incorporates free weights and is set to current upbeat music.



Water Exercise:

Benefits: Cross train with the three dimensions and characteristics of water - buoyancy, support and resistance! With little to no impact on your joints, water exercise improves your cardio fitness while strengthening and toning muscles. Using water's resistance, work out at your own intensity level and increase as you go. No swimming skills are needed and classes held in the deep water use floatation devices. Water shoes are recommended.

DEEP/SHALLOW WATER WORKOUT JSFC

Total body workout offering cardio, core strength, balance, muscle toning and stretching. Come to either shallow or deep water.

DEEP/SHALLOW 1-2-3 HIIT! JSFC

A combination of moderate to high intensity cardio drills. You are encouraged to modify for your needs and goals, but expect to put in a solid workout! Choose shallow or deep water.

PRENATAL WATER EXERCISE JSFC

Water provides the freedom of movement and support to help make exercising safer and more effective during pregnancy. Participate in any of the water fitness classes for great exercise. A doctor's or midwife's approval is required before beginning.

Fit 4U WATER RUNNING 101 JSFC

A great intro to water running with 15 minutes on-deck introduction. Get fitted with the correct belt and learn how to use, stabilize and integrate your core doing basic drills on deck before the resistance of water is added.

Fit 4U DEEP WATER RUNNING JSFC

Move against the resistance of water and create a challenging workout with directional changes. Run, ski and stride in the water while each stride helps you become a more effective and efficient runner with zero impact. Great cross training for runners and non-runners alike.

SHALLOW AQUA ZUMBA® JSFC

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine; blending the Zumba® philosophy with water resistance, this is one pool party you shouldn't miss!

FLUID RUNNING 101 JSFC

A 15-minute introduction to Fluid Running. New students are required to attend. Not recommended for prenatal students.

FLUID RUNNING JSFC

High intensity deep water running class that provides a total body workout without any impact. Set to upbeat music, participants can work out harder, get their heart rates up higher and burn more calories than running on land. New students required to attend Fluid Running 101 class prior. Not recommended for prenatal students.

WATER PILATES JSFC

Train your core, the body's powerhouse! Water provides resistance in all directions and aids in toning muscles, increasing stability and flexibility, improving posture and developing balance, all in the shallow water.

Need child care while you work out?

With Kids' Corner, we've got you covered. Learn more on page 19.



Prenatal/ Baby & Me Fitness

Pre Natal 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 50)

Water Exercise (at left)

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

Weekly Classes:

Baby & Me Cycle/Core JSFC

Baby & Me Yoga JSFC

Ages: 6 weeks to walking

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

Details available on pages 48 and 50. Weekly schedules online at bendparksandrec.org.

**SUPPORTED THROUGH
PARTNERSHIP
WITH
TOUR DES CHUTES**



**Cancer Survivors'
Therapeutic Fitness**

The Tour des Chutes and Bend Park and Recreation District have partnered to provide cancer survivors and their families with easy and affordable access to a wide array of fitness, recreation and enrichment opportunities. Tour des Chutes provides funding for vouchers for cancer survivors to be distributed by health care professionals to patients with financial need. Tour des Chutes also supports several free programs specifically designed for cancer survivors.

Therapeutic Yoga: JSFC
**A Cancer Survivor's
Gentle Yoga Class** **FREE**

A gentle practice designed to de-stress the nervous system and enhance the immune system through slow flow sequences, deep stretches, calming breath practices and therapeutic relaxation in a supportive community.

Activity: 205630
Tu: 4:30 - 5:45 pm
Session: 6/5 - 7/17 (no class 7/3)

**Therapeutic Water JSFC
Exercise:**
A Cancer Survivor's **FREE**
No- to Low-Impact Class

Come experience the healing environment of the water. Class includes walking and low-impact movements in shallow water along with no-impact movements in deep water, reducing cancer-related fatigue while improving your strength.

Activity: 205631
F: 12:15 - 1:00 pm
Session: 6/8 - 7/20 (no class 7/6)

Look for Cancer Survivors' Art Therapy class on page 34.

Specialized Fitness

Therapeutic JSFC
Next Step Programs

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 (541) 389-7665 to schedule an appointment.

Fee: \$75

Backhab JSFC

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

Stroke & Individualized JSFC
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.

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

A lively, fun chair exercise class with upbeat, varied music to help you move more freely and without pain. Program designed by the Arthritis Foundation.

Fit 4U **Deep/Shallow JSFC**

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

Fit 4U **Mobility JSFC**
Thru Water

Consists of a series of gentle exercises which focus on improving strength, flexibility, balance, range of motion and cardiovascular fitness in a friendly, supportive social setting. Designed by the Arthritis Foundation, this is a great program for people with arthritis and chronic conditions.



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

Yoga for a Healthy Back **NEW JSFC**

Don't let back pain hold you back in your health and life! Yoga has been scientifically shown to benefit many with back pain, so join in this gentle yoga practice with individualized instruction and specific focus on back care. Using yoga poses and breath work, you'll build the framework for your back strength and health while promoting awareness and self-discipline. Poses are practiced on the floor and standing with wall and chair support. Participants must be able to move independently from floor to standing.

Fee: \$96 ID \$115 OD / session
Activity: 205613
Tu/Th: 1:30 - 2:45 pm
Session: 6/5 - 7/19 (no class 7/3 & 7/5)

Stand Tall - Don't Fall BSC
Ages: 50 & up

As we age, a loss of balance can lead to fear of falling which often results in a decrease in quality of life. This multi-faceted program emphasizes safety, builds new skills to maintain balance and helps to provide the confidence to remain active and healthy throughout our mature years. This class is limited to 30 and taught by certified Arthritis instructors. Prerequisite: Ability to stand unassisted for 15-20 minutes in class.

Fee: \$40 ID \$48 OD / session
Activity: 202777
W: 10:00 - 11:00 am
Session: 6/13 - 8/22 (no class 7/4)



GAME,
SET, MATCH

TENNIS
LESSONS

SEE PAGE 55

play on

Game time.

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

Cornhole

PINTS N' PLAY:

Adult Cornhole League

All Adults

The Pavilion

It has been called many things - Corn Toss, Bean Bag, Bean Toss, Soft Horseshoes, and Indiana Horseshoes - but to many of us the game is passionately known as Cornhole. If you can toss a corn bag 30 feet, then come play! Enjoy summer evenings with friends and family playing one of Bend's favorite past times. Local brewery on site for Pints N' Play. Each team plays six weeks with a tournament on 8/21 and 8/28.

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

Activity: 210200

Registration deadline: 6/12
or until full

Tu: 6:30 - 9:00 pm

Season: 7/10 - 8/14

Playoffs: 8/21 & 8/28

Golf

Adult Golf League

All Adults

Lost Tracks Golf Club

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

Fee: \$625 / team

Activity: 203920

Registration deadline: 5/31
or until full

M: 4:00 - 6:15 pm

Season: 6/11 - 7/16

Be a coach!
Volunteer coaches
needed for
youth sports.

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



Kickball

Adult Kickball League

All Adults

Harmon Park

Get your team together and join the action! Teams play an eight-game schedule. All interested teams are encouraged to attend an organizational meeting on Wednesday, 5/23 at 5:30 pm at the BPRD office. Team registration only.

Fee: \$145 / team

Activity: 203930

Registration deadline: 6/1
or until full

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

Season: 6/11 - 8/8



Soccer

Adult Recreational Soccer Leagues

All Adults

Big Sky Sports Complex

Get outside and play some soccer! For both beginning and experienced soccer players, this league provides a soccer game experience emphasizing recreation, camaraderie and fun. Created from a pool of registered players, teams will consist of players of varying experience and skill levels. Team requests are taken, but not guaranteed.

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

SUMMER LEAGUE

Activity: 203900

Registration deadline: 5/28
or until full

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

Season: 6/12 - 8/2

FALL LEAGUE

Activity: 203901

Registration deadline: 8/26
or until full

Su: 11:45 am - 6:00 pm

Season: 9/9 - 10/28

Martial Arts

Co-ed Kickboxing

Ages: 13 & up

Smith Martial Arts

Kick and punch your way into tip top shape with energetic class. Family fun to train-together bag drills, partner drills, bodyweight exercises, resistance training, kickboxing technique and self-defense. Boxing gloves are required and available for purchase at the gym or bring your own.

Fee: \$189 ID \$227 OD / session

Activity: 202704

Tu/Th: 5:30 - 6:20 pm

Sessions: 6/5 - 7/12 7/17 - 8/23



Adult & Teen Karate

Ages: 14 & up

Odyssey Martial Arts

Martial Arts is about more than kicking and punching, it benefits all aspects of our lives. Learn self-defense, self-control, focus, discipline, confidence, and respect while learning karate techniques. All fitness levels welcome. Uniform included.

Fee: \$79 ID \$95 OD / session

Activity: 202725

M/Th: 7:15 - 8:00 pm

Sessions: 6/4 - 28 7/9 - 8/2
8/7 - 30



Self Defense

Ages: 12 & up

Smith Martial Arts

You don't have to be a victim! Learn simple, applicable awareness and self-defense techniques with real life scenarios. Key techniques include: three moves or less to get away, escapes from grabs as well as when and where attacks are likely to happen and how to avoid them.

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

Activity: 206756

Tu: 7:00 - 8:00 pm

Sessions: 7/10 8/14

Pickleball

Introduction to Pickleball

All Adults

Pine Nursery Park

Join the craze and learn the fastest growing sport in the country! In these sessions designed for the beginner, you'll learn rules, scoring and basic court positioning. After one session, you'll be ready to participate in organized play. Equipment is available to borrow; wear nonmarking court shoes. If class is full, sign up on the waiting list.

Fee: \$17 ID \$20 OD / session

Activity: 203970

Tu: 5:30 - 7:00 pm

Sessions: 7/10, 7/24, 8/7, 8/21

Advanced Beginner Pickleball

All Adults

Pine Nursery Park

For players with some playing experience. We'll focus on the basics in each drill-and-play session. Learn proper technique, footwork and strategies to be a well-rounded, smart and steady player! Clinic focus changes each week so you can continually improve your game.

Fee: \$17 ID \$20 OD / session

Activity: 203971

Tu: 5:30 - 7:00 pm

Sessions: 6/5, 6/19, 7/3, 7/17, 7/31,
8/14, 8/28

Pickleball Courts & Organized Play

For information on courts and organized play opportunities, visit bendparksandrec.org.



Softball

Adult Fall Softball League

All Adults

Skyline Park Sports Complex

Get your team together! Teams play a seven-game schedule, including a single elimination tournament at season's end. Teams play one or two games per week. Space is limited; first-come, first-served.

Fee: \$429 / team

Activity: 203945

Registration deadline: 8/2
or until full

M: Women's

Tu - Th: Men's

W: Coed

W: Senior

Season: Mid-August - mid-October

Tennis

Adult Tennis Lessons I

All Adults

Bend High School

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

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

Activity: 203960

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

Sessions: 6/5 - 28 7/3 - 26
7/31 - 8/23

Adult Tennis Lessons II

All Adults

Bend High School

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

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

Activity: 203961

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

Sessions: 6/5 - 28 7/3 - 26
7/31 - 8/23



Volleyball

PINTS N' PLAY: Adult Volleyball League

All Adults

The Pavilion

Get your coed reverse quads team together today! Bonus! Local brewery on site for Pints N' Play. This is a self-officiated league designed to get your team playing outside! Team standings will be kept and playoffs held to finish the season. Team sign-up only.

Fee: \$315 / team

Activity: 210185

Registration deadline: 6/12
or until full

Tu: 6:30 - 10:00 pm

Season: 7/10 - 8/28

Wheelchair Sports

Wheelchair Sports

Ages: 16 & up

The Pavilion

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

Fee: \$3 drop-in fee per night

Activity: 204500

M & Th: 6:30 - 8:30 pm

Sessions: 6/18 - 8/30



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.





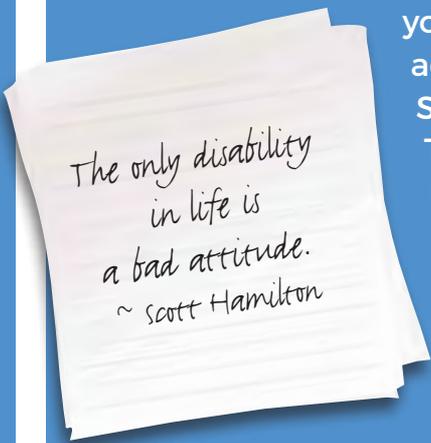
SUMMER'S
BEST WITH
YOUTH TR!
.....
PAGES 56 - 57

making 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!



Youth Therapeutic Recreation

Extended Adventures

Ages: 14 - 21

Harmon Park

Join us for exciting summer adventures as we take excursions around Central Oregon. Activities may include blueberry picking, trampoline park, swimming and other community outings. Participants must be able to hike one mile unassisted, walk over uneven terrain and roll front to back with life jacket while floating.

Fee: \$210 ID \$260 OD / session

Activity: 204808

M: 9:00 am - 4:00 pm

Session: 7/9 - 30

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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



Excel

Ages: 13 - 21

Westside Village Magnet School

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

Fee: \$210 ID \$260 OD / session

Activity: 204807

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

Session: 7/10 - 8/2

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

Session: 7/11 - 8/3



G.R.O.

Ages: 6 - 12

Westside Village Magnet School

Let our highly trained staff take you on an adventure of recreation and exploration as you spend your summer swimming in Central Oregon lakes and rivers and making new friends! This program is for children with disabilities.

Fee: \$210 ID \$260 OD / session

Activity: 204806

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

Session: 7/10 - 8/2

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

Session: 7/11 - 8/3

Camp G.R.O.

Ages: 6 - 12

Harmon Park

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

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

Activity: 204820

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

Session: 8/6 - 10

Kids Adventure Days

Ages: 6 - 12

Harmon Park

Kids come join us for exciting activities in and around Bend. Activities may include swimming, arts and crafts, games, adapted biking and more!

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

Activity: 204810

M: 9:00 am - 12:00 pm

Session: 8/13

Tu: 9:00 am - 12:00 pm

Session: 8/14

TR Tots

Ages: 3 - 5

Harmon Park

Come enjoy creative crafts and exciting field trips with our brand new TR Tots camp! This camp is designed for preschool or rising kindergarten age kids with disabilities.

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

Activity: 204805

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

Session: 8/15 - 17



Camp Excel

Ages: 13 - 21

Harmon Park

All you adventurous teens, sign up to spend the day playing with friends, swimming, boating, fishing and benefiting from all that Central Oregon has to offer. This is an inclusive program, so we encourage friends and siblings to sign up too!

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

Activity: 204821

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

Session: 8/20 - 24



Adult Therapeutic Recreation

Sisters Rodeo

Ages: 16 & up

Norton Avenue Apartments

Grab your boots and cowboy hats, as we head to the Sisters Rodeo. Join us for an afternoon full of bull riding, steer wrestling and great fun!

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

Activity: 204513

Sa: 11:00 am - 4:30 pm

Session: 6/9

Summer Fest

Ages: 18 & up

Norton Avenue Apartments

Enjoy an afternoon of music, shopping and hanging out with friends as we walk downtown for Bend Summerfest.

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

Activity: 204501

Sa: 12:30 - 3:30 pm

Session: 7/7

Bend Elks Baseball Game

Ages: 16 & up

Norton Avenue Apartments

Join us for an evening of Bend Elks baseball. Come cheer for our local baseball team as they take on their next opponent.

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

Activity: 204514

F: 6:00 - 9:30 pm

Session: 7/13 7/27

Payment Assistance

1. The "Fun with Friends" Plan:

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

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

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

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

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

3. Needs Based Assistance:

Needs based assistance is available to cover a percentage of program fees for those who qualify. See page 13 for details.

Munch & Music

Ages: 16 & up

Norton Avenue Apartments

Bring your best dance moves as we enjoy an evening of music and food at Drake Park!

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

Activity: 204515

Th: 6:00 - 9:00 pm

Session: 8/9

Summer Dance

Ages: 18 & up

Hollinshead Barn

Swing into summer with our annual summer dance! The festivities will begin with a scrumptious barbeque and continue into the night with dancing to some rockin' tunes!

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

Activity: 204511

F: 6:00 - 9:00 pm

Session: 8/10

Adult Therapeutic Recreation Registration By Survey

In an effort to make the registration process accessible to everyone, BPRD-TR is using a survey to increase the likelihood that many of you will be selected to enroll in several of your top choices for summer programs.

The survey is available at bendparksandrec.org/TR and will be open until April 15, 2018. You will be notified by May 1 of your classes and arrangements for payment must be received by May 15 or your spot will be forfeited. After May 15, any unfilled classes will be open for anyone to register. If at any time you have questions, please contact Cheryl Kelley at 541-706-6121 or cheryl@bendparksandrec.org.



Art

Pottery on the Wheel NEW

Ages: 16 & up

Art Station

Bring your friends and be willing to get your hands dirty! You will learn the basics of throwing on the wheel in this pottery class.

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

Activity: 204408

W: 4:30 - 6:00 pm

Session: 5/30 - 6/13

Outdoor Art NEW

Ages: 14 & up

Hollinshead Barn

Let's explore the world around us. Come discover how to create art projects focusing on the outdoors and nature.

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

Activity: 204411

W: 6:30 - 8:00 pm

Session: 7/11 - 25

Painting Ceramics NEW

Ages: 16 & up

Twin Knoll Transition Co-Op

Come paint your own pottery to take home for yourself or give to a friend.

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

Activity: 204409

W: 6:30 - 8:00 pm

Session: 8/1 - 15

Cooking

Summer Favorites

Ages: 14 & up

Twin Knoll Transition Co-Op

Bring your favorite recipes from previous cooking classes and we will make a favorite each week.

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

Activity: 204316

W: 4:30 - 6:30 pm

Session: 7/11 - 25

Slider Fun NEW

Ages: 14 & up

Twin Knoll Transition Co-Op

Learn the basics of making slider sandwiches. We will make a different slider each week with yummy side dishes.

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

Activity: 204315

W: 4:30 - 6:30 pm

Session: 8/1 - 15

Outdoor Adventures

Day on the Deschutes

Ages: 16 & up

Norton Avenue Apartments

Enjoy a fantastic float down the dazzling Lower Deschutes River in a day full of swimming, water fights and fun in the sun. Don't forget sun block, swimsuit and lunch! Participants must be able to perform or provide for their own personal care. With advanced notice (and available space) a caregiver may attend at no charge.

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

Activity: 204704

Sa: 8:30 am - 4:30 pm

Session: 7/21

McKenzie Mayhem

Ages: 16 & up

Norton Avenue Apartments

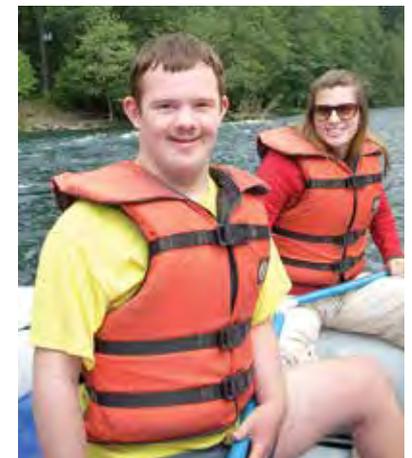
Get ready for an exciting day of rafting! Grab your swimsuit, pack a lunch and get ready to cool down on the beautiful McKenzie River. Participants must be able to perform or provide for their own personal care. A caregiver may attend at no charge with advanced notice.

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

Activity: 204705

Sa: 8:00 am - 5:00 pm

Session: 8/4





Deschutes River Float

Ages: 16 & up

Norton Avenue Apartments

Grab your float, sunscreen, and water bottle as we drift down the river through Bend! Float available.

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

Activity: 204703

Tu: 2:00 - 5:00 pm

Session: 8/13

Overnight Trips

Summer Campout

Ages: 18 & up

Norton Avenue Apartments

Pack your sleeping bag, camera and hiking shoes for the annual campout! We are headed to Collier State Park and Crater Lake. Days will be spent exploring the area and short hikes at Crater Lake. Evenings will be spent telling stories around the campfire, playing games and roasting marshmallows. This trip features high levels of physical activity. Participants must be able to walk over uneven ground for 2-3 miles unassisted.

Fee: \$250 / session

Activity: 204611

F: 2:00 pm - Su: 1:00 pm

Session: 8/17 - 19

Oregon Coast Trip

Ages: 18 & up

Norton Avenue Apartments

For this year's annual beach trip we will head to South Beach State Park in Newport. You'll get to spend two nights camping in yurts, eating delicious seafood, hiking trails in the coastal mountains and playing on the beach. What a fun two days! This trip is very active and participants must be able to walk 2 - 3 miles unassisted up and down on uneven terrain.

Fee: \$325 ID \$375 OD / session

Activity: 204601

Sa: 10:00 am - M: 4:00 pm

Session: 10/12 - 14

Sports & Fitness

Zumba

Ages: 14 & up

Bend Senior Center

Dance to an energetic blend of popular music. With this upbeat and easy way to work out by yourself or with some friends! Please advise prior to program if you will need transportation; bus space is limited.

Fee: 40 ID \$48 OD / session

Activity: 204100

Tu: 4:30 - 5:45 pm

Sessions: 5/29 - 6/12 6/19 - 7/3

Weight Room Workouts

Ages: 16 & up

Juniper Swim & Fitness Center

Be challenged to reach your personal fitness goals while working on strength and endurance using the equipment in the weight room.

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

Activity: 204104

Tu: 6:00 - 7:30 pm

Session: 5/29 - 7/3

Lap Swimming

Ages: 14 & up

Juniper Swim & Fitness Center

Get a workout while you fine tune your swim skills during lap swim.

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

Activity: 204113

Th: 6:00 - 7:15 pm

Session: 5/31 - 6/14



Walking & Jogging Club

Ages: 14 & up

Norton Avenue Apartments

Grab your walking shoes and join us for fitness walks and/or jogs around the park trails.

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

Activity: 204140

Tu: 5:30 - 7:00 pm

Session: 7/10 - 24

Aqua Zumba

Ages: 14 & up

Juniper Swim & Fitness Center

If you like Zumba and you enjoy the water then Aqua Zumba is for you! An exciting and easy way to work out by yourself or with some friends on a warm summer evening! Please advise prior to program if you will need transportation; bus space is limited.

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

Activity: 204110

Th: 5:00 - 6:30 pm

Session: 7/12 - 8/2

Fitness Games

Ages: 16 & up

Norton Avenue Apartments

Join us for a fun workout using various fitness games to improve your strength, endurance, balance and agility.

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

Activity: 204107

Th: 4:30 - 6:00 pm

Session: 6/21 - 7/5

Adapted Sports

Wheelchair Sports

Ages: 16 & up

The Pavilion

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

Fee: \$3 drop-in fee per night

Activity: 204500

M & Th: 6:30 - 8:30 pm

Sessions: 6/18 - 8/30

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.



SUMMER BUDDIES

 PRESCHOOL AT JUNIPER

 PAGE 61

wanna play?

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.

Cooking

With Your Child: **NEW** Pizza from Scratch

Ages: 3 - 6 with adult

Crumbs Cooking at Prep Bend

Using fresh ingredients, we'll make and roll pizza dough, shape pizza by hand and create a fresh tomato sauce with basil and mozzarella cheese. Leave with a recipe card and pizza to take home or eat on the spot. Yum!

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

Activity: 206256

F: 10:00 - 11:30 am

Session: 6/15



With Your Child: **NEW** Summer Salads

Ages: 3 - 6 with adult

Crumbs Cooking at Prep Bend

Lunch beyond the sandwich, salads are tasty, healthy, filling and packed with vitamins! Explore different tastes and textures as you learn to make your own super salads with dressings and flatbread such as a couscous salad and a strawberry and greens salad.

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

Activity: 206257

F: 10:00 - 11:30 am

Session: 7/13

Dance

Born to Dance

Ages: 2 - 4

Academie de Ballet Classique

Little boys and girls will be dreaming of dancing at the ball! Budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Suggested dancewear for girls: pink skirted leotard, pink socks and pink ballet shoes. Suggested dancewear for boys: navy blue shorts, white fitted shirt and black ballet shoes.

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

Activity: 206573

Tu: 10:00 - 10:30 am

Sessions: 6/5 - 26

6/26 - 7/31 (no class on 7/3 & 7/17)

8/7 - 28



Little Swans Ballet

Ages: 4 - 7

Academie de Ballet Classique

A delightful start to ballet! Together, we'll develop fundamentals of classical dance and creative movement in a lively environment. Leap over imaginary streams, fly over snowcapped mountains and land lightly on a flower petal in this fun ballet series.

Fee: \$56 ID \$67 OD / session

Activity: 206572

Tu: 4:00 - 4:45 pm

Session: 6/26 - 7/24

Th: 5:30 - 6:15 pm

Sessions: 6/28 - 7/26 (no class on 7/3)
8/2 - 23

Moving Joyfully Summer Camp NEW

Ages: 3 - 6

Tula Movement Arts

Explore movement and dance in action-packed days full of imaginative play. Inspired by daily themes such as pirates, bugs or the jungle, children participate in art, movement, dancing, stories and poems, obstacle courses, acrobatics, games and even dressing up. On the last day, we'll have an informal show for friends and family to cap off the week.

Activity: 206766

Weekly Fee: \$120 ID \$144 OD / session

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

Session: 6/25 - 29 8/20 - 24

Daily Fee: \$35 ID \$42 OD

M/Tu/W/Th: 9:00 am - 12:00 pm

Sessions: 6/25, 6/26, 6/27, 6/28,
8/20, 8/21, 8/22, 8/23



More programs for little guys and gals at:

Art, pages 63 - 69

Fitness, page 26

Swimming, pages 22 - 26

Sports, pages 92 - 106

Preschool

Summer Buddies Includes daily swimming!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Activity: 205600

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

or

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

Sessions: 6/25 - 7/12
(no program 7/4; fee \$63 ID \$75 OD)

7/16 - 8/2

8/6 - 23



Busy Buddies Preschool Includes weekly swim lessons and yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee:

2 days/week: \$158 ID \$189 OD
(payment is due by the 5th of each month.)

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

Registration begins May 21.

Activity: 405601

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

or

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

Dates: Sept. 10 - June 13





Martial Arts

Lil'est Dragons

Age: 3

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: \$64 ID \$76 OD / session

Activity: 206752

Tu/Th: 3:30 - 4:00 pm

Sessions: 6/5 - 28 7/10 - 8/2
8/7 - 30 9/4 - 27

Lil' Dragons

Ages: 4 - 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: \$64 ID \$76 OD / session

Activity: 206750

M/W: 4:15 - 4:45 pm

Sessions: 6/4 - 27 7/9 - 8/1
8/6 - 29 9/5 - 10/1

Tu/Th: 4:15 - 4:45 pm

Sessions: 6/5 - 28 7/10 - 8/2
8/7 - 30 9/4 - 27

Music

KINDERMUSIK: Wiggle & Grow Family-Style: Beach Days

Ages: 12 Months - 4 Years
with adult

Cascade School of Music

Put on your beach clothes and join an ocean adventure! We'll bring the beach indoors as we sing, move and play while learning about the great outdoors, nature-friendly ideas and all kinds of interesting creatures unique to the coastal environment. Materials included.

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

Activity: 206350

W: 10:45 - 11:30 am

Session: 7/11 - 8/1

KINDERMUSIK: Sing & Play, Rain or Shine

Ages: 12 Months - 2 Years
with adult

Cascade School of Music

Get ready to sing, play and move with your little one in this high-energy music class designed to be just right for very young children. We will focus on your child's beginning movement, helping to build the muscles needed to walk, run and climb as well as vocal development, helping to nurture your child's speaking and singing voice. Materials included.

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

Activity: 206351

W: 9:30 - 10:15 am

Session: 7/11 - 8/1



KINDERMUSIK: Musical Summer

Ages: 4 - 6 with adult

Cascade School of Music

It's a musical summer! Your child will learn, sing and dance to different styles of music from classical to folk. They will learn to play melodies on their own flutophone (it's similar to a recorder), begin to read music, play percussion instruments, dance, sing and express themselves musically. It's a musical summer! Materials included.

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

Activity: 206354

Th: 10:45 - 11:30 am

Session: 7/12 - 8/2

KINDERMUSIK: Splash into Music

Ages: 3 - 4 with adult

Cascade School of Music

Fun ahoy! Join this water-themed class as we sing about penguins, whales, bath time and pirates! With lots of pretend play, dancing, instruments and stories, your child will go on a wonderful water adventure this summer that is filled with learning and giggles. Materials included.

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

Activity: 206355

Th: 9:30 - 10:15 am

Session: 7/12 - 8/2

Nature

Tiny Explorers FREE

Ages: Newborn - 3 years
with adult

Tiny Explorers encourages new parents to kick start a healthy life enjoying the outdoors by getting their little ones outdoors, starting at a young age. This summer we will offer weekly outdoor programs in June and July that feature nature exploration activities and ideas for getting your family outside. Plus, families that qualify for the Oregon Health Plan can receive free baby carriers and outdoor gear. Learn more at childrensforestco.org/tiny-explorers.

Look for more information and locations at:
childrensforestco.org/tiny-explorers

Work for play. Play for work.

View available
positions at
bendparksandrec.org/jobs



color your play

creativity
equals
expression

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

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

Young Children

Art StART

Art Station

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Join us for play-based art exploration inspired by child friendly themes. Children ages 2 - 3 must be accompanied by an adult. Instructor: Kathy Pawelski

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

Activity: 211300

Ages: 2 - 3 with adult

F: 9:00 - 10:00 am

Ages: 3 - 5

(3 year-olds must be accompanied by adult)

F: 10:30 - 11:30 am

Sessions:

6/15	Wild Things
6/29	Butterflies & Blooms
7/20	Summer Hues
8/3	Creepy Crawlers
8/17	Sun & Surf
9/7	Bits of Nature

With Your Child: Clay

With Your Child: Clay Vehicles

NEW

Ages: 5 & up with adult

Art Station

Vrooom, be a vehicle designer! You and your child will work side by side on an inventive sculpture like a car, truck, camper, tractor, etc. You need no license to ride! Instructor: Helen Bommarito

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

Activity: 211500

Sa: 10:00 am - 1:00 pm

Session: 7/28

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

With Your Child: Wheel Throwing

Ages: 5 & up with adult

Art Station

For all ages & families who are curious about how incredibly enjoyable it could be to make pots on the wheel. The goal of this class is not necessarily to get a functional pot to keep, as it is about getting the feel for the clay on the wheel and how it reacts to the human hand. Instructor: Rachel Evans

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

Activity: 211502

Sa: 10:00 am - 1:00 pm

Sessions: 8/4 8/18

With Your Child: Clay Whistles

NEW

Ages: 5 & up with adult

Art Station

You and your child will make music from mud! These fun little whistles are aesthetically pleasing, functional and a happy hoot. Instructor: Helen Bommarito

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

Activity: 211505

Sa: 10:00 am - 1:00 pm

Session: 8/25



Art Parties

All Ages

The Art Station is a great place to hold private parties! Paint a masterpiece, create clay projects, make your own sculpture - the possibilities are endless! We have a wide range of options for guests of all ages - from toddlers to adults. There is no set-up or clean-up - all you and your guests have to do is show up, relax and have fun. Your party will include a private party room, all the materials for your activity, aprons to wear and a dedicated art instructor. You provide the treats, decorations and party supplies such as plates, utensils and cups.

Guests:

Adult Party: 10
Kids Party: 10 kids & 10 adult chaperones

Fees:

Art Party: \$200 for 2 hours
Clay Party: \$250 for 2 hours

Includes: 1 hour for art/clay project instruction; 1 hour for celebration

To Book a Party: Call (541) 389-7275 to see if your desired date and time is available. Please fill out an online party request form at bendparksandrec.org.

With Your Child: Glass

With Your Child: Garden Flowers NEW

Ages: 5 & up with adult

Art Station

Create garden art! A variety of flower designs and choices will be available for this whimsical project. Garden flowers will be attached to a steel stake for use in the garden or potted plants. Additional \$20 fee paid to instructor for materials and firing cost. Instructor: Julia Christoferson

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

Activity: 211560

Sa: 10:00 am - 12:30 pm

or 2:00 - 4:30 pm

Session: 6/16

With Your Child: NEW Butterfly Sun Catcher

Ages: 5 & up with adult

Art Station

No need to wing it, our instructor will guide you and your child to choose from an array of butterfly designs to hang in a window or outdoors. Additional \$10-20 fee paid to instructor for materials and firing cost. Instructor: Julia Christoferson

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

Activity: 211561

Sa: 10:00 am - 12:30 pm

or 2:00 - 4:30 pm

Session: 7/7

With Your Child: NEW Garden Birds

Ages: 5 & up with adult

Art Station

These lovely glass creatures can be hung in windows or outdoors or attached to stakes in the garden or in potted plants. Additional \$20 fee paid to instructor for materials and firing cost. Instructor: Julia Christoferson

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

Activity: 211562

Sa: 10:00 am - 12:30 pm

or 2:00 - 4:30 pm

Session: 7/28



With Your Child: NEW Mosaic Dish

Ages: 5 & up with adult

Art Station

A variety of colors and styles will be available for you and your child to create the perfect glass mosaic. Finished 5x5" pieces will be slumped into dishes or used flat for a trivet or spoon rest. Additional \$25-30 fee paid to instructor for materials and firing cost. Instructor: Julia Christoferson

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

Activity: 211563

Sa: 10:00 am - 12:30 pm

or 2:00 - 4:30 pm

Session: 8/18

With Your Child: NEW Whimsical Mask

Ages: 5 & up with adult

Art Station

Together choose colors and design to create a treasure that can be hung on a wall or displayed in a stand for all to see and enjoy. Additional \$15-30 fee paid to instructor for materials and firing cost. Instructor: Julia Christoferson

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

Activity: 211564

Sa: 10:00 am - 12:30 pm

or 2:00 - 4:30 pm

Session: 8/25

With Your Child: Multimedia

With Your Child: NEW Acrylic Pouring on Canvas

Ages: 7 & up with adult

Art Station

Make a masterpiece using museum-quality pigments and products. Swirl, slip and slide non-toxic acrylic paint across an 8x10 canvas. Learn to use the pour kit, techniques and applications. Seal finished artwork with eco-friendly protective finish. Instructor: Jessica Gamble

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

Activity: 211541

Sa: 11:00 am - 12:30 pm

Sessions: 6/30 8/4

With Your Child: Holiday Ornaments in July

Ages: 5 & up with adult

Bend Senior Center

Enjoy a great time creating holiday ornaments in the middle of July - a foolproof way to beat the holiday rush. Create unique, personalized ceramic ornaments to give as gifts. Supplies and firing included. Instructor: Diane Burns.

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

Activity: 202437

Tu: 4:30 - 6:30 pm

Session: 7/24

With Your Child: Pebble Art Pictures

Ages: 5 & up with adult

Bend Senior Center

Learn the basics and create your own one-of-a-kind piece of pebble art masterpiece. Learn tips and tricks for using stone, river rocks, stained glass and more. Instructor: Diane Burns

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

Activity: 202436

Tu: 4:30 - 6:30 pm

Session: 7/31

Ages: 6 - 12

Make this summer a creative one! Choose full-day or half-day art classes.

Let's lunch! If registered for both morning and afternoon sessions, care will be provided from 12:00 - 1:00 pm.

Fee: \$115 ID \$138 OD / session

Session: **Monday - Thursday** each week
No program 7/4.

Art Camps at Art Station

JUNE 18 - 21

3D Painting NEW

Activity: 211210

We will use 3-D technology, art, science and color theory to create artwork with amazing depth! Working with color and learning how to manipulate it, a 2-D piece of artwork is transformed into sea creatures that seem to swim above the surface of the paper in another dimension, when viewed with 3-D glasses. This lesson correlates with science, not only in subject matter, but also in experiencing how the eye perceives and processes color wavelengths in this optical illusion. Instructor: Gillian Rathbun

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Innovative Clay NEW Vehicles

Activity: 211211

Where will you go? How might you get there? Imagination, creativity, and surprises go with you on land, air and water while you learn how to sculpt vehicles that might hover, float, fly, or fling on and off the planet. Instructor: Sue Wilhelm

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm

JUNE 25 - 28

Wacky Wire Works

Activity: 211220

Learn how to work with line in 3-D! Wires and other media will be used to create original sculptures and inventions. Artwork will be inspired by creations by Alexander Calder and others. Students create colorful and bendable figures out of wire and string and fun props to go along with them. Creations can be displayed participating in activities that we all enjoy in our area like skiing, snowboarding, maybe have them ride down a zip line! A fun and interactive class! Instructor: Gillian Rathbun

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Unique Yard Art NEW

Activity: 211221

Step foot into the magical world of your own back yard. Using clay and your imagination, sculpt a handmade hanging bird feeder, a cool toad house, a personalized stepping stone and a little garden gnome. Place your ceramic creations outside to enjoy in your garden all summer long. Instructor: Amanda Krammes

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm

What about Fridays?

See page 68 for Bend's best Friday creative fun!

JULY 2 - 3

MONDAY - TUESDAY

Optical Illusions

Activity: 211230

Discover how artwork can play tricks with your eyes! Learn about Op Art and optical illusions, and make artwork that appears to shake, shimmy and shift. Create visual illusions by carefully placing lines, shapes and color in ways that will fool your eyes into thinking your artwork is moving. Instructor: Kathy Schoderbek

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

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Clay Mandala NEW

Activity: 211231

Learn about pattern and shape while creating a circular Mandala wall hanging. Students will develop an understanding of designing a geometrical pattern and the result will be stunning piece of wall art. Instructor: Sue Wilhelm

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

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm

JULY 5 - 6

THURSDAY - FRIDAY

Play With Your Food

Activity: 211240

Create works of art by playing with your food! Make faces composed entirely of fruits and vegetables inspired by the artwork of Giuseppe Arcimboldo, and paint a picture using food instead of brushes. You will also compose a 3D work of art using only edible elements! Instructor: Kathy Schoderbek

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

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Up, Up & Away NEW with Paper Mache

Activity: 211241

Come construct your own hot air balloon! These colorful orbs are not only fun to make but brighten a room when hung for everyone to enjoy. The pattern and painting possibilities are sky high! Instructor: Jessica Dawley

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

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm

More Art Camps on the next page.



Fee: \$115 ID \$138 OD / session

Session: Monday - Thursday each week

For full-day enrollment, care will be provide during 12:00 - 1:00 pm.

JULY 9 - 12

Horsing Around NEW

Activity: 211250

Indulge your love of mares and stallions when you study and create designs including horses, zebras, unicorns, and donkeys. We will explore a variety of drawing and painting media and tools to make our horses come alive! Instructor: Sue Wilhelm

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Wacky Clay Creations

Activity: 211251

Construct wacky characters and wild creatures. Base your projects on real animals or craft your own distinctive creatures. Focus on using your imagination while learning about techniques to sculpt with clay. Instructor: Amanda Krammes

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm



JULY 16 - 19

Badge of Art

Activity: 211260

Create works of art based on the art elements and earn badges for completed projects along the way. This camp is based around art techniques and art history. Participants will gain a better understanding of how to "see" like an artist while making an art badge banner that is their own unique reward. Explore what it really means to be an artist! Instructor: Jessica Dawley

Ages: 6 - 8 1:00 - 4:00 pm

Space Age Clay

Activity: 211261

Celebrate your favorite robots, ships, characters, and settings while creating with clay. Whether your favorite space adventures are Star Wars or Star Trek, let space be your inspiration to visionary out-of-this-world clay creations! Instructor: Sue Wilhelm

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Looking for another program this week? Check out Art & Adventure Camps on page 68.

JULY 23 - 26

Big Bold Animals

Activity: 211270

Go big, go bold...create large! Explore the experience of making big pieces of art using bold colors and black outline. For the beginner artist this is a great way to experience paint, pastel and collage. Instructor: Charlene Santucci

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Super Hero Clay NEW

Activity: 211271

Pow! Embrace your inner super hero! Use your creative powers and clay to make a cool mask and a courageous shield. Then design and construct your super hero's get-away vehicle while learning slab and coil techniques. Instructor: Amanda Krammes

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm



JULY 30 - AUGUST 2

Canine Caboodle

Activity: 211275

There's a reason Bend was named "Dog Town USA" - we love our dogs! Use a variety of methods and materials to create artwork that celebrates man's best friend. Experiment with texture, color and pattern and explore ways to portray dogs - from their cold wet, noses to their wagging tails. Instructor: Kathy Schoderbek

Ages: 6 - 8 1:00 - 4:00 pm

Pet Pals

Activity: 211276

A bowl for the cat, a bowl for the dog, a bowl for me! Make food and water bowls to take home for your own furry friend. Also make a wall plaque or sculpture of your pet with their favorite toy. Instructor: Rachel Evans

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Looking for another program this week? Check out Art & Adventure Camps on page 68.



Fee: \$115 ID \$138 OD / session

Session: Monday - Thursday each week

For full-day enrollment, care will be provide during 12:00 - 1:00 pm.

AUGUST 6 - 9

Build It!

Activity: 211280

Using a variety of materials build sculptures out of found objects! Everyday materials will be used to construct a variety of art sculptures and projects. Such a fun way to use your creative thinking while engineering & problem solving. Instructor: Jessica Dawley

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

What's Cookin' with Clay?

Activity: 211281

Make clay food that looks good enough to eat! Learn and use good construction techniques that will work for anything our taste buds may suggest. Demonstrations will include fried egg, sausage, toast, pizza, hot dog and bun, fries, fruit, cupcake, and much more! Satisfy your clay creative appetite. Instructor: Sue Wilhelm

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm

AUGUST 13 - 16

Wild Plaques

Activity: 211285

What's on your wall...a rhino, unicorn, lion, or puppy dog? If you can imagine it, you can build it, mount it, paint it, decorate it, and hang it. These impressive animal head sculptures are both unlimited in scope and ridiculously fun to make! Instructor: Sue Wilhelm

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Birds of Feather NEW

Activity: 211286

Whoooo knew birds could be so inspiring? Learn how to construct an owl plaque and a bowl inspired by a fabulous feather pattern. Learn basic hand building techniques and a variety of patterns to make each project unique. Instructor: Rachel Evans

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm



AUGUST 20 - 23

Treasure Island NEW

Activity: 211290

Enter the adventure of creating and exploring your own island! With mixed-media inhabit your island along with plants, animals, shelter, food source, transportation and other elements from imagination. Discover a hidden treasure and create your map so only you can find it. We may even have to fight off pirates! Instructor: Deena Newman

Ages: 6 - 8 1:00 - 4:00 pm

Creature Feature Sculpture

Activity: 211291

Create a fantastical or realistic creature with recycled materials in this introduction to sculpture class. Turn your creature into a fabulous work of art by learning structure building, adhering papier mache paste, paint and embellishments. Take home a new friend! Instructor: Charlene Santucci

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

What about Fridays?

See page 68 for Bend's best Friday creative fun!

AUGUST 27 - 30

Color Science NEW

Activity: 211292

Experience the connection between art and science! While conducting simple experiments discover how explorations in art can be built upon understanding science. You will make a variety of art including Rainbow and Marker Chromatograph Paper through easy and fun processes. This is an exploration in art based upon understanding science. The beautiful artwork will then be made into stunning little crafts. Instructor: Deena Newman

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Natural Impressions

Activity: 211293

Reflect the natural world around you by making pots or sculptures of your favorite nature shapes, carving, and imprinting the clay with leaves, boughs, sticks, cones, and seeds. Projects will be guided organically by each child's imagination. Instructor: Rachel Evans

Ages: 9 - 12 9:00 am - 12:00 pm

Ages: 6 - 8 1:00 - 4:00 pm



Art & Adventure Camps

Ages: 9 - 12

Art Station

Artwork inspired by the outdoors and then getting outdoors to be inspired, it's ReCreative! Spend the morning making art, eat lunch, and take off for a Central Oregon recreational adventure with our BPRD Outdoor Staff.

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

Activity: 211205

Naturally Craft NEW

Craft beautiful and useful objects using collected nature pieces as a base material and inspiration. Work with a variety of nature and art mediums while making handmade journals, nature lanterns and take home some natural treasures.

M - Th: 9:00 am - 5:00 pm

Session: 7/16 - 19

Awesome Amphibians & Reptiles NEW

Discover some of the critters that live in Central Oregon. Through various techniques and materials we will capture the unique characteristics of these animals as well as their habitats.

M - Th: 9:00 am - 5:00 pm

Session: 7/30 - 8/2

Ancient Petroglyph Figures

Get inspired by ancient petroglyph art and create your own wall of creatures and symbols. Papier mache techniques, collage, painting and stamping will be combined to make 3-D figures on a "rock" wall.

M - Th: 9:00 am - 5:00 pm

Session: 8/20 - 23



**HALF-DAY ART CLASSES?
MAKE IT A FULL DAY WITH THE PAC
AT THE PAVILION**

Mornings or Afternoons | Entering Grades: 3 - 8
See pages 72 - 73.

Creative Fridays

Riley Ranch NEW Art Roundup

Ages: 9 - 12

Art Station

Discover Riley Ranch Nature Reserve with a morning of hiking at Bend's newest nature reserve. Afterward, we'll spend the afternoon at the Art Station creating nature-inspired arts and crafts. Bring a lunch; transportation provided.

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

Activity: 206114

F: 9:00 am - 4:00 pm

Sessions: 6/29 7/20



DIY Doll Accessories

Ages: 6 - 10

Art Station

Bring your favorite doll for a fun-filled day of arts and crafts! We'll be creating items just for your doll including pretend food, clothes, sleeping bags/pillows and more. It's a time to create and play with others who love their dolls, too! Ideally this would be for the very popular 18" dolls (American Girl/Our Generation Girl) but can be adapted for other kinds/sizes. Instructor: Jessica Dawley

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

Activity: 211298

F: 9:00 am - 4:00 pm

Session: 7/13

Clay Shoe Sculpture NEW

Ages: 6 - 12

Art Station

Come kick it in the clay studio for an afternoon of hand building. Do you prefer a sneaker, loafer, ballet slipper, boot or anything your imagination can invent? Then come put your sole into it and enjoy this cool sculpture class! Instructor: Amanda Krammes

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

Activity: 211297

F: 1:00 - 4:00 pm

Sessions: 7/13 8/10

Young Jewelers NEW

Ages: 8 - 12

Art Station

Learn beginner jewelry skills and make some razzle-dazzle to wear or share with friends. This class is designed for children that are interested in basic beading skills and jewelry design. Instructor: Laura Von der Osten

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

Activity: 211295

F: 9:00 am - 12:00 pm

Sessions: 7/27 8/10

Fabulous Art Fridays

Ages: 6 - 10

Art Station

Sign up for one or more classes, each FabFriday! Create different and unique projects and discover your creative side. With the possibilities of painting, pastels, drawing, clay, sculpture and mixed media, the possibilities are endless! Instructors: Helen Bommarito and Art Station Staff

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

Activity: 211296

F: 9:00 am - 4:00 pm

Sessions: 7/27, 8/3, 8/17, 8/24, 8/31

DIY Doll II

Ages: 6 - 10

Art Station

A whole bunch of accessories! Whether you've attended DIY Doll Accessories or not, we'll offer different projects and items just for your doll. All are welcome! It's a time to create and play with others who love their dolls, too! Ideally this would be for the very popular 18" dolls (American Girl/Our Generation Girl) but can be adapted for other kinds/sizes. Instructor: Jessica Dawley

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

Activity: 211299

F: 9:00 am - 4:00 pm

Session: 8/10



Summer Series in Monotype: Printmaking Camps

Ages: 9 - 17

Bend Art Center

Whether your child has done printmaking or not, Bend Art Center's summer series in monotype will present a slew of creative approaches to test and explore. Easy for beginners and full of rich possibilities for more experienced artists, monotype also offers the thrill of printing with our hand-crank etching presses. Each class can be taken on its own (there are no prerequisites). Passionate artists will benefit from taking the full series as a summer intensive.

Fee: \$120 ID \$144 OD / session Activity: 211410

M - Th: 9:00 am - 12:00 pm

Monotype I

June 18 - 21

A monotype is all about the ink, and our first class explores ink manipulation—how you lay ink down (with brushes, with brayers) and how you pull it up (with a host of repurposed “tools”). In the process, kids will learn how to create a wide variety of textures, lines and patterns. We'll also explore ink viscosity, which allows us to create distinct layers of color on the plate.

Monotype II

July 9 - 12

Explore offset techniques, where ink is transferred from one surface to another surface. Once you start, it's hard to stop! This style of working allows artists to rapidly generate suites of related prints and see their designs evolve. It also encourages a lot of “what if” experiments, which kids can try over the course of the week.

Monotype III

July 23 - 26

Explore embossment, which creates an added dimension to a print's surface. Trying everything from leaves, thread, salt, fabric, and other unexpected materials, kids can create interesting printed textures and push the paper to new heights.

Monotype IV

August 6 - 9

Explore multi-plate printing, which kids can explore in a free-form manner or in a very deliberate way. Kids will learn how to ink and register two or more plates to make multi-layered color prints. This technique gets kids thinking about color separation, optical mixing, and making intentional artistic choices.

Monotype & Artist Books August 20 - 23

For many artists, a monotype print is not the end, it's the beginning. We'll use the first two days of class to generate lots of colorful monotype prints, which we'll use to create handmade artist books—another exciting art form. Students from previous classes can practice their favorite monotype techniques and also bring prints from earlier classes to use in book projects.





play together

WAHOO!
.....
OPERATION
RECREATION
& THE PAC
.....
PAGES 71 - 73

LOCATED
AT A
PARK NEAR
YOU!

CRAFTS
GAMES
SPORTS
PLAY

For Kids' Sake

Bend Park & Recreation District and Bend La Pine Public Schools work cooperatively so that kids have convenient locations for Bend-La Pine's summer lunch program.

SCHOOL SUMMER LUNCH SITES

Weekdays: June 18 – August 17

(no program 7/4)

Boys & Girls Club Bend 11:30 am - 12:30 pm	Larkspur Park 11:30 am - 12:30 pm
Al Moody Park 11:15 am - 12:15 pm	Orchard Park 11:30 am - 12:30 pm
Harmon Park 11:45 am - 12:45 pm	Pilot Butte Neighborhood Park 11:15 am - 12:15 pm
Jewell Elementary 11:45 am - 12:45 pm	



Dates & times subject to change.

USDA & Bend-La Pine Schools are equal opportunity providers & employers

FREE



The Bend Park and Recreation Foundation is proud to present Days of Play for its twenty-first summer - providing children in our community the opportunity to participate in crafts, water play, field games, sports activities and much more. Come enjoy these great recreational activities at no cost.

Most of the Days of Play parks are also Bend-La Pine School District summer lunch program locations, too!

Note: This program may be canceled without prior notice due to bad weather. Days of Play is not a daycare program and should not be used as such. Every child under the age of 8 must be accompanied by a person over the age of 16. This program does not require registration. Children may come and go as they wish. Because of the popularity of this program, take-home activities will be available on a first-come, first-serve basis and limited to one per child.

BROUGHT TO YOU BY:
BEND PARK & RECREATION FOUNDATION

Crafts • Games • Sports • Play
Ages: 4 - 10

LOCATION:	DAY/TIMES:
Hollygrape Park	Mondays 1:00 - 3:30 pm 6/25 - 8/13
Pilot Butte Park	Tuesdays 9:30 - 12:00 pm 6/26 - 8/14
Kiwanis Park	Tuesdays/Thursdays 1:00 - 3:30 pm 6/26 - 8/16
Larkspur Park	Wednesdays 1:00 - 3:30 pm 6/27 - 8/15 (No program 7/4)
Sun Meadow Park	Thursdays 9:30 - 12:00 pm 6/28 - 8/16
Al Moody Park	Fridays 1:00 - 3:30 pm 6/29 - 8/17



SUMMER DAY CAMP: ENTERING GRADES 1 - 3

Entering Grades: 1 - 3

Silver Rail Elementary

Operation Recreation offers exciting weekly themes that include enrichment, group activities and amazing daily field trips. Children enjoy a complete recreation experience while making new friends and lasting memories.

Fee: \$215 ID \$258 OD / week session

Activity: 201401

M - F: 7:00 am - 6:00 pm

Weekly: 6/21 - 8/17 (no program 7/4)



AND WE'RE OFF!

Week 1: June 21 - 22

Adj. Fee: \$86 ID \$103 OD

Let's kick off an exciting summer! We will get to know each other this week while playing games and making crafts.

FINS, FUR & FEATHERS

Week 2: June 25 - 29

Join us for an animal adventure while we discover creatures big and small, learning about wild wings, crazy critters and incredible insects.

WESTERN ROUND UP

Week 3: July 2 - 6 (no program 7/4)

Adj Fee: \$172 ID \$206 OD

Yee Haw! Get ready for some horseplay while exploring the wild, wild west as we have an Oregon pioneer adventure.

SPACE IS THE PLACE

Week 4: July 9 - 13

Join us as we explore the stars and take a galaxy quest. Strap on your jetpacks, because the sky is the limit!

HAWAIIAN HULLABALOO

Week 5: July 16 - 20

If you can't make it to the islands, we'll bring the islands to you! We will get to make some traditional Hawaiian projects as well as ocean-themed crafts!

INTO THE WILD, ENCHANTED FOREST

Week 6: July 23 - 27

Fairies, wild animals, monsters - we'll see it all as we make our way into a magical realm and use our imaginations to discover what is hidden deep inside the forest.

UP IN THE AIR

Week 7: July 30 - Aug 3

Soar high with roaring rockets, colorful kites and things that fly. If it defies gravity, we'll hop on board!

RECYCLED MADNESS

Week 8: Aug 6 - 10

Ready, set, recycle! Get ready to reuse and recycle all sorts of materials into new, fantastic creations.

OH, THE PLACES YOU'LL GO

Week 9: Aug 13 - 17

Get ready to explore around Bend as we adventure on all-day field trips every day this week!

Endless Summer Camp

Ages: 6 - 8

Hollinshead Barn

It's all fun, games and cool crafts to wrap up your summer. Mornings feature field trips and for afternoons we'll head to Juniper Swim & Fitness Center or a river park to cool off with water play. Each day ends back at the Barn with snacks and more fun. Bring a swimsuit, sunscreen, towel and lunch daily.

Fee: \$215 ID \$258 OD / session

Activity: 206401

M - F: 7:00 am - 6:00 pm

Sessions: 8/20 - 24 8/27 - 31

Discover FREE Nature Days

Presented by the Children's Forest of Central Oregon Partners

Tuesdays, July 10 - August 14

10:00 - 11:00 am

Ages: 5 - 10

Bring your family to a different park each week for an interactive experience and learn, play and have fun in nature!

July 10: Rockridge Park

Wildlife Tracking presented by Discover Your Forest. Search for wildlife tracks while learning about the adaptations of high desert dwellers and playing fun games.

July 17: Hillside Park

Special Ops Survivors presented by Wildheart Nature School. Learn to navigate the world of unpredictability while playing team games and practicing survival skills in nature.

July 24: Stone Creek Park

Life in Cold Blood presented by High Desert Museum. Explore the habitat of reptiles, learn about their amazing adaptations and experience an up-close encounter with these cold-blooded creatures.

July 31: Ponderosa Park

Buzz About Bees presented by Sunriver Nature Center. Learn about the importance of these popular pollinators and what they need to survive through hands-on activities.

August 7: Hollygrape Park

Predators and Prey presented by The Environmental Center. Learn about the diverse animals that call Central Oregon home through games and interactive science activities!

August 14: Shevlin Park

Watery Wonders presented by Upper Deschutes Watershed Council. Explore Tumalo Creek, collect and identify stream critters and learn about what makes a healthy stream.

Learn more about Discover Nature Days happening throughout Central Oregon at childrensforestco.org/discover-nature-days.

SAVE THE DATE!

Discover Nature Festival

Sunday, Sept. 9, 11:00 am - 3:00 pm
Riverbend Park



SUMMER DAY CAMP: ENTERING GRADES 3 - 8

This summer, join the PAC at The Pavilion!

M - F: 6/18 - 8/31 (no program 7/4)

Full-day: 7:00 am - 6:00 pm

AM Half-day: 7:00 am - 1:00 pm

PM Half-day: 12:00 - 6:00 pm

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

We're talking climbing the rock wall, skateboarding and scootering, playing water games, floating the river, stand up paddle boarding, outdoor adventuring, getting into crazy, unique activities, creating art and playing your favorite games. It's any way you want to spend your day, even just hanging with friends.

GRADES: 3 - 5

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

GRADES: 5 - 8

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

DAILY FIELD TRIPS OF AWESOMENESS

The PAC offers daily morning and afternoon local field trips and weekly all-day getaways to awesome places around Central Oregon. Off-site trips are designated by grades, third through fifth and fifth through eighth. (Yep! Fifth graders choose between the two trips. Lucky!)

Morning field trips will include such fun as Capture the Flag or nature adventures at Shevlin Park, visiting the library and games at local parks.

Afternoons will include cooling off with paddle boarding, swimming and floating the Deschutes River or visiting Juniper Swim and Fitness Center for recreation swim.

On Tuesdays and Wednesdays, the PAC features all-day get-a-ways with such Central Oregon adventures as swimming and picnicking at a variety of Cascade Lakes, visiting cool and interesting businesses or outdoor adventures like biking, caving and fishing.

\$5 registration fee per trip.



"PAC OUT" & GET OUTSIDE!

YOUTH ART + THE PAC:

Combine half-day Art Station programs on pages 63 - 69 with The PAC for a \$24 half-day fee.

YOUTH OUTDOORS + THE PAC:

Want to max out your outdoor adventures? Look for half-day outdoor programs on pages 87 - 91 to match up with a half-day of The PAC for only \$24 additional fee. Combine rock climbing, caving and so much more.



IT'S YOUR SUMMER TO PLAY YOUR WAY!

MAKE THE PAC WHAT YOU WANT!

COME DROP-IN!

Want to come join in The PAC at the last minute? No problem! Kids can come at any time throughout the day. Perfect for locals and visitors alike, kids can drop in at The PAC and pay the daily or half-day rate. No pre-registration necessary. Just come in, take a little time to register on-site and you're ready to play. Easy!

PAC PASSES:

A variety of passes are available from full-season to half-day.

Choose the option that is best for you. One day at a time or bundle your days for an even greater discount. Only need a few hours? We have you covered with our half day options.

NOTE: PAC passes are available for online purchase until June 17. From June 18 on, PAC passes must be purchased in person at a BPRD facility. Special events offered at The PAC may feature an additional fee.

DAILY AND HALF-DAY PASSES:

Credits and refunds are granted for daily and half-day registrations if we are notified seven days prior to your registered day. A credit will be granted if we are notified less than seven days and no credit or refund will be given if we are notified two working days or less to the registered day.

10-VISIT PASS:

10-visit passes are non-refundable and non-transferable except that the visits can be shared between siblings in the same household. Any unused visits can be used for future PAC programs until your child ages out of the program.

2018 SEASON PASS:

Season passes are good for PAC visits during June 18 - August 31, 2018. This pass is non-refundable and non-transferable. There are 54 days this PAC season - so just think about the savings!

PASSES	Program	ON OR BEFORE MAY 16			AFTER MAY 16		
		In-District	Out-of-District		In-District	Out-of-District	
2018 PAC SEASON PASS	210600	\$1380	\$1655	Save \$270 or more	\$1656	\$1987	Save \$390 or more
10-VISIT PASS	210601	\$300	\$360	Save \$60 or more	\$360	\$432	Save \$20 or more
DAILY	210602				\$38	\$46	
AM or PM HALF-DAY	210603 / 210604				\$24	\$29	

SKATE FEATURES

NEW SKATE FEATURES COMING EARLY JULY!

Open skate with skatepark ramps and more. Skateboards and scooters welcome.

ROCK CLIMBING WALL

SPORTS

- Basketball
- Volleyball
- Badminton
- Pickleball
- Quidditch
- Skate competitions
- Dodgeball
- Sprout ball
- Tag games
- Floor hockey
- Futsal

OUTDOOR ACTIVITIES

- Swimming
- Floating the river
- Paddleboarding
- Biking

DAILY FIELD TRIPS

- Floating the river
- Columbia Park
- Riverbend Park
- Farewell Bend Park
- Harmon Park
- Drake Park
- Cascade Lakes
- Shevlin Park
- and more!

TOURNAMENTS

- Basketball
- Ping pong
- Foosball

CONTESTS & GAMES

- Lego & building
- Water play
- Cornhole
- Ladder ball
- Bocce ball
- Croquet

ART & MORE

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



Camp Elk Meadow with Diane Burns

Elk Meadow Elementary

Make this summer a crafty one! Choose your favorite classes for each week this summer.

JUNE 25 - 28

T-Shirt Factory

Ages: 7 - 11

Make unique t-shirts to wear this summer! Use screenprinting techniques, batik, tie-dye and fabric paints to create your very own creative tees.

Fee: \$49 ID \$58 OD / session

Activity: 206108

M - Th: 9:00 - 10:30 am

Kindness Art Rocks

Ages: 7 - 11

Spread joy and inspiration one rock at a time! Kids practice random acts of kindness by creating and sharing their own unique art rocks painted with inspiring words and/or pictures to brighten someone's day. Field trips on camp's first and last day.

Fee: \$49 ID \$58 OD / session

Activity: 206106

M - Th: 11:00 am - 12:30 pm

JULY 2 (Monday only)

Creative Clay

Ages: 7 - 11

Create your own clay masterpiece! Kids explore the process of ceramics from a lump of clay to a finished glaze creation. Pick up finished projects two weeks after class. Bring a lunch.

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

Activity: 206111

M: 9:00 am - 2:00 pm

Session: 7/2

JULY 9 - 12

Colorful Canvases

Ages: 7 - 11

Put some color in your summer! Explore your artistic side and draw, paint and sculpt while creating art to decorate your room or share as a gift. Bring a lunch.

Fee: \$179 ID \$215 OD / session

Activity: 206112

M - Th: 9:00 am - 2:00 pm



JULY 16 - 19

Animal Planet

Ages: 7 - 11

Get ready to paint, build and learn about our favorite animals from the smallest to the tallest by creating bird feeders, dog and horse treats, cat toys and more.

Fee: \$49 ID \$58 OD / session

Activity: 206109

M - Th: 9:00 - 10:30 am

Rainforest Adventure

Ages: 7 - 11

Your kids will love the realistic sounds of rain as we make rain sticks, the feel of jungle slime, creating a rainforest in a jar and painting rainforest animals.

Fee: \$49 ID \$58 OD / session

Activity: 206110

M - Th: 11:00 am - 12:30 pm

JULY 23 - 26

Fairies & Gnomes

Ages: 7 - 11

Mountain View High School

Make your creative escape into the magical fantasy world of fairies and gnomes. We'll create fairy houses, paint a unicorn and make a charming fairy lantern.

Fee: \$49 ID \$58 OD / session

Activity: 206113

M - Th: 9:00 - 10:30 am

Session: 7/23 - 26

JULY 30 - AUGUST 2

Jazzy Jewelry

Ages: 7 - 11

Create your very own jewelry including fused glass, shrink art, clay, beading and paracord.

Fee: \$49 ID \$58 OD / session

Activity: 206119

M - Th: 9:00 - 10:30 am

It's An Ooey, Goopy World

Ages: 7 - 11

Ooooooh, ya! Explore just how ooey, goopy your world can be by creating water bead stress balls, slime, flubber and puffy paint.

Fee: \$49 ID \$58 OD / session

Activity: 206120

M - Th: 11:00 am - 12:30 pm

AUGUST 6 - 9

Wild at Art

Ages: 7 - 11

Mountain View High School

Lions, tigers and bears, oh my! Let's create our own wild kingdom as we paint and draw animals.

Fee: \$49 ID \$58 OD / session

Activity: 206116

M - Th: 9:00 - 10:30 am

Session: 8/6 - 9

AUGUST 13 - 16

Let's Paint

Ages: 7 - 11

Brush up and cater to your creative side by exploring different paint techniques including watercolor, mixed media and acrylic.

Fee: \$49 ID \$58 OD / session

Activity: 206107

M - Th: 9:00 - 10:30 am

Clay, Play & Pottery Fun

Ages: 7 - 11

Explore the exciting world of clay as you create one-of-a-kind pottery. We'll make mugs, plates, creatures and more. Pick up finished projects two weeks after class.

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

Activity: 206118

M - Th: 11:00 am - 12:30 pm



Animals

Caring for Animals

Ages: 10 - 14

The Pavilion

We'll visit several local organizations, shelters, ranches and rehabilitation centers dedicated to improving the quality of life for animals. You'll have the opportunity to interact with various animals and help out with their particular needs. Dress for the weather.

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

Activity: 206201

M/W/F: 9:30 am - 1:00 pm

Sessions: 6/25 - 29 8/13 - 17

Crafts

Wizards Camp

Ages: 7 - 12

Juniper Elementary

Inspired by Harry Potter books and movies, tap into your imagination to discover the world of wizards and magic. Create spells, potions and wands, while you also play fun games such as Quidditch and a Tri-Wizards Challenge.

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

Activity: 206140

M - Th: 9:00 am - 12:00 pm

Session: 6/25 - 28

Creativity with a Twist

Ages: 7 - 11

Harmon Hobby Hut or Hollinshead Barn

Two great activities in one day! Enjoy being creative with your hands and also get energized while playing sports and games.

Fee: \$79 ID \$95 OD / session

Activity: 206129

Tu - Th: 9:00 am - 12:00 pm

Sessions: 6/26 - 28 Hollinshead

7/17 - 19 Harmon

7/31 - 8/2 Harmon

Around the World

Ages: 8 - 12

Mountain View High School

Explore the cultures of four foreign countries - the foods, arts, crafts and lifestyles! Immersing ourselves through our imaginations, we'll travel to four new lands, prepare and eat new foods and learn new artistic techniques.

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

Activity: 206102

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

Session: 7/9 - 12

Braids & Bracelets

Ages: 10 - 16

Mountain View High School

Learn to make different types of bracelets and hair braids including some unique styles to dazzle your friends with!

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

Activity: 206101

M - Th: 5:00 - 7:00 pm

Session: 7/9 - 12

Craft N' Creations

Ages: 7 - 11

Harmon Hobby Hut or Hollinshead Barn

A time to create with hands and minds while focusing on a specific theme each week.

Fee: \$79 ID \$95 OD / session

Activity: 206131

Tu - Th: 9:00 am - 12:00 pm

Sessions: 7/10 - 12 Harmon

7/24 - 26 Harmon

8/7 - 9 Hollinshead

Photography in Nature

Ages: 10 - 14

Riley Ranch Nature Reserve

Hike and explore Riley Ranch Nature Reserve and experience nature's impressive beauty. Learn to capture that beauty and create a keepsake of your nature photos to share with your friends and family. All keepsake materials provided. Send your Photographer with a camera they are comfortable using - be it a DSLR or cell phone camera. The best camera is the one you have with you!

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

Activity: 206126

Tu - Th: 9:00 am - 12:00 pm

Session: 8/7 - 9

Art Station and more.
Youth Art classes
on pages 63 - 69.

Nature Names

Ages: 8 - 12

Mountain View High School

Create your name from nature! We'll go on short hikes and bring back materials from the park to make an art project that shows off our name, naturally.

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

Activity: 206104

M: 5:00 - 7:00 pm

Session: 7/23

Sugar & Spice Spa

Ages: 8 - 13

Harmon Hobby Hut

Ahhhhh, get pampered! Learn to give yourself a pedicure, manicure and facial. Make scrubs, lotions, face masks and custom soaps just for you!

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

Activity: 206105

M - Th: 10:00 am - 12:00 pm

Session: 8/20 - 23

Day Camp

Westside Village Summer Camp

Ages: 6 - 14

Westside Village Magnet School

Packed with adventures and creative arts! Get moving with outdoor activities such as biking, skateboarding, geocaching, swimming, and playing at the park. Tap into your creative side with drama, music, drumming, ukulele and art projects.

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

Activity: 206510

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

Sessions: 6/25 - 29 7/9 - 13

7/16 - 20 8/6 - 10

8/27 - 31



Wanted! Teen Volunteers

Ages: 12 & up

BPRD has a summer jam packed with fun youth programs, and we need great teen volunteers to join in to help us make it the best summer ever!

Here's some of the fun you can help with:

- Junior Lifeguard and Swim Instructor Aide training programs
- Fit Kids, Kids Triathlon and Girls/Guys Get Fit
- Summer Buddies Preschool
- Cougar Camp
- Days of Play
- Day camp programs for children with disabilities
- Art and adventure programs
- July 4th Pet Parade & Old-Fashioned Festival

Find out more at bendparksandrec.org. Click on the Volunteer tab for information and sign up through the online registration for the opportunities that are right for you.

It might just be your best summer too!



Cooking & Baking

Pizza From Scratch

Ages: 7 - 10

Crumbs Cooking at Prep Bend

Using fresh ingredients, we'll make and roll pizza dough, shape pizza by hand and create a fresh tomato sauce with basil and mozzarella cheese. Leave with a recipe card and pizza to take home or eat on the spot. Yum!

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

Activity: 206256

F: 12:30 - 2:00 pm

Session: 6/15

Quick & Tasty Meals

Ages: 10 - 14

Mountain View High School

You'll do all the cooking as you learn to make easy, delicious meals and desserts on your own for your family and friends. Bring containers for leftovers.

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

Activity: 206223

M - Th: 10:00 am - 12:00 pm

Session: 6/25 - 28

I Love Sushi

Ages: 10 - 15

Harmon Hobby Hut

Let's make sushi! Start with learning to hold a knife, safely cut fresh fish and make perfect sushi rice. Then prepare your favorite sushi rolls and enjoy an impressive sushi meal including California roll, tempura shrimp roll, dragon roll and vegetable roll. Bring container for leftovers and cutting board.

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

Activity: 206226

F: 1:00 - 4:00 pm

Sessions: 6/29 7/13

Kids in the Kitchen

Ages: 7 - 12

Mountain View High School

Delish! Learn to cook as you make a yummy lunch everyday! We'll make deliciously easy foods to enjoy in class with a take-home recipe book to make foods for your family and friends. Different recipes and books each session. Geared toward the beginner, but all experience levels welcome.

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

Activity: 206117

M - Th: 11:00 am - 12:30 pm

Sessions: 7/23 - 26 8/6 - 9

Yeast & Braided Breads

Ages: 10 - 14

Mountain View High School

Make breads from scratch - it's easy! Learn to bake yeast breads, giant pretzels and cinnamon rolls - your friends and family will love it! Bring containers for leftovers.

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

Activity: 206224

M - Th: 10:00 am - 12:00 pm

Session: 7/9 - 12



Summer Salads

Ages: 7 - 10

Crumbs Cooking at Prep Bend

Lunch beyond the sandwich, salads are tasty, healthy, filling and packed with vitamins! Explore different tastes and textures as you learn to make your own super salads with dressings and flatbread such as a couscous salad and a strawberry and greens salad.

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

Activity: 206257

F: 12:30 - 2:00 pm

Session: 7/13

Breakfast Fun

Ages: 10 - 14

Mountain View High School

Breakfast or brunch, it's all the same! Learn to make out-of-the-ordinary breakfast foods such as quiche, German pancakes, crepes and more. Bring containers for leftovers.

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

Activity: 206221

M - Th: 10:00 am - 12:00 pm

Session: 7/16 - 19



Sweet Treats

Ages: 7 - 11

Mountain View High School

Learn to make delicious sweet treats! Bring a container to take home for your goodies.

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

Activity: 206103

W: 5:00 - 7:00 pm

Session: 7/25

Pasta From Scratch

Crumbs Cooking at Prep Bend

Pasta! Pasta! Learn the basics of pasta making from scratch along with a fresh tomato and basil sauce.

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

Activity: 206258

Ages: 7 - 10

F: 10:00 - 11:30 am

Ages: 11 - 12

F: 12:30 - 2:00 pm

Session: 7/27

Volunteer with kids!

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

Dance

Evening Lilies Dance Camp

Ages: 4 - 11

Academie de Ballet Classique

Your little dancer will love this delightful evening camp! With an emphasis on creativity and imagination, we'll explore classical ballet and other dance forms using ribbons, balls and other props. Oodles of smiles as we learn, laugh and enjoy the magic of dance.

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

Activity: 206579

F: 5:15 - 8:00 pm

Session: 5/25

Sa: 5:15 - 8:00 pm

Session: 5/26

Teens Beginning Ballet Workshop

Ages: 13 - 18

Academie De Ballet Classique

Discover your dance bliss! Dreams happen when you dance and now is the time to get those legs and arms moving. Float as you walk onto the imaginary stage and lighten your heart with each jump.

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

Activity: 206581

W/Th: 11:00 am - 12:30 pm

Session: 6/27 - 28

Beginning Pointe/ Pre-Pointe & Repertoire

Ages: 8 - 16

Academie de Ballet Classique

Wanting to begin or prepare for pointe? Come strengthen your muscles and skills while you learn the safe way to be a strong dancer. After three days, you'll have finished one complete dance from a familiar ballet and be on your way to standing tall with beautiful satin pointe shoes!

Fee: \$98 ID \$117 OD / session

Activity: 206582

Tu - Th: 9:00 - 10:30 am

Session: 7/10 - 12

Intermediate Pointe & Repertoire

Ages: 8 - 16

Academie De Ballet Classique

On pointe and wanting more? Take the challenge and move up in your ballet world. Perfect and/or correct your pointe technique with our proven method to learning pointework. After three days, you'll have finished one complete dance from a traditional ballet.

Fee: \$115 ID \$138 OD / session

Activity: 206583

Tu - Th: 10:30 am - 12:30 pm

Session: 7/10 - 12

Discover Ballet

Ages: 7 - 16

Academie de Ballet Classique

Introduce your child into the wonderful world of dance. Through playful, magical and imaginative exercises, kids discover the joys of dance and movement while experiencing the tradition of ballet technique.

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

Activity: 206576

W - Th: 10:00 - 11:00 am

Session: 7/11 - 12



Leap, Soar, Dance!

Ages: 6 - 10

Academie de Ballet Classique

A potpourri of dance styles with a mini show on the last day! Come try out tap, jazz, contemporary, lyrical, ballet and Russian character dance. Bring healthy snack and lunch to keep your energy high. You'll need all the fuel you can get!

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

Activity: 206577

M - Th: 9:00 am - 12:30 pm

Session: 7/16 - 19

Teen Dance Intensive

Ages: 11 - 18

Academie De Ballet Classique

Non-stop dancing of every style imaginable! Explore, experiment and challenge yourself with this assortment of theater arts and dance. Program ends with a production for friends and family.

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

Activity: 206578

M - Th: 9:00 am - 12:30 pm

Session: 7/16 - 19

Learning Workshops

Babysitter's Training

Ages: 11 - 15

American Red Cross

Complete this course in one day and begin babysitting the next. It includes what you need to know and what every parent wants in a safe, responsible babysitter. Learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch.

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

Activity: 206255

Sa: 8:30 am - 4:00 pm

Sessions: 6/9 7/21
8/18 9/1



Check Mate Chess Camp

Ages: 6 - 14

Miller Elementary School

Learn strategy and sharpen your mind! Catering to beginner through intermediate levels, each day starts with instructions for your level and ends with matches with other participants.

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

Activity: 206240

M - Th: 4:00 - 5:00 pm

Session: 7/23 - 26

Music & Voice

Meet the Instruments

Ages: 9 - 11

Cascade School of Music

Discover the world of instrumental music as you try four different instruments - violin or cello, guitar, piano and drums. We'll introduce fundamental music concepts and skills such as notation, ear training, rhythm and more. Fun and effective, the small-group setting is a great place to learn which instrument you'll enjoy playing.

Fee: \$150 ID \$180 OD / session

Activity: 206360

M - Th: 9:00 am - 12:00 pm

Sessions: 6/25 - 28 7/9 - 12
7/16 - 19 7/23 - 26
7/30 - 8/2

M/Tu/Th/F: 9:00 am - 12:00 pm

Session: 7/2 - 6 (No class on 7/4)

Discover Music Camp

Ages: 6 - 8

Cascade School of Music

Take an exciting, musical journey of song and play across the globe or into the future. Explore the world of music making as we sing, play with kid-friendly instruments, dance, create music-inspired craft projects and even stage a short musical program with a performance on your session's last day. Bring a snack. Includes materials.

Fee: \$150 ID \$180 OD / session

Activity: 206361

M - Th: 1:00 - 4:00 pm

Sessions: 6/25 - 28 World Music
7/9 - 12 World Music
7/16 - 19 Into the Galaxy
7/23 - 26 World Music
7/30 - 8/2 Into the Galaxy

M/Tu/Th/F: 1:00 - 4:00 pm

Session: 7/2 - 6 Into the Galaxy
(No class on 7/4)



Little Singers

Ages: 5 - 8

Cascade School of Music

This is a beginning singing class for children who love to sing. We will incorporate vocal exercises and solfege techniques with movement to engage their whole body while singing fun and familiar songs.

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

Activity: 206352

W: 10:00 - 10:50 am

Session: 6/27 - 8/8 (no class on 7/4)



Guitar Roads

Bend Senior Center

Developed by local musician and author Andrew Cooper, this class introduces you to a wide range of guitar concepts: positioning, tuning, playing melodies, picking, chording, strumming, rhythmic control, riffs and blues basics. Bring your own guitar, tuner and pick. Instructor: Robin Jackson

Fee: \$149 ID \$179 OD / session

Activity: 206312

M - Th: 9:00 am - 12:00 pm

Session: 7/9 - 12 Ages: 8 - 12
Session: 7/23 - 26 Ages: 13 - 17

Sing & Strum Music Camp

Bend Senior Center

If you have experience with chording and strumming, we'll put these skills to use in learning common chord progressions and songs. A great step up from Guitar Roads, this camp provides vocal coaching and training to help blend your rhythm guitar skills with your singing so that you can learn to perform your favorite songs. Bring non-messy snacks and a water bottle. Prerequisite: experience playing open position chords, own guitar, pick and tuner. Instructor: Robin Jackson

Fee: \$149 ID \$179 OD / session

Activity: 206312

M - Th: 9:00 am - 12:00 pm

Session: 7/16 - 19 Ages: 8 - 12
Session: 7/30 - 8/2 Ages: 13 - 17

Introduction to Piano

Cascade School of Music

In this solid introduction to the piano, you'll be introduced to music theory, note reading, rhythms and musical symbols on a staff and also learn a few simple songs.

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

Activity: 206370

Ages: 7 - 9

W: 11:00 - 11:50 am

Ages: 10 - 13

W: 12:00 - 12:50 pm

Session: 6/27 - 8/8 (no class on 7/4)

Introduction to Rhythm & Drum

Cascade School of Music

Every musician needs a solid foundation in rhythm. An excellent preparation for formal instruction on drums, this class features a variety of percussion instruments to build essential rhythmic skills and rhythm reading ability, and introduces basic sticking patterns, beats and rhythms on the drum kit.

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

Activity: 206373

Ages: 11 - 13

W: 10:30 - 11:20 am

Ages: 8 - 10

W: 9:30 - 10:20 am

Session: 6/27 - 8/8 (no class on 7/4)

Introduction to Recorder

Ages: 5 - 8

Cascade School of Music

Learn to play the soprano recorder and the basics of music such as note reading, rhythm and tone. This class is an excellent first step in formal instrumental study. A short performance will be held on the session's last day. Includes recorder.

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

Activity: 206372

Tu: 10:00 - 10:50 am

Session: 7/3 - 8/7



World Choir

Ages: 9 - 16

Cascade School of Music

Work together to bring the beauty of music to life by singing with a choir! You'll enjoy the process of ensemble music-making as it cultivates the sense of responsibility, commitment, self-discipline, confidence and poise. From Mexico to Zimbabwe, you'll cherish these multicultural songs. No experience necessary.

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

Activity: 206366

Th: 4:00 - 5:15 pm

Session: 7/5 - 8/9

Meet the Composer

Ages: 9 - 12

Cascade School of Music

Explore the lives of four great, influential composers as you learn important facts and life history about each composer through fun, musical activities. Materials included.

Fee: \$120 ID \$144 OD / session

Activity: 206369

M - Th: 1:00 - 3:00 pm

Sessions: 7/9 - 12 7/23 - 26

Beginning Rock Camp

Ages: 10 - 17

Cascade School of Music

Let's rock! If you're a brand new rocker who has "the basics" down on your instrument but have never played in a band, this camp is for you. We'll focus initially on simpler "jams" as we build a unified sound as a group. Open to guitars, bass, drums, keyboards and vocals. Appropriate for advancing beginners; one year experience required on your instrument.

Fee: \$165 ID \$198 OD / session

Activity: 206364

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

Session: 7/23 - 8/3



Percussion Camp

Ages: 10 - 14

Cascade School of Music

Give me a beat! We will learn popular songs on percussion instruments in this beginner class which features marimba, glockenspiel, snare drums, bass drums, tenor drums, cymbals and other percussion instruments.

Fee: \$120 ID \$144 OD / session

Activity: 206363

M - Th: 1:00 - 3:00 pm

Session: 8/6 - 9

Ukulele Camp

Ages: 7 - 12

Cascade School of Music

A beginner-friendly instrument, the ukulele sounds great whether you're playing by yourself or in a group. In this beginning camp, you'll be introduced to chords, strums and picking notes through Hawaiian, folk and contemporary songs. A fun performance will be held on Friday (details at registration). Ukulele not included.

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

Activity: 206368

M - F: 1:00 - 2:30 pm

Session: 8/6 - 10

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

Let's Perform with Miss Lovely

Ages: 6 - 14

Westside Village Magnet School

Miss Lovely's Art of Theater

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits or short play for family and friends will be held on Friday.

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

Activity: 206511

M - F: 9:30 - 11:30 am

Sessions: 6/18 - 22 8/27 - 31

Miss Lovely's Sing, Dance, Act

Learn to perform like the professionals do! Practice vocalizing techniques, enjoy fun choreography and move to international music. Work with a group to make up your own unique performance to showcase on Friday.

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

Activity: 206512

M - F: 9:30 am - 12:00 pm

Sessions: 6/25 - 29 7/9 - 13

Miss Lovely's Fairy Tale Theatre

Let's get creative and embark on a fabulous journey into the world of theatre and self-expression. You'll practice and perform a beautiful fairytale of your choice. Friends and family are welcome to our performance on Friday.

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

Activity: 206513

M - F: 9:30 am - 12:00 pm

Sessions: 7/16 - 20 8/6 - 10

Performing Arts

Beginning Masterclass

Ages: 9 - 12

BEAT Studio

In this masterclass we will be learning how to develop characters for stage, develop beginner vocal techniques, learn how to use our bodies to communicate emotion, develop our ear and breath control! No experience necessary.

Fee: \$215 ID \$258 OD / session

Activity: 206459

M/W: 9:00 am - 2:00 pm

Session: 6/18 - 27

Seussified Storytelling

Ages: 7 - 13

BEAT Studio

Explore the world of theatre through the signature style of Dr. Seuss! You'll create your own story, incorporating character development, elements of story, and inspiration from Dr. Seuss's magical wording. Designing your Seusstastic character from head to toe, you'll take your story off the page and onto a Seussified stage, immersing yourself in the world of sneedles, snuvs and sala-ma-goox. No experience needed.

Fee: \$215 ID \$258 OD / session

Activity: 206557

M - F: 9:00 am - 2:00 pm

Session: 7/9 - 13

Advanced Masterclass

Ages: 13 - 18

BEAT Studio

In this masterclass, we'll learn to develop in-depth characters for stage, beginner and advanced vocal techniques, critical eye and ear development and even some directing skills. Some theatre experience helpful, but not required.

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

Activity: 206458

M/W: 5:30 - 8:30 pm

Session: 7/9 - 25



Heroes & Heroines Sing Out!

Ages: 7 - 12

BEAT Studio

Discover your inner hero or heroine on stage! What do Hercules, Poppy and Simba have in common? The hero's path never did run smooth. Come uncover the bravery and courage that transform the average person into the hero as we sing, dance and plot the story of the hero's journey. No experience needed.

Fee: \$215 ID \$258 OD / session

Activity: 206558

M - F: 9:00 am - 2:00 pm

Session: 7/16 - 20

Detective Training On Stage

Ages: 7 - 12

BEAT Studio

Did you know that theatre skills can help you solve mysteries? Unearth clues, unlock riddles and use your Sherlockian skills of super deduction to solve even the most mysterious mysteries. We'll develop characters and create a story with puzzles, riddles and our own detectives to solve them complete with a presentation of our findings and final discoveries. No experience needed.

Fee: \$215 ID \$258 OD / session

Activity: 206559

M - F: 9:00 am - 2:00 pm

Session: 7/23 - 27

Is Acting For You?

Ages: 6 - 10

BEAT Studio

Have you seen a play and wondered if acting might be for you? Come and try out being on the stage. Get in character and in costume to put on a short play for your friends and family in one week! With Ms. Julee, you'll learn about being an actor and have lots of fun in the process! No experience necessary.

Fee: \$120 ID \$144 OD / session

Activity: 206550

M - Th: 1:00 - 4:00 pm

Sessions: 7/30 - 8/2 8/6 - 9

Three One-Act Plays

Ages: 7 - 13

BEAT Studio

Learn the basics of acting while having a fun, exciting time putting on three one-act plays. You'll get a character, lines, costume and props while you experience being in a play performance for friends and family! No experience needed.

Fee: \$120 ID \$144 OD / session

Activity: 206553

M - Th: 9:00 am - 12:00 pm

Session: 7/30 - 8/2

Improv for the Actor

Ages: 8 - 14

BEAT Studio

If you like to make up amazing stories and characters then Improv is the place for you! A great way to try out theatre for the first time, come play lots of classic improv games and challenges and learn about theatre through amazing, ever-changing adventures. No experience necessary.

Fee: \$120 ID \$144 OD / session

Activity: 206551

M - Th: 1:00 - 4:00 pm

Session: 8/13 - 16

How to Act Shakespeare

Ages: 10 - 17

BEAT Studio

Immerse yourself in Shakespeare, one of the greatest poets, playwrights and actors of all time! You'll get a chance to work with Shakespeare's scenes, monologues and speeches as we unlock the language of Shakespeare and uncover the clues inside iambic pentameter. Through paraphrasing and moving to the iambic beats, you'll learn why Shakespeare is still so popular today. No experience necessary.

Fee: \$120 ID \$144 OD / session

Activity: 206552

M - Th: 9:00 am - 12:00 pm

Session: 8/13 - 16

Movement & Dance for the Actor

Ages: 9 - 16

BEAT Studio

Move like an ape! Dance like a street urchin! A big part of acting is understanding how to move like your characters. This class introduces actors to various ways to use movement to tell a story. Using all kinds of music and characters, you'll learn skills for moving around the stage in ways the audience will love to see! No experience needed.

Fee: \$120 ID \$144 OD / session

Activity: 206555

M - Th: 1:00 - 4:00 pm

Session: 8/20 - 23

Set Painting with Scenic G

Ages: 10 - 18

BEAT Studio

Come and learn the magic of set painting with Gabriel Barrera, Senior Charge Artist with the Oregon Shakespeare Festival. With his experience of painting amazing theatre sets for many years, Gabriel will teach you the basics of color and some introductory techniques for making the magic come alive on stage. No experience necessary.

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

Activity: 206457

F: 9:00 am - 12:00 pm

Session: 8/24

Sa: 9:00 am - 12:00 pm

Session: 8/25



Technology: Coding & Programming

May the Code Be With You

Ages: 8 - 10

OSU Cascades Campus

Calling all space travelers! Learn the powers of computer coding in this out-of-the-world themed camp. We'll be making aliens bounce across the screen, programming galaxy sounds, creating our own characters and animating their jet packs, building our own on-screen droids and more. Bring your own iPad.

Fee: \$175 ID \$210 OD / session

Activity: 206691

M - Th: 1:00 - 4:00 pm

Session: 6/25 - 28

Code with Bitsbox!

Ages: 10 - 12

OSU Cascades Campus

Learn to write code and create amazing customized apps using Bitsbox. Based on JavaScript, this kid-friendly API is a great way for you to begin writing real lines of code and explore the fundamentals of programming. Everything we create is customizable and helps instill the basics of computational thinking. Prerequisite: beginner coding level; able to type, fifth grade level grammar/spelling skills. Laptops will be provided.

Fee: \$175 ID \$210 OD / session

Activity: 206692

M - Th: 9:00 am - 12:00 pm

Sessions: 6/25 - 28 7/16 - 19

Games & Apps Design

Ages: 8 - 10

OSU Cascades Campus

Jump into the adventures of programming and "coding" using drag-and-drop, kid-friendly platforms. With storyboarding and creating our own apps and games, we'll learn the basics of computer science and problem solving with design and code. Beginner level, this camp features all new curriculum from previous sessions.

Fee: \$175 ID \$210 OD / session

Activity: 206690

Ages: 8 - 10

M - Th: 9:00 am - 12:00 pm

Session: 6/25 - 28 7/16 - 19

Ages: 10 - 12

M - Th: 1:00 - 4:00 pm

Session: 6/25 - 28

Coding 100/200

Ages: 8 - 13

Sylvan Learning Center - Main or NWX

Use a personalized Tynker technology account to create your own animated, 3D, interactive projects and video games. Be inspired for life-long skills like problem solving, logic, collaboration, advanced coding skills and more.

Fee: \$199 ID \$239 OD / session

Activity: 206651

M - F: 1:00 - 3:00 pm

Sessions: 6/25 - 29 Main

7/30 - 8/3 Main

8/6 - 10 NWX





iGame Creators

Ages: 6 - 10

Summit High School

Get creative with video games! In this introductory course, you'll learn to build simple video games. Combine the art of game design and animation to create fun, interactive games with characters that fly around the screen and amaze your friends and family.

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

Activity: 206664

M - Th: 9:00 - 11:00 am

Session: 6/25 - 28 7/9 - 12

Application Design

Ages: 10 - 17

Summit High School

Gain a hands-on look at the world of application design and development in this interactive course. You'll design your own app which can be shared with friends and family with Apple or Android devices.

Fee: \$150 ID \$180 OD / session

Activity: 206665

M - Th: 11:30 am - 2:00 pm

Session: 7/9 - 12

Volunteer with kids!

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

Coding for Kids I

Ages: 8 - 10

OSU Cascades Campus

Turn your love of playing games and using apps into building them from your own imagination. In a fun environment, learn the elements of computer coding and how to create programming variables, loops and functions while you make your ideas come to life. No coding experience required. Bring your own iPad.

Fee: \$175 ID \$210 OD / session

Activity: 206694

M - Th: 9:00 am - 12:00 pm

Session: 7/9 - 12

Made By Girls - Game Design

Ages: 10 - 12

OSU Cascades Campus

Interested in creating, imagining and inventing new stuff? Whether you want to create a website, design a smart bracelet, a sports app or a fun game in this camp, you'll collaborate with friends, learn the basics of computer programming and design thinking and watch your ideas come to life! Beginner - intermediate level. Laptops will be provided.

Fee: \$275 ID \$325 OD / session

Activity: 206693

M - Th: 9:00 am - 3:00 pm

Session: 7/9 - 12

Minecraft Modding

Ages: 8-10

OSU Cascades Campus

Building mods is the perfect way for all Minecraft players to learn and practice programming! Campers of all experience levels will code modifications of Minecraft with mods, new environments, texture packs and more! Learn the basics of programming while customizing one of your favorite games! Bring your own iPad.

Fee: \$175 \$210 OD / session

Activity: 206695

M - Th: 1:00 - 4:00 pm

Session: 7/9 - 12

Video Game Design

Ages: 10 - 17

Summit High School

Let's take a fun, interactive look at the world of video game design and development. Learn basics of video game design and produce several different interactive video games to share with friends and family.

Fee: \$175 ID \$210 OD / session

Activity: 206663

M - Th: 11:30 am - 2:00 pm

Session: 7/16 - 19 7/30 - 8/2

Coding for Kids II

Ages: 8 - 10

OSU Cascades Campus

Create virtual apps and write your own programs to share with friends and family. This course makes learning to code fun and explores problem solving and programming logic. You'll even have access to your account so the learning does not end at the door. Bring your own iPad.

Fee: \$175 ID \$210 OD / session

Activity: 206698

M - Th: 1:00 - 4:00 pm

Session: 7/16 - 19

Web Design

Ages: 10 - 12

OSU Cascades Campus

Let's build a website and an online game! In this camp, you'll develop basic coding skills and apply them toward web development and create your own dynamic website and a web-based game using HTML, CSS and JavaScript. Prerequisite: beginner coding level; able to type, fifth grade level grammar/spelling skills. Laptops will be provided.

Fee: \$175 ID \$210 OD / session

Activity: 206697

M - Th: 1:00 - 4:00 pm

Session: 7/16 - 19

iCode

Ages: 6 - 12

Summit High School

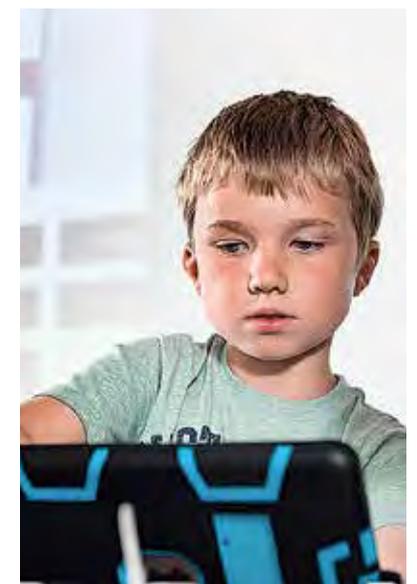
Code on, friend! In this fun, interactive look at coding, you'll create virtual apps and write your own programs to share with friends and family. Exploring problem solving and programming logic, you'll have out-of-class account access so the learning goes beyond class time. Students should be able to read prior to taking this course.

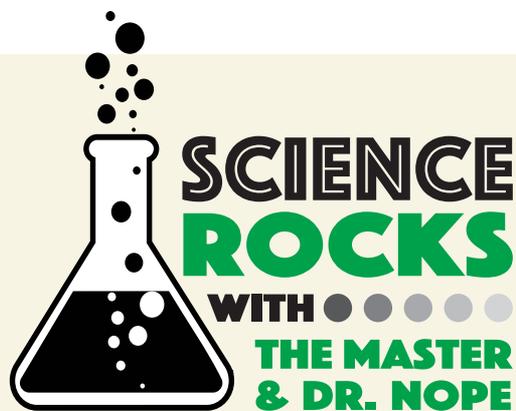
Fee: \$125 ID \$150 OD / session

Activity: 206667

M - Th: 9:00 - 11:00 am

Session: 7/16 - 19





Girls Only Science

Ages: 6 - 11

Elk Meadow Elementary

Meet other girls who like science! Join The Master and Dr. Nope for an exploration of chemistry, physics, paleontology and more! Prepare to have fun with just the girls!

Fee: \$115 ID \$138 OD / session

Activity: 206608

M - Th: 9:00 am - 1:00 pm

Session: 6/25 - 28

Detective Work Science

Ages: 7 - 11

Elk Meadow Elementary

Join The Master and Dr. Nope as we use forensic science to solve a crime. Learn about the science of fingerprints, trace evidence, chemistry and blood splatter analysis. Be prepared to get messy.

Fee: \$115 ID \$138 OD / session

Activity: 206603

M - Th: 9:00 am - 1:00 pm

Session: 7/9 - 12

Space Explorers

Ages: 6 - 11

Elk Meadow Elementary

The Master and Dr. Nope will be your guides as we explore our solar system. We'll make rockets, a Mars probe and many other fun and challenging activities. Bring a 2-liter bottle, and be prepared to get messy!

Fee: \$115 ID \$138 OD / session

Activity: 206601

M - Th: 9:00 am - 1:00 pm

Session: 7/16 - 19

Brought to you by the BPRD "Science Rocks" Team of the Master & Dr. Nope.

Bring your sense of fun and adventure along with a water bottle, lunch and healthy snack. And get ready to get messy!

Dinosaur Adventures

Ages: 5 - 10

Elk Meadow Elementary

If you want to learn about paleontology, this camp is for you! The Master and Dr. Nope will take you back in time for some hands-on, pre-historic adventures. We'll examine fossils and learn how scientists find and determine what they came from. Be prepared to get messy.

Fee: \$115 ID \$138 OD / session

Activity: 206604

M - Th: 9:00 am - 1:00 pm

Session: 7/23 - 26

The Science of Being a Secret Agent

Ages: 6 - 11

Elk Meadow Elementary

Come learn the science of stealth and disguise with The Master and Dr. Nope. Create a secret identity and make some cool spy gadgets. Be prepared to get messy.

Fee: \$115 ID \$138 OD / session

Activity: 206610

M - Th: 9:00 am - 1:00 pm

Session: 8/13 - 16

Mad Science: Minions!

Ages: 6 - 11

Hollinshead Barn

Dreaming of ruling the world but not sure where to begin? Join The Master and Dr. Nope for a crash course in the basics of biology and physics that you will need to make your plan. Bring a two-liter bottle.

Fee: \$175 ID \$210 OD / session

Activity: 206605

M - Th: 9:00 am - 3:00 pm

Session: 8/20 - 23



Mad Scientists: Masterminds!

Ages: 6 - 11

Hollinshead Barn

Expand your world domination skills with other "Mad Scientists." The Master and Dr. Nope will supply the materials and the challenge; you bring your creativity and talent! Bring a 2-liter bottle and be prepared to get messy.

Fee: \$175 ID \$210 OD / session

Activity: 206607

M - Th: 9:00 am - 3:00 pm

Session: 8/27 - 30



Technology: Digital Animation & Film

Digital Animation

Ages: 10 - 17

Summit High School

Learn the basics of digital animation and design. If you enjoy fun, interactive animations, you'll love this course. Using award-winning animation software, you'll create fun, interactive animations that you can share.

Fee: \$160 ID \$192 OD / session

Activity: 206662

M - Th: 11:30 am - 2:00 pm

Session: 6/25 - 28

Movie Makers

Ages: 10 - 17

Summit High School

Make a movie - beginning to end! This hands-on, interactive course will introduce you to the world of digital video design and production. You'll film, direct and edit your own digital video creation and even amaze your friends and family with green screen and special effects work.

Fee: \$145 ID \$175 OD / session

Activity: 206666

M - Th: 9:00 - 11:00 am

Session: 7/30 - 8/2

Technology: Engineering

Engineering Lab

Ages: 6 - 13

Sylvan Learning Center - Main or NWX

Learn fundamental engineering principles in a fun, interactive and creative way! Use K'NEX® and LEGO® to design, build and test various bridge and simple machine structures. Every class is a new creation packed with opportunities for problem-solving and creativity.

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

Activity: 206658

W: 1:00 - 3:00 pm

Session: 6/20 Main

F: 1:00 - 3:00 pm

Session: 6/22 NWX

Engineering 100

Ages: 6 - 9

Sylvan Learning Center - Main or NWX

Use LEGO® and K'NEX® to plan, create and improve simple machines and bridge designs to expand your engineering brain. You'll learn fundamental engineering concepts like pulleys, levers, suspension, torque and more in this completely hands-on class!

Fee: \$199 ID \$239 OD / session

Activity: 206653

M - F: 1:00 - 3:00 pm

Session: 7/9 - 13 Main

8/13 - 17 NWX

Engineering 200

Ages: 9 - 13

Sylvan Learning Center - NWX

Use LEGO® and K'NEX® to plan, create and improve simple machines and bridge designs to expand your engineering brain. You'll learn fundamental engineering concepts like pulleys, levers, suspension, torque and more in this completely hands-on class!

Fee: \$199 ID \$239 OD / session

Activity: 206654

M - F: 1:00 - 3:00 pm

Session: 7/16 - 20

Technology: Robotics

Bot Lab

Ages: 6 - 13

Sylvan Learning Center - Main or NWX

Wahoo! A one-day robotics workshop with no prior robotics experience necessary! You'll be introduced to building robots out of LEGO® and programming your robot to come alive. Each Bot Lab workshop has a different theme to extend your creativity and imagination with each session!

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

Activity: 206656

Th: 1:00 - 3:00 pm

Session: 6/21 NWX

M: 1:00 - 3:00 pm

Session: 7/2 Main

Robotics 100/200

100: Ages: 6-9

200: Ages: 9-13

Sylvan Learning Center - Main or NWX

Use LEGO® technology to build and animate robots! With all new robots in each class, you'll gain a 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

Activity: 206652

M - F: 1:00 - 3:00 pm

100 Session: 6/25 - 29 NWX

7/16 - 20 Main

200 Session: 7/30 - 8/3 NWX

8/13 - 17 Main

Intro to STEM with LEGO®

Ages: 5 - 7

Miller Elementary

Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as cities, garbage trucks, catamarans and dinosaurs. Design and build as never before and explore your craziest ideas in a supportive environment. No experience needed.

Fee: \$150 ID \$180 OD / session

Activity: 206660

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

Session: 7/9 - 13





STEM Challenge with LEGO®

Ages: 8 - 10

Miller Elementary

Gear up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts. Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as forklifts, houseboats, mini golf courses and the London Tower Bridge. Expand your realm of design and building in a supportive environment. No experience needed.

Fee: \$150 ID \$180 OD / session

Activity: 206661

M - F: 1:00 - 4:00 pm

Sessions: 7/9 - 13

Drone Zone

Ages: 9 - 14

Silver Rail Elementary

Quadcopter flight school! Learn the basics of flying your very own quadcopter from remote controls, flying level, hovering and turning to maneuvering and seeing what all your drone can do. Then use your new skills to fly your drone through an obstacle course and maybe even race other pilots! At the end, you get to take the drone home with you. Quadcopter provided.

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

Activity: 207720

M: 1:30 - 3:30 pm

Sessions: 7/16 7/30

8/13

STEM Bonanza 100/200

100: Ages: 6 - 9

200: Ages: 9 - 13

Sylvan Learning Center - Main or NWX

Encompassing all aspects of science, technology, engineering and math, this jam-packed, combination course includes a day of robotics, engineering, coding, science and math. Join this hands-on approach for a week of STEM fun!

Fee: \$199 ID \$239 OD / session

Activity: 206657

M - F: 1:00 - 3:00 pm

100 Session: 7/23 - 27 NWX

8/20 - 24 Main

200 Session: 7/23 - 27 Main

8/20 - 24 NWX



ENRICHMENT

WEDNESDAYS

Plan for Fall: Afterschool Programs

Sign up for the new school year!

Grades: K - 5

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

W: 2:00 - 3:30 pm

1st Session: 9/12 - 10/24

Each week, Bend La Pine Schools have school improvement Wednesdays where kids end their school day at 2:00 pm! What to do? Don't fret, Enrichment Wednesdays are here for you! We host five enrichment offerings each year and they are all located at your child's school - how convenient! Each offering rotates every six to eight weeks depending on the school calendar year. Offerings include movement classes like dance, games or martial arts and a variety art, science and foreign language options. Try something new or try them all!

BEAR CREEK

All Activities: 406601

Theatre with Miss Lovely

Sessions: 9/12 - 10/24

Creative Clay

Session: 9/12 - 10/24

BUCKINGHAM

All Activities: 406602

Martial Arts

Session: 9/12 - 10/24

ELK MEADOW

All Activities: 406603

Spanish Immersion

Session: 9/12 - 10/24

HIGH LAKES

All Activities: 406605

OSU 4H: Mighty Machines

Session: 9/12 - 10/24

HIGHLAND

All Activities: 406606

Fun, Science Projects

Session: 9/12 - 10/24

JEWELL

All Activities: 406607

Nature Discovery

Session: 9/12 - 10/24

JUNIPER

All Activities: 406608

Experiment with Art

Session: 9/12 - 10/24

LAVA RIDGE

All Activities: 406609

Creative Computer Coding

Session: 9/12 - 10/24

MILLER

All Activities: 406610

Fun, Funky, Fresh Dance

Session: 9/12 - 10/24

PINE RIDGE

All Activities: 406611

Mixed Martial Arts

Session: 9/12 - 10/24

SILVER RAIL

All Activities: 406613

Sportsters

Session: 9/12 - 10/24

Plan for Fall: Before & Afterschool Programs

KIDS INC

bend park & recreation district

Grades: K - 5

Why KIDS INC?

CONVENIENT: Great program for working parents with convenient locations at several elementary schools.

HEALTHY LIFESTYLE: Active games and play promote movement and fitness. Daily healthy snacks are offered every afternoon.

TEAMWORK: Opportunities for socialization, leadership and confidence through cooperative games and group activities.

SKILL BUILDING: Creative, theme-based enrichment activities that challenge the children and encourage problem solving.

PROFESSIONAL STAFF: Dedicated to the care and safety of your child. Staff are engaged and interacting with participants while being good role models and mentors. All staff are trained in youth development, CPR/first aid and receive background checks.

For more information: Call (541) 389-7275.

SCHOOL LOCATIONS:

AMITY (AM)
 BEAR CREEK
 BUCKINGHAM
 ELK MEADOW
 ENSWORTH
 HIGH LAKES
 HIGHLAND
 JEWELL
 JUNIPER
 LAVA RIDGE
 MILLER
 PINE RIDGE
 PONDEROSA
 SILVER RAIL



Hours of Operation:

Before School: 7:00 - 8:30 am
 Afterschool: 3:30 - 6:00 pm
 Early Release Wednesday:
 2:00 - 6:00 pm

Westside Schools:

PM Care for Amity, Westside Village & Highland students register for Highland KIDS INC.

2018 - 19 School Year

Registration Opens: MAY 21

Reserve your child's spot this spring.

Registration Fee: \$20 AM / \$20 PM per child for each program. Non-refundable.

Monthly Fees: AM Fee: \$59 / month
 PM Fee: \$145 / month

AM and PM fee is a single price regardless of number of days used.

REC ZONE

Grades: K - 5

SCHOOL LOCATIONS:
 HIGH LAKES
 HIGHLAND
 MILLER

Features opportunities for self-guided physical activity, socialization and play time under the supervision of staff.

Note: This is a drop-in program, we will not notify you if your child does not arrive at program. Kids who attend will be required to sign in and be signed out upon pickup.

Hours of Operation:

M/T/Th/F: 3:30 - 4:30 pm
 (no program Wednesday afternoon)

2018 - 19 School Year

Registration Opens: MAY 21

Reserve your child's spot this spring.

Registration Fee: \$20 per child. Non-refundable.

Monthly Fee: \$37 / month

For more information: Call (541) 389-7275.



MAKE
MEMORIES
.....
**PADDLE-
BOARDING
ADVENTURES**
.....
PAGES 90 - 91

out 'n about

Make adventure habit.

Follow a trail. Go boating. Camp under the stars. Observe animals in their habitat. Catch a fish. Play in a park. Explore Oregon's culture and history. Make this a summer of discovery and exploration. Be greater outdoors.

Fishing

Annual Jason Freiboth Kid's Fishing Clinic

Ages: 5 - 11

Shevlin Park Pond

This clinic includes instruction, equipment and fun! The pond at Shevlin Park will be stocked with trout and volunteers will be on hand with donated equipment to help the kids and their families learn about fishing. A parent or other adult must attend and participate with the child.

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

Activity: 203130

Th: 6:15 - 8:00 pm

Session: 6/7



Fly Fishing Camp

Ages: 10 - 14

Shevlin Park Pond

This unique program offers children the opportunity to experience and learn fly fishing basics. The experts from the Central Oregon Fly Fishers Club will teach campers various fly casts, fishing techniques and strategies, fly tying, safe wading and even the basic bugs that fish like to eat. Bring your own equipment and lunch. We have a limited amount of equipment for campers to use.

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

Activity: 203135

M - W: 9:00 am - 1:00 pm

Session: 6/18 - 20

Youth Learn to Fish Event

FREE

Ages: 17 & under

Pine Nursery Park Pond

Join the Oregon Department of Fish and Wildlife for a free youth fishing event. ODFW staff and volunteers will be on hand to help young anglers learn how to fish. Loner rods, reels and tackle will be available. The pond will be stocked with rainbow trout before the event. NOTE: A juvenile angling license is required for children ages 12 - 17. All state angling regulations apply.

Tu: 9:00 am - 12:00 pm

Sessions: 6/26 7/10



**HALF-DAY ADVENTURES?
MAKE IT A FULL DAY
WITH THE PAC AT THE PAVILION**

Mornings or Afternoons
Entering Grades: 3 - 8

See pages 72 - 73.

Need Help Selecting an Outdoor Program?

Our outdoor programs offer varying combinations of physical activity, challenge, engaging children with nature, time spent outdoors, environmental education and stewardship opportunities.

If you have questions about the best match for your child, please contact Eric Denzler, Outdoor Program Coordinator at (541) 706-6116 or EricD@bendparksandrec.org to discuss your child's interests, skill level and previous experience and he will help guide you in making your selection.

Outdoor Program Details

After you register your child for an outdoor program, you can expect any important details on equipment needed, schedules and other information to be communicated to you directly via email. Please be sure your account contact information is up-to-date so that you're in the loop.

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



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



Outdoor Adventures

Archery

Ages: 10 - 15

The Pavilion

Learn the 10,000 year-old art of bows and arrows. A fun program that emphasizes safety and developing basic skills using recurve bows on our outdoor range outside of Tumalo. No experience necessary; all skill levels welcome. All archery equipment and transportation provided.

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

Activity: 207710

M: 8:30 am - 12:30 pm

Sessions: 7/16, 7/30, 8/20

Tu: 8:30 am - 12:30 pm

Sessions: 6/26, 7/24, 8/14

F: 8:30 am - 12:30 pm

Sessions: 6/29, 7/6, 7/20, 7/27

8/3, 8/17, 8/24

Bows & Bikes NEW

Ages: 12 - 15

Harmon Park

Combines a morning of archery (bows), with an afternoon of easy trail riding (bikes). Enjoy two fun sports in one day! Archery and bike equipment provided, or bring your own mountain bike.

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

Activity: 207545

Th: 8:30 am - 4:30 pm

Sessions: 6/28 7/5

Riley Ranch Art Roundup NEW

Ages: 9 - 12

Art Station

Discover Riley Ranch Nature Reserve with a morning of hiking at Bend's newest nature reserve. Afterward, we'll spend the afternoon at the Art Station creating nature-inspired arts and crafts. Bring a lunch; transportation provided.

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

Activity: 206114

F: 9:00 am - 4:00 pm

Sessions: 6/29 7/20

Rock Climbing

Ages: 11 - 15

Harmon Park

Enjoy top-rope rock climbing at magnificent Smith Rock State Park. All skill levels welcome. All equipment and transportation is provided.

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

Activity: 207530

M: 7:30 am - 3:00 pm

Sessions: 6/25, 7/2

Tu: 7:30 am - 3:00 pm

Sessions: 7/17

Whitewater Raft

Ages: 12 - 15

Harmon Park

What could be better during the heat of summer than spending a day running rapids (up to Class III) and swimming in a refreshingly cool river? All experience levels welcome. Transportation provided. Make it your summer tradition.

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

Activity: 207532

Times: 8:00 am - 6:00 pm

Sessions: Tu: 7/3

W: 6/27, 7/18

Beginning Trail Biking

Ages: 10 - 14

Harmon Park

It's a rush! Pedal your way through forests and meadows while learning how to navigate 'round trees, through rock sections, over small obstacles, up/down hills and more. A morning of instruction and riding fun singletrack trails (and some doubletrack too) for those with little or no trail riding experience. Transportation and equipment provided or bring your own mountain bike.

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

Activity: 207536

Tu: 8:30 am - 12:30 pm

Sessions: 7/17, 7/31, 8/21

Beginning Stand Up Paddleboarding

Ages: 11 - 15

Harmon Park

An introduction of the basics of playing on a stand-up paddleboard. In no time at all, you'll be standing and paddling your way along the shoreline of local lakes. All equipment and transportation is provided.

Fee: \$30 ID \$36 OD

Activity: 207542

W: 8:30 am - 12:30 pm

Sessions: 7/18, 8/1, 8/22

Cave Exploration

Ages: 10 - 14

Harmon Park

Head underground on a hot summer day to explore a lava tube. Wear long pants, sturdy shoes and bring a light jacket to protect your arms. Helmets, gloves and flashlights provided.

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

Activity: 207712

Th: 8:30 am - 12:30 pm

Sessions: 7/19, 8/2, 8/23

Outdoor Day Camps



Shevlin Park

Cougar Camp, located in beautiful Shevlin Park, is one of Bend's favorite summer camps! The unique camp setting, skits and games will keep your child in love with the great outdoors! Activities include: hiking, biking, swimming, games and nature exploration. The whole family shares a BBQ potluck and camp activities on Wednesday evening at 6:00 pm. The kids stay for an overnight in the tipis following the BBQ. Don't miss the fun!

Camp Times:

M/Tu: 8:30 am - 4:30 pm

W: 8:30 am - Th 12:00 pm (Overnight)

Fee: \$199 ID \$239 OD / session

**NEW
LONGER
HOURS**

Cougar Camp 1

Entering Grades: 3 & 4

Activity: 207401

Sessions: 6/25 - 28 7/9 - 12

7/16 - 19 7/30 - 8/2

8/6 - 9

Cougar Camp 2

Entering Grades: 5 & 6

Activity: 207402

Sessions: 7/23 - 26 8/13 - 16

Cougar Camp 1 & 2

Entering Grades: 3 - 6

Activity: 207412

Sessions: 6/18 - 21 8/20 - 23



Survival Camp

Sawyer Park

Activity: 207511

INTRO SURVIVAL

Ages: 6 - 9

An exciting adventure in wilderness survival for "younger explorers!" Learn shelter building, traps, cordage, navigation, tracking, fire-building concepts (no actual fires built) and more. Experienced survival and primitive skills instructors use games and scenarios ("what would you do if?") typically seen on popular TV shows to introduce campers to common but fun and challenging skills. Students work on developing focus, cooperation and listening skills.

Fee: \$225 ID \$270 OD / session

M - F: 9:00 am - 1:00 pm

Sessions: 6/18 - 22 7/16 - 20

ADVANCED SURVIVAL

Ages: 9 - 14

This course for "older explorers" takes nature exploration to a whole new level. Campers use increasingly complicated team scenarios such as being lost, accidents in remote places, dealing with natural disasters to develop real survival, disaster response and primitive skills. Learn about shelters, traps, orienteering, primitive skills, tracking and fire-building concepts. Leadership, communication and decision-making skills are built through the week.

Fee: \$315 ID \$365 OD / session

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

Sessions: 6/25 - 29 7/23 - 27

Elet Hall's Ninja Parkour & Circus Movement

NEW

Ages: 10 - 14

Pine Nursery Park Shelter

Train with Elet Hall, champion athlete from TV's American Ninja Warrior and internationally renowned parkour instructor. Known for his endless energy, Elet has instructed athletics combined with the outdoors for many years. Learn the fundamentals of parkour, obstacle navigation and even some circus skills in this special camp opportunity.

Fee: \$355 ID \$405 OD / session

Activity: 207816

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

Session: 6/25 - 29

Adventure Camp

Ages: 11 - 14

Harmon Park

Let's go adventure! Whitewater raft on a river, rock climb at Smith Rock State Park, mountain bike to a lake, swim and more! Meet new friends and challenge yourself with a variety of fun outdoor activities that make Central Oregon a great place to live and play. Each day is a different, active adventure. No experience required; all transportation and equipment provided.

Fee: \$280 ID \$336 OD / session

Activity: 207500

M - W: 8:30 am - 4:30 pm

Th: 8:00 am - 6:00 pm

Sessions: 6/25 - 28 8/6 - 9 8/13 - 16

Girls Week: 7/9 - 12



Art & Adventure Camp

Ages: 9 - 12

Art Station

Artwork inspired by the outdoors and then getting outdoors to be inspired, it's ReCreative! Spend the morning making art, eat lunch, and take off for a Central Oregon recreational adventure with our BPRD staff.

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

Activity: 211205

Naturally Craft NEW

Craft beautiful and useful objects using collected nature pieces as a base material and inspiration. Work with a variety of nature and art mediums while making handmade journals, nature lanterns and take home some natural treasures.

M - Th: 9:00 am - 5:00 pm

Session: 7/16 - 19

Awesome Amphibians & Reptiles NEW

Discover some of the critters that live in Central Oregon. Through various techniques and materials we will capture the unique characteristics of these animals as well as their habitats.

M - Th: 9:00 am - 5:00 pm

Session: 7/30 - 8/2

Ancient Petroglyph Figures

Get inspired by ancient petroglyph art and create your own wall of creatures and symbols. Paper mache techniques, collage, painting and stamping will be combined to make 3-D figures on a "rock" wall.

M - Th: 9:00 am - 5:00 pm

Session: 8/20 - 23



Paddlesports Adventure Camp

Ages: 8 - 15

Tumalo Creek Kayak & Canoe

For kids who just can't decide, Paddlesports Adventure week includes a day of stand up paddleboarding, kayaking, rafting and learning to sail Hobie Adventure Island trimaran kayaks on Elk Lake. Your child will learn about cooperation and team building in an active and engaged environment, while gaining a greater appreciation for Central Oregon waterways.

Fee: \$395 ID \$445 OD / session

Activity: 207946

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

Sessions: 6/25 - 28 7/16-19 8/6 - 9
8/13 - 16 8/27 - 30

Whitewater Kayak Camp

Ages: 10 - 15

Tumalo Creek Kayak & Canoe

This all-levels camp is designed to introduce kids to the exciting world of whitewater kayaking! We'll emphasize both safety and fun as we gradually introduce campers to moving water. Paddlers will gain confidence and awareness as they get ready for a lifetime of paddling the rivers of the great Northwest. Note: Camper's skill level and comfort will be assessed on day one. Campers will be grouped based on this assessment to accommodate all skill levels. All gear and transportation provided.

Fee: \$395 ID \$445 OD / session

Activity: 207942

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

Sessions: 7/2 - 5 7/30 - 8/2

Nature Chasers

Ages: 8 - 11

Harmon Park

Kids' imaginations and adventurous spirits are set free in the outdoors as they examine all things big and small. Explore local natural habitats, volcanoes, lava tubes, hunt for fossils, visit waterfalls, play. Whether your child is a nature newbie or an experienced outdoors kid, they'll come away with new experiences and a nature knowledge base to last a lifetime. Transportation provided.

Fee: \$240 ID \$288 OD / session

Activity: 207701

M/Tu/Th/F: 9:00 am - 4:00 pm

Session: 7/2 - 3 & 7/5 - 6 (No camp 7/4)

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

Sessions: 8/6 - 9

Paddlepalooza Watersports Camp

Ages: 11 - 15

Harmon Park

Spend summer days on the water! Run small rapids in tandem inflatable kayaks on the Deschutes River at Warm Springs. Explore the shoreline of a lake by canoe. Stand up paddleboard on a quiet stretch of the Deschutes River and whitewater raft the McKenzie River. All gear and transportation provided. No previous experience required.

Activity: 207900

Fee: \$280 ID \$330 OD / session

M - W: 8:30 am - 4:30 pm

& Th: 8:00 am - 6:00 pm

Sessions: 7/9 - 12 7/23 - 26 8/20 - 23

Girls Earth Skills Camp NEW

Ages: 9 - 14

Shevlin Park

Work in teams to build communication and leadership skills, and work independently to build focus, self-esteem and self-sufficiency by practicing an array of wilderness skills, such as shelter construction, fire building and plant identification. Your instructor is Jessie Krebs, former Air Force survival, escape, rescue and therapeutic wilderness guide and star of the National Geographic Channel's Myigrations TV show.

Fee: \$325 ID \$375 OD / session

Activity: 207818

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

Session: 8/6 - 10

Outdoor Overnight Camps

Paddle Camper Overnight

NEW

Ages: 12 - 15

Harmon Park

Paddleboard + dry-bag + lake + campsite = Adventure! Imagine adventuring across a lake to a mystery camping spot, paddling quietly across the water to the sound of birds and waves, with everything you need for the night in a dry bag on your paddleboard (canoes also available). Paddleboards (or canoes), dry bags, meals, tents, other group camping gear and transportation provided. Bring clothing, sleeping bag and water bottle.

Fee: \$180 ID \$216 OD / session

Activity: 207526

M: 8:00 am - Tu 5:30 pm (Overnight)

Session: 6/18 - 19

W: 8:00 am - Th 5:30 pm (Overnight)

Sessions: 7/25 - 26 8/15 - 16

Explore the John Day Overnight

NEW

Ages: 12 - 15

Harmon Park

The John Day is one-cool-corner of Oregon. Start at the Condon Paleontology Center: a world-class history museum that displays fossil specimens of the three-toed-horses, bear dogs and saber-toothed cats that once roamed ancient Oregon. Then we camp riverside and practice our paddling near camp in the warm evening. On the second day we paddle the gentle Class I water (small rapids) of the John Day River on paddleboards or inflatable kayaks (your choice). Meals, inflatable kayaks/ SUP, tents, other group gear and transportation provided. Bring clothing, sleeping bag and water bottle. No previous experience necessary.

Fee: \$180 ID \$216 OD / session

Activity: 207518

W: 8:00 am - Th 5:30 pm (Overnight)

Session: 6/20 - 21



Silver Falls Overnight

NEW

Ages: 12 - 15

Harmon Park

Silver Falls State Park is considered to have one of the best collections of waterfalls in Oregon. Where else can you walk behind a 177-foot sheet of water, explore the dense forested landscape of the park on a four-mile hike, past seven waterfalls on the Trail of Ten Falls, toast s'mores around a campfire, and swim in a clear creek? Meals, tents, other group camping gear and transportation provided. Bring clothing, sleeping bag and water bottle. No previous experience necessary.

Fee: \$180 ID \$216 OD / session

Activity: 207524

M: 8:00 am - Tu 5:30 pm (Overnight)

Session: 7/2 - 3

Deschutes Raft Adventure

Ages: 12 - 15

Harmon Park

Three incredible days of getting soaked paddling multiple Class III rapids, swimming from the rafts in calm stretches and two nights camped along the 48 miles of Deschutes River from below Maupin to the Columbia River. Meals, tents, other group gear and transportation provided. Bring clothing, sleeping bag and water bottle. Previous "wilderness" camping recommended.

Fee: \$270 ID \$324 OD / session

Activity: 207520

M: 8:00 am - W 6:00 pm (Overnight)

Session: 8/6 - 8

Discover ^{FREE} Nature Days

Presented by the Children's Forest of Central Oregon Partners

Tuesdays, July 10 - August 14

10:00 - 11:00 am

Ages: 5 - 10

Bring your family to a different park each week for an interactive experience and learn, play and have fun in nature!

July 10: Rockridge Park

Wildlife Tracking presented by Discover Your Forest. Search for wildlife tracks while learning about the adaptations of high desert dwellers and playing fun games.

July 17: Hillside Park

Special Ops Survivors presented by Wildheart Nature School. Learn to navigate the world of unpredictability while playing team games and practicing survival skills in nature.

July 24: Stone Creek Park

Life in Cold Blood presented by High Desert Museum. Explore the habitat of reptiles, learn about their amazing adaptations and experience an up-close encounter with these cold-blooded creatures.

July 31: Ponderosa Park

Buzz About Bees presented by Sunriver Nature Center. Learn about the importance of these popular pollinators and what they need to survive through hands-on activities.

August 7: Hollygrape Park

Predators and Prey presented by The Environmental Center. Learn about the diverse animals that call Central Oregon home through games and interactive science activities!

August 14: Shevlin Park

Watery Wonders presented by Upper Deschutes Watershed Council. Explore Tumalo Creek, collect and identify stream critters and learn about what makes a healthy stream.

Learn more about Discover Nature Days happening throughout Central Oregon at childrensforestco.org/discover-nature-days.

SAVE THE DATE!

Discover Nature Festival

Sunday, Sept. 9, 11:00 am - 3:00 pm
Riverbend Park



CAMPS
& MORE
.....
LACROSSE
.....
page 97

get sporty

Everybody wins.

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

Multisport Camps

All Sport Camp

Grades: 7 - 11

Cascade Indoor Sports

Come alone or join your friends! We'll play your favorite games such as soccer, kickball, tag, ultimate Frisbee, flag football, dodgeball, capture the flag, floor hockey, volleyball, garbage ball, skating and more. It's fun above all else! Bring a water bottle and snack each day.

WEEKLY

Fee: \$140 ID \$168 OD / session

Activity: 203300

M - Th: 8:30 am - 12:30 pm

Sessions: 6/18 - 21 6/25 - 28

7/2 - 5 7/9 - 12

7/16 - 19 7/23 - 26

7/30 - 8/2 8/6 - 9

8/13 - 16 8/20 - 23

8/27 - 30

DAILY

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

Program: 203301

Daily: 8:30 am - 12:30 pm

Sessions: 6/18 - 8/23

Jordan Kent Skill Camps

Ages: 6 - 12

High Desert Middle School /
Pacific Crest Middle School

Run by Jordan Kent, former University of Oregon three-sport athlete and former wide receiver for the Seattle Seahawks, this multisport skills camp teaches life skills and offers instruction in football (non-contact), basketball, soccer, agility training and nutrition education for boys and girls. All campers will receive a camp shirt, socks, post camp gift and a snack. No lunch provided, campers must bring their own.

Activity: 203050

HALF DAY CAMP

Fee: \$139 ID \$167 OD / session

M - Th: 9:00 am - 1:00 pm

Sessions: 6/25 - 28 Pacific Crest MS

7/23 - 26 High Desert MS

8/13 - 16 Pacific Crest MS

FULL DAY CAMP

Fee: \$179 ID \$215 OD / session

M - Th: 9:00 am - 3:00 pm

Sessions: 6/25 - 28 Pacific Crest MS

7/23 - 26 High Desert MS

8/13 - 16 Pacific Crest MS

**Look for
Jordan Kent Baseball Camp on page 94
& Jordan Kent Football Camp on page 95.**



Skyhawks Camps

Skyhawk Sampler 4-Sport Camp

Ages: 4 - 9

Try a variety of sports and activities all in one Skyhawk camp setting. A great way to start your summer fun!

Mini-Hawk 3-Sport Camp

Ages: 4 - 7 & 5 - 8

Ideal for introducing young children to athletics and allowing them to sample up to three different sports - soccer, baseball and basketball - in one camp. Lots of fun!

Mighty Hawk Baseball

Ages: 5 - 8

Participants learn lifelong skills in a great environment while practicing throwing, catching, hitting, running and defense.

Mighty Hawk Soccer

Ages: 5 - 8

The Skyhawks tradition continues in Bend! Not only do kids learn how to dribble, pass, shoot and head the ball, they also learn lifelong skills in a great environment.

Mighty Hawk Hoop

Ages: 5 - 8

The focus of this camp is on ball handling, passing, shooting, defense and rebounding. A great camp for kids!

Mighty Hawk Football

Ages: 5 - 8

Kids learn how to pass, catch and run routes as well as lifelong skills in a great environment.

Two Camp Specials

Ages: 5 - 8

Attend both Mighty Hawk camps that week for one low price. Bring a lunch and snacks each day.

Flag Football

Ages: 7 - 12

Sure to deliver classic gridiron action, this camp offers a fun, invigorating training environment and features the core skills of passing, catching and de-flagging or defensive positioning.

Soccer

Ages: 7 - 12

Not only do kids learn how to dribble, pass, shoot and head the ball, they learn lifelong skills in a great environment.

WEEK 1: 6/18 - 21

Skyline Sports Complex

Fee: \$99 ID \$119 OD

Skyhawk Sampler 4-Sport

M - Th: 9:00 am - 12:00 pm

Activity: 203357

WEEK 2: 6/25 - 29

Skyline Park Sports Complex

Fee: \$119 ID \$143 OD / session

Mighty Hawk Baseball

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

Activity: 203354

Mighty Hawk Soccer

M - F: 1:00 - 4:00 pm

Activity: 203351

Two Camp Special (Baseball & Soccer)

Fee: \$189 ID \$227 OD / session

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

Activity: 203359

WEEK 3: 7/9 - 13

Miller Elementary

Fee: \$119 ID \$143 OD / session

Mini Hawk 3-Sport

M - F: 8:30 - 11:30 am

Activity: 203358

WEEK 4: 7/16 - 20

Silver Rail Elementary School

Fee: \$119 ID \$143 OD / session

Mighty Hawk Soccer

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

Activity: 203351

Mighty Hawk Hoop

M - F: 1:00 - 4:00 pm

Activity: 203353

Two Camp Special (Soccer & Basketball)

Fee: \$189 ID \$227 OD / session

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

Activity: 203359

WEEK 5: 7/23 - 26

Miller Elementary

Fee: \$99 ID \$114 OD / session

Mini Hawk 3-Sport

M - Th: 9:00 am - 12:00 pm

Activity: 203358

WEEK 6: 8/6 - 9

Ponderosa Elementary

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

Mighty Hawk Football

M - Th: 8:30 - 11:30 am

Activity: 203352

Mighty Hawk Hoop

M - Th: 12:30 - 3:30 pm

Activity: 203353

Two Camp Special (Football & Basketball)

Fee: \$159 ID \$191 OD / session

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

Activity: 203359

WEEK 7: 8/13 - 17

Harmon Park

Fee: \$119 ID \$143 OD / session

Flag Football

M - F: 9:30 am - 12:30 pm

Activity: 203355

WEEK 8: 8/20 - 23

Skyline Park Sports Complex

Mighty Hawk Soccer

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

M - Th: 9:00 am - 12:00 pm

Activity: 203351

Soccer

Fee: \$129 ID \$155 OD / session

M - Th: 9:00 am - 3:00 pm

Activity: 203350

WEEK 9: 8/27 - 30

Miller Elementary

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

Mini Hawk 3-Sport

M - Th: 8:30 - 11:30 am

Activity: 203358



Baseball & Softball

Girls Softball Camp

Ages: 7 - 14

Summit High School

Some of the best local high school and club team coaches lead this camp, stressing fundamentals in a fun atmosphere; the finer points of pitching will be covered. Bring your glove each day.

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

Activity: 203250

M - Th: 9:00 am - 12:00 pm

Session: 6/18 - 21

Girls Softball Training

Ages: 10 - 15

Summit High School

For players wanting to take their game to the next level! Join local high school coaches each evening as we expose players to advanced training in a fun atmosphere. Bring your glove each day.

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

Activity: 203251

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

Session: 6/18 - 7/11 (No training 7/4)

Volunteer with youth sports and adaptive programs.

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

Elks Baseball Camp

Ages: 7 - 14

Vince Genna Stadium

A great chance to improve your game with the Elks coaching staff and players. Bring your baseball glove, water and a snack each day.

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

Activity: 203090

Tu - Th: 9:00 am - 12:00 pm

Session: 6/19 - 21

W - F: 8:30 - 11:30 am

Session: 7/2 - 4

Tu - Th: 9:00 am - 12:00 pm

Session: 7/24 - 26

Jordan Kent Baseball Camp

Ages: 6 - 12

High Desert Middle School

Created by former University of Oregon three-sport athlete Jordan Kent, this baseball camp will help kids hone their individual skills and building upon fundamentals in a positive, encouraging atmosphere. Kids will participate in skills, drills and games and learn about nutrition. Kids will receive a camp t-shirt, socks and be entered into camp raffle drawings.

Fee: \$119 ID \$143 OD / session

Activity: 203050

M - Th: 9:00 am - 12:00 pm

Session: 8/6 - 9

Look for Jordan Kent Skills Camp on page 92 & Jordan Kent Football Camp on page 95.

Basketball

Bend High Boys Basketball Camp

Grades: 4 - 9

Bend High School

Presented by Bend High School coaching staff and players, this camp covers the fundamentals of shooting, passing, dribbling, rebounding and man-to-man defense. Includes camp t-shirt.

Fee: \$79 ID \$95 OD / session

Activity: 203062

M - Th: 9:00 am - 12:00 pm

Session: 6/18 - 21

Summit Girls Basketball Camp

Grades: 3 - 9

Summit High School

Presented by Summit High School girls' basketball coaching staff and players, this girls-only basketball camp covers the fundamentals of shooting, passing, dribbling, rebounding, and defense. Includes camp t-shirt.

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

Activity: 203064

M - Th: 9:30 am - 12:30 pm

Session: 6/18 - 21



COBO Basketball Camps

High Desert Middle School / Mountain View High School / Pacific Crest Middle School

These sessions offer an excellent opportunity to begin your off-season skill work under the direction of 10-time IMC Championship coach Craig Reid and his staff. Gain basketball knowledge and experience, develop individual skills and learn team concepts in a friendly environment.

LITTLE DRIBBLERS CAMP

Grades: 2 - 5

Fee: \$82 ID \$98 OD / session

Activity: 203070

M - Th: 9:00 am - 12:00 pm

Sessions: 6/25 - 28 Mtn. View HS

7/23 - 26 Pacific Crest MS

8/6 - 9 High Desert MS

MIDDLE SCHOOL BASKETBALL CAMP

Grades: 5 - 9

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

Activity: 203074

M - Th: 10:00 am - 1:00 pm

Session: 7/23 - 26 Pacific Crest MS

M - Th: 1:00 - 4:00 pm

Session: 6/25 - 28 Mtn. View HS

8/6 - 9 High Desert MS

ADVANCED BASKETBALL CAMP

Grades: 3 - 9

Mountain View High School

Focus is on advanced skill development in a competitive environment with an emphasis on sportsmanship and work ethic, and how they apply to success in school as well as athletics.

Activity: 203073

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

Grades: 3 - 6

M - Th: 9:00 am - 12:00 pm

Grades: 7 - 9

M - Th: 1:00 - 4:00 pm

Session: 7/16 - 19

Football

Quarterback & Receiver Football Camp

Grades: 6 - 8

Mountain View High School

Led by former NCAA Division 1 quarterback and high school coach Eric Smith, this camp teaches aspiring quarterbacks and receivers the proper, foundational skill set to play these positions at a high level. Coaching emphasis placed on proper mechanics, theory, drills for self-improvement and leadership concepts. This camp is extremely popular so register early!

Fee \$139 ID \$167 OD / session

Activity: 203152

F: 12:30 - 4:30 pm

- AND -

Sa: 9:00 am - 12:30 pm

Session: 6/15 - 16

Jordan Kent Football Camp

Grades: 6 - 8

Miller Elementary School

Created by former NFL player and University of Oregon three-sport athlete Jordan Kent, this non-contact football camp is designed for kids looking to take their game to the next level. Campers will be extensively trained and coached in a variety of positions and skills and will receive position-specific agility training and testing to improve athletic ability. All campers receive a performance t-shirt, a pair of socks and results from a football combine training.

Fee: \$139 ID \$167 OD / session

Activity: 203050

M - Th: 9:00 am - 1:00 pm

Session: 6/25 - 28

Look for Jordan Kent Skills Camp on page 92 & Jordan Kent Baseball Camp on page 94.



7-v-7 Football Skills Training & Games

Grades: 6 - 8

Ponderosa Elementary / Pacific Crest Middle School

Join local middle school coaches for three weeks of skills, drills and 7-v-7 games! These training sessions are a great opportunity for players to advance their skills and prepare for their upcoming football season. This program will be comprised of skill development, instruction and game play. Includes a team t-shirt.

Fee: \$48 ID \$58 OD / session

Activity: 203150

W/Su: 6:00 - 7:30 pm

Session: 7/8 - 29

Youth Tackle Football Camp

Grades: 4 - 6

Mountain View High School

This is the best way to get ready for the upcoming football season! The Mountain View High School football staff and players lead this great camp that stresses the fundamentals in a fun atmosphere. Equipment for camp will be issued Monday, 7/30, 11:00 am - 1:00 pm and 4:45 - 6:15 pm, at the old fire station building on the corner of Neff Rd and Hamby Rd. **Participants must be registered for the BPRD Tackle Football League.**

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

Activity: 203154

Registration deadline: 7/30

or until full

Tu - Th: 3:00 - 5:00 pm

Session: 7/31 - 8/2



REGISTER NOW FOR FALL!

YOUTH SPORTS

Fall Football Leagues

Youth Tackle Football

EARLY REG.

Boys & Girls, Grades 4 - 6 (2018-19 school year)

This 8-man rookie program serves as a bridge between flag football and traditional 11-man football played in grades 7 - 12. This league emphasizes skill development, participation, teamwork, sportsmanship and fun. School-based teams practice twice a week and play games on Sundays. All protective gear and jersey provided. This program is dependent on volunteer coaches. Anyone interested in coaching, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Register by 6/14, fee is \$115 ID \$135 OD / season

Register after 6/14, fee is \$135 ID \$155 OD / season

Registration deadline: 7/1

Bend Schools Season: 8/6 - 10/21

Other Schools Season: 8/13 - 10/21

Activity: 203460 Grades: 4 & 5

203466 Grade: 6

Youth Flag Football

EARLY REG.

Boys & Girls, Grades 1 - 6 (2018-19 school year)

Flag football promotes physical fitness and teaches youngsters valuable life skills including teamwork, good work ethic and sportsmanship. Kids will learn basic football fundamentals, game play and, most importantly, have tons of fun. Teams practice twice a week and games are played on Sundays. This program is dependent on volunteer coaches. Anyone interested in coaching a team, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Register by 7/23, fee is \$65 ID \$78 OD / season

Register after 7/23, fee is \$75 ID \$88 OD / season

Registration deadline: 7/30

Season: 9/4 - 11/4

Activity: 203451 Grades: 1 & 2

203453 Grades: 3 & 4

203455 Grades: 5 & 6



Full Contact Football Camp

Grades: 7 - 8

Mountain View High School

Come join us for a fast-paced camp and get ready for the upcoming football season. Includes camp t-shirt. Equipment will be issued at your middle school Monday, 7/31 only.

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

Activity: 203156

Registration deadline: 7/28
or until full

Tu - Th: 5:30 - 7:30 pm

Session: 7/31 - 8/2

Air Bear Football Camp

Grades: 4 - 8

Bend High School

This camp is a great way to start your season! Campers will receive quality instruction in the fundamentals of the game of football. Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used during this camp.

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

Activity: 203158

M - Th: 9:00 - 11:00 am

Session: 8/6 - 9

Storm Football Camp

NEW

Grades: 6 - 8

Summit High School

Join Summit High School coach Corbin Hyatt and his outstanding staff for this fast-paced camp as a great way to start your season! Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used during this camp.

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

Activity: 203159

M - Th: 6:30 - 8:30 pm

Session: 8/6 - 9

Storm Youth Football Clinics

NEW

Grades: 2 - 5

Summit High School

Join Summit High School coach Corbin Hyatt and his outstanding staff for this camp as a great way to start your season! Skills include passing, running, catching, agility drills and game concepts. Includes camp t-shirt. Wear t-shirt, shorts and tennis shoes each day. No helmets or pads will be used during this camp.

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

Activity: 203161

Tu/W: 9:30 am - 12:00 pm

Session: 8/7 - 8

Flag Football Camp

Grades: 1 - 3

Pilot Butte Middle School

Get ready for the upcoming season with BPRD staff and local football icon and legend, Taylor Drew. Players will refine skills with passing, running, catching and agility drills designed specifically for younger players. This program is extremely popular so register early!

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

Activity: 203160

W/Th: 5:45 - 7:00 pm

Session: 8/22 - 23

Pre-Season Football Training Camps

Grades: 7 - 8

Cascade Middle School / Pacific Crest Middle School / Pilot Butte Middle School

Middle school football coaches will help you get a jump on the season and improve your game. Coaching emphasizes individual and team skills for both offense and defense with conditioning through scrimmage and game situations. Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used.

Fee: \$46 ID \$55 OD / session

Activity: 203162

M - W: 3:30 - 5:30 pm

(Adj. Fee: \$36 ID \$43 OD / session)

8/27 - 29 Cascade MS

M - Th: 3:30 - 5:30 pm

8/27 - 30 Pacific Crest MS

M - Th: 4:00 - 6:00 pm

8/27 - 30 Pilot Butte MS
(Pilot Butte MS & Sky View MS students)

Start Smart Football

Ages: 5 - 7 with adult

Pine Nursery Park

Get involved with your child while introducing them to the sport of football! We use soft equipment, teaching the basics of kicking, passing and catching. Equipment is provided for players to keep. Adult must attend and participate with their child.

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

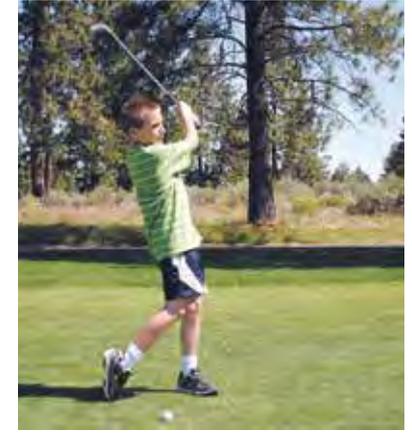
Activity: 203023

Su: 9:00 - 9:50 am

Session: 9/9 - 10/7

Volunteer with youth sports and adaptive programs.

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



Golf

Junior Golf Lessons

River's Edge Golf Course

Introduce your child to this great lifelong sport! Taught by director of instruction Stuart Allison, these small-group lessons focus on the fundamentals of golf, golf etiquette and having fun. Designed to build knowledge and technique through experience. Clubs provided or bring your own. You may choose multiple sessions throughout the summer.

Fee: \$119 ID \$143 OD / session

Activity: 203170

Ages: 6 - 10

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

Session: 6/18 - 20 6/25 - 27

M: 10:00 am - 12:00 pm

Session: 8/6 - 20

Ages: 8 - 15

M - W: 1:00 - 3:00 pm

Session: 7/23 - 25

M: 10:00 am - 12:00 pm

Session: 7/9 - 23

Tu: 10:00 am - 12:00 pm

Session: 7/10 - 24

W: 10:00 am - 12:00 pm

Session: 7/11 - 25

W: 3:30 - 5:00 pm

Session: 9/12 - 26

Ages: 9 - 15

M - W: 1:00 - 3:00 pm

Session: 6/18 - 20 6/25 - 27

Tu: 1:00 - 3:00 pm

Session: 8/7 - 21

Junior Golf Performance Academy

Tetherow & Bend Country Club

JGPA's mission is to provide youth with a fun, healthy opportunity to develop fundamental life skills and core values through activities associated with the great game of golf. All abilities welcome!

Fee: \$119 ID \$144 OD / session

Ages: 7 - 9

Activity: 203602

W: 3:00 - 4:30 pm

Sessions: 7/11 - 8/1 Tetherow
8/8 - 29 Bend CC

Ages: 10 - 12

Activity: 203601

Tu: 3:00 - 4:30 pm

Sessions: 7/10 - 7/31 Tetherow
8/7 - 28 Bend CC

Ages: 13 - 15

Activity: 203600

Tu: 1:00 - 2:30 pm

Session: 7/10 - 7/31 Tetherow
8/7 - 28 Bend CC



Work for play at BPRD.

Learn more at bendparksandrec.org/jobs

Lacrosse

Mountain View NEW Boys Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex

Mountain View Lacrosse Club coaches will be hosting this new lacrosse camp for players of all abilities that teaches fundamental skills such as cradling, passing, shooting and defensive drills. Campers will learn skills needed to take their game to the next level.

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

Activity: 203190

M - F: 8:30 - 10:30 am

Session: 7/23 - 27

Bend High Lacrosse Camp

Grades: 4 - 8

Big Sky Sports Complex

Led by Bend High School and local club team coach Dan Brostek and his players, this camp teaches individual and position-specific skills, giving players the opportunity to take their game to the next level. Each session will build on the previous, culminating the basics of team offense and defense. Players will participate in small-sided games to work on team concepts and get a high number of reps. Bring a water bottle and snack each day. If needed, helmet, gloves and stick will be issued on Monday, 6/26 starting at 8:30 am at the old fire station building next to Big Sky Park. Players must provide their own shoulder and arm pads.

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

Activity: 203195

M - Th: 9:00 am - 12:00 pm

Session: 6/25 - 28



Boys Lacrosse Camp

Summit High School

Summit High School lacrosse coach Jeff Melville and his players lead this energetic and positive introduction camp for the novice player. Bring a water bottle each day.

Activity: 203192

Stick Clinic: Grades: 1 - 3

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

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

Session: 7/9 - 12

Lacrosse Camp: Grades: 2 - 8

Fee: \$82 ID \$98 OD / session

M - Th: 9:00 am - 12:00 pm

Session: 7/9 - 12

Girls Lacrosse Camp

Grades: 3 - 8

Summit High School

Local high school girls lacrosse coaches lead this camp for girls of all abilities. Sessions cover cradling, passing, catching and shooting; all the skills needed to improve your game. Bring water bottle and snack each day. If needed, goggles and stick will be issued 30 minutes prior to first day of camp at Summit High School on the field.

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

Activity: 203194

M - Th: 9:30 - 11:30 am

Session: 7/9 - 12

Martial Arts

Lil'est Dragons

Ages: 3

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: \$64 ID \$76 OD

Activity: 206752

Tu/Th: 3:30 - 4:00 pm

Sessions: 6/5 - 28 7/10 - 8/2
8/7 - 30

Lil' Dragons!

Ages: 4 - 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: \$64 ID \$76 OD / session

Activity: 206750

M/W: 4:15 - 4:45 pm

Session: 6/4 - 27 7/9 - 8/1
8/6 - 29 9/5 - 10/1

Tu/Th: 4:15 - 4:45 pm

Sessions: 6/5 - 28 7/10 - 8/2
8/7 - 30 9/4 - 27



Juniors Karate

Ages: 6 - 14

Odyssey Martial Arts

Discover what martial arts is all about! Students will acquire control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

Fee: \$84 ID \$101 OD / session

Activity: 206751

M/W 5:00 - 5:45 pm

Sessions: 6/4 - 27 7/9 - 8/1
8/6 - 29 9/5 - 10/1

Tu/Th 5:00 - 5:45 pm

Sessions: 6/5 - 28 7/10 - 8/2
8/7 - 30 9/4 - 27

Smith Ninja Warrior

Ages: 6 - 17

Smith Martial Arts

This obstacle course that incorporates speed, superhuman agility, balance, skill and strategy, tumbling for a fun fitness challenge will work your whole body.

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

Activity: 206754

Ages: 6 - 11

Tu/Th 11:45 am - 12:45 pm

Sessions: 6/19 - 21 7/10 - 12
8/21 - 23

Ages: 12 - 17

Tu/Th 1:00 - 2:00 pm

Sessions: 6/19 - 21 7/10 - 12
8/21 - 23

Kids MMA: Mixed Martial Arts

Ages: 9 - 17

Smith Martial Arts

Learn MMA skills and techniques including boxing, kickboxing, takedowns, grappling, submissions and conditioning. With safety and fitness emphasized, this program is for beginners and kids with prior training. Includes t-shirt. Boxing gloves required.

Fee: \$179 ID \$215 OD / session

Activity: 206755

Tu/Th 4:30 - 5:15 pm

Sessions: 6/5 - 7/12 7/17 - 8/23

Self Defense

Ages: 12 & up

Smith Martial Arts

Learn simple self-defense techniques with real life scenarios. Learn how to avoid attacks, how to get away in three moves or less, escapes from grabs and where attacks are likely to happen and how to avoid them. Gain confidence in this empowering class.

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

Activity: 206756

Tu 7:00 - 8:00 pm

Sessions: 7/10 8/14

Circus Ninja Camp

Tula Movement Arts

Move like a circus ninja! With multiple days of slacklining, acroyoga, juggling, hooping and aerial yoga (aerial hammock), this camp is for total beginners to seasoned circus ninjas. Camp finishes the week with an informal Friday performance for family and friends so you can show off your new Circus Ninja skills.

Weekly: \$140 ID \$168 OD / session

Daily: \$40 ID \$48 OD / day

Activity: 206765

M - F 1:00 - 4:00 pm

Ages: 5 - 8

Sessions: 7/9 - 13 7/23 - 27

8/6 - 10

Ages: 9 - 14

Sessions: 7/16 - 20 7-30 - 8/3

8/13 - 17



Scootering & Skateboarding

Intro to Skateboarding

Ages: 5 - 10

Bearings Skateboard Academy

Learn the fundamentals of skateboarding, make new friends and have fun with BSA's coaches in our controlled indoor skate facility. We will focus on proper skateboard setup, stance and ramp riding. Skateboard, helmet, pads and sack lunch required.

Fee: \$180 ID \$216 OD / session

Activity: 206770

M - Th 9:00 am - 1:00 pm

Session: 6/18 - 21

She Skates! Skateboard Camp

Ages: 5 - 11

Bearings Skateboard Academy

Girls Rule! Join us for a girl's only skate camp at Bearing's private skatepark with our staff of professional skateboard coaches. Make new friends and learn new skills in a positive environment. Skateboard, helmet, pads and sack lunch required.

Fee: \$180 ID \$216 OD / session

Activity: 206772

M - Th 9:00 am - 1:00 pm

Session: 7/9 - 12

Scootering Camp

Ages: 6 - 17

Ponderosa Park, Old Pondi Skatepark

Learn new skills and tricks with pro instructors and guest pro-athletes while we have a blast with games and activities. On the last day, we'll show off our skills in a mini comp with prizes and giveaways. Riders will be divided by age and skill level. Scooter, helmet, pads and sack lunch required.

Fee: \$215 ID \$258 OD / session

Activity: 206778

M - Th 9:00 am - 1:00 pm

Sessions: 6/18 - 21 7/16 - 19
8/20 - 23

Skate & Swim!

Ponderosa Park, New Pondi Skatepark

Calling all beginner skateboarders - this camp is for you! Come improve your skills on the skateboard, get comfortable in the park, and skate to the swimming pool at the end of each day to cool off! Skateboard, helmet and backpack required. Bring sack lunch and swimming suit each day.

Fee: \$165 ID \$198 OD / session

Activity: 206711

Ages: 6 - 8

M - Th 10:00 am - 3:30 pm

Sessions: 7/9 - 12 7/23 - 26
8/6 - 9

Ages: 9 - 12

M - Th 10:00 am - 3:30 pm

Sessions: 6/25 - 28 7/16 - 19
7/30 - 8/2

SoccerTots

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

This parent participation class is a physical development program to engage kids in physical activity.

SPRING TEDDIES

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

Activity: 203310

SEVEN WEEKS: CASCADE INDOOR SPORTS

Tu: 10:00 - 10:55 am

Session: 4/24 - 6/5

W: 11:00 - 11:55 am

Session: 4/25 - 6/6

Th: 5:00 - 5:55 pm

Sessions: 4/26 - 6/7

Sa: 9:00 - 9:55 am

Session: 4/28 - 6/9

SUMMER TEDDIES

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

FOUR WEEKS: HARMON PARK

Activity: 203320

M/W: 9:00 - 9:55 am

Sessions: 6/18 - 7/18 7/23 - 8/15

EIGHT WEEKS: HARMON PARK

Activity: 203320

Th: 10:00 - 10:55 am

Session: 6/21 - 8/16 (No session 7/5)

Th: 5:00 - 5:55 pm

Session: 6/21 - 8/16 (No session 7/5)

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203321

M: 4:00 - 4:55 pm

Session: 6/18 - 8/13 (No session 7/2)

Tu: 5:00 - 5:55 pm

Session: 6/19 - 8/14 (No session 7/3)

W: 4:00 - 4:55 pm

Session: 6/20 - 8/15 (No session 7/3)



SoccerTots - Cubs

Ages: 3 - 4

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

SPRING CUBS

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

Activity: 203311

SEVEN WEEKS: CASCADE INDOOR SPORTS

M: 5:00 - 5:55 pm

Session: 4/23 - 6/4

Tu: 11:00 - 11:55 am

Session: 4/24 - 6/5

Tu: 4:00 - 4:55 pm

Session: 4/24 - 6/5

W: 10:00 - 10:55 am

Session: 4/25 - 6/6

Th: 4:00 - 4:55 pm

Session: 4/26 - 6/7

Sa: 9:00 - 9:55 am

Session: 4/28 - 6/9

Sa: 10:00 - 10:55 am

Session: 4/28 - 6/9

Volunteer with youth sports and adaptive programs.

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

SoccerTots - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience.

SPRING BEARS

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

Activity: 203312

SEVEN WEEKS: CASCADE INDOOR SPORTS

M: 4:00 - 4:55 pm

Session: 4/23 - 6/4

Tu: 5:00 - 5:55 pm

Session: 4/24 - 6/5

W: 4:00 - 4:55 pm

Session: 4/25 - 6/6

Th: 5:00 - 5:55 pm

Session: 4/26 - 6/7

Sa: 10:00 - 10:55 am

Session: 4/28 - 6/9

SUMMER BEARS

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

FOUR WEEKS: HARMON PARK

Activity: 203324

M/W: 11:00 - 11:55 am

Sessions: 6/18 - 7/18 7/23 - 8/15

EIGHT WEEKS: HARMON PARK

Activity: 203324

M: 6:00 - 6:55 pm

Session: 6/18 - 8/13 (No session 7/2)

Tu: 11:00 - 11:55 am

Session: 6/19 - 8/14 (No session 7/3)

Tu: 4:00 - 4:55 pm

Session: 6/19 - 8/14 (No session 7/3)

W: 4:00 - 4:55 pm

Session: 6/20 - 8/15 (No session 7/4)

Th: 6:00 - 6:55 pm

Session: 6/21 - 8/16 (No session 7/5)

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203325

M: 5:00 - 5:55 pm

Session: 6/18 - 8/13 (No session 7/2)

W: 5:00 - 5:55 pm

Session: 6/20 - 8/15 (No session 7/4)

Th: 6:00 - 6:55 pm

Session: 6/21 - 8/16 (No session 7/5)

REGISTER
NOW
FOR FALL!



Kindergarten Soccer League

Boys & Girls, Kindergarten
(2018 - 19 school year)

Skyline Sports Complex

Designed for the player too young to participate in our Youth Fall Soccer program, this league highlights soccer skill development, learning teamwork and sportsmanship, being active and having fun! Teams meet on Saturdays for 50 minutes, this includes practices and scrimmages. Teams play 3-v-3 on a short field without a goalie. Includes team t-shirt. This program is dependent on volunteer coaches. If you are interested in coaching this season, please go to our website to complete a Volunteer Application.

Fee: \$48 ID \$58 OD / season
Activity: 203400

Registration deadline: 8/5
or until full

Sa: Times to be
announced
Season: 9/8 - 10/13

Soccer

British Soccer Camps

The largest soccer camp provider in the U.S. and Canada! Focused on challenging and encouraging players to improve with maximum participation, maximum touches on the ball and maximum fun. No line drills or long speeches!

MINI CAMP

Ages: 4 - 7

Fee: \$115 ID \$138 OD / session

Activity: 203210

M - F: 9:00 - 11:00 am

Sessions: 6/25 - 29 Big Sky

7/23 - 27 Skyline

8/13 - 17 Big Sky

HALF DAY CAMP

Ages: 7 - 14

Fee: \$175 ID \$210 OD / session

Activity: 203211

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

Sessions: 6/25 - 29 Big Sky

7/23 - 27 Skyline

8/13 - 17 Big Sky

M - F: 1:00 - 4:00 pm

Sessions: 6/25 - 29 Big Sky

7/23 - 27 Skyline

8/13 - 17 Big Sky

FULL DAY CAMP

Ages: 8 - 14

Provides advanced training with game-related techniques, tactical development and match play.

Fee: \$229 ID \$275 OD / session

Activity: 203212

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

Sessions: 6/25 - 29 Big Sky

7/23 - 27 Skyline

8/13 - 17 Big Sky

**Work for play
at BPRD.**
Learn more at
bendparksandrec.org/jobs

Fútbol para niños y niñas en Español / Youth Soccer Clinics **NEW**

Grades: 1 - 5

Hal Puddy Field

Alístate para la temporada de fútbol. Estos entrenamientos los proporciona el personal de BPRD y los entrenadores voluntarios. Las habilidades incluyen: pasar la pelota, hacer regates, tiro al arco y circuito básico de agilidad. Todo el entrenamiento será en español.

Get ready for the upcoming soccer season. These clinics will be conducted by BPRD staff and volunteer coaches. Skills include passing, dribbling, shooting and agility drills. All instruction/ conversation will be in Espanol.

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

Activity: 203220

Tu/Th: 3:30 - 4:45 pm

Session: 8/7 - 16



Mountain View Soccer Camp

Grades: 1 - 5

Big Sky Sports Complex

Hosted by both the Mountain View High School boys and girls soccer programs, this camp is for players of all abilities. Campers will learn the fundamental soccer skills needed to compete at the next level such as dribbling, passing, shooting and defensive.

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

Activity: 203236

Tu - Th: 9:00 - 11:30 am

Session: 7/17 - 19



Bend High Girls Soccer Camp

Grades: 3 - 8

Hal Puddy Field

Bend High Soccer coaches and players host this camp that develops fundamental soccer skills associated with field awareness and ball control. They teach the importance of teamwork, self-discipline and leadership. Campers must bring a water bottle and snack each day.

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

Activity: 203226

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

Session: 7/30 - 8/2

Storm Girls Soccer Camp

Grades: 3 - 8

Summit High School

Summit High Soccer coach Jamie Brock and her staff lead this camp for girls of all ability levels, teaching the skills and techniques required in every program level. Bring soccer ball, appropriate clothing, water bottle and snack each day.

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

Activity: 203225

M - Th: 9:00 am - 12:00 pm

Session: 7/30 - 8/2

Bend High Soccer Camp

Grades: 1 - 8

Hal Puddy Field

Bend High Soccer coach Nils Eriksson, considered one of the best youth soccer coaches in the state, and his players teach the skills and techniques required to participate in soccer programs at every level. Bring a soccer ball, water bottle and snack each day. Camp split into two groups: grades 1 - 5 and grades 6 - 8.

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

Activity: 203230

Tu - Th: 12:30 - 3:00 pm

Activity: 8/7 - 9

Mountain View's Get Ready For Fall Soccer Camp

Grades: 4 - 8

Mountain View High School

Start the season at the top of your game! Directed by Mountain View soccer staff, campers will enjoy three days of soccer fitness camp to get ready for the fall season. Bring a soccer ball, appropriate clothing, water bottle and snack each day.

Fee: \$34 ID \$41 OD / session

Activity: 203235

Tu - Th: 6:00 - 7:30 pm

Session: 8/14 - 16

Volunteer with youth sports and adaptive programs.

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



REGISTER NOW FOR FALL!

Youth Fall Soccer League

Boys & Girls, Grades 1 - 8 (2018 - 19 school year)

BPRD and Bend FC Timbers collaborate to offer this unified community-wide program. Both new and returning players are welcome in this developmental league. School-based and divided by grade, teams practice twice a week and play games on Saturdays. Instruction, number of players on teams and game field sizes are age-appropriate and grow incrementally. Each child receives their own jersey, shorts and socks.

Grades 1 & 2 Division: Fun in nature, this division emphasizes development of basic ball-handling and passing skills and understanding of the game.

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

Grades 3 - 5 Division: With a focus on ball handling and passing skills, this refereed division establishes understanding of the game, strategy, sportsmanship, teamwork and individual player roles.

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

Grades 6 - 8 Division: With games on the big fields, this refereed division emphasizes conditioning, advanced development of ball handling and passing skills, the importance of teamwork and game strategy.

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

This program is dependent on volunteer coaches. If you are interested in coaching, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Season: 8/20 - 10/27

Registration Deadline: 6/11

COED		BOYS		GIRLS	
Activity:	Grade:	Activity:	Grade:	Activity:	Grade:
203401	Grade 1	203403	Grade 2	203404	Grade 2
		203405	Grade 3	203406	Grade 3
		203407	Grade 4	203408	Grade 4
		203409	Grade 5	203410	Grade 5
		203411	Grade 6	203412	Grade 6
		203413	Grade 7	203414	Grade 7
		203415	Grade 8	203416	Grade 8



Bend FC Timbers

Future Timbers Academy

Ages: 5 - 8

Season: Mid-June - August 1

Designed for our youngest players, this program is an introduction to the game; focusing on skill building, development and FUN! Led by the Bend FC Timbers professional coaching staff, this program meets twice a week.

Junior Academy

Ages: 8 - 10

Year-round with breaks

For players looking for a more competitive environment, this program features teams that will train under the guidance of Bend FC Timbers professional coaching staff. Teams will train twice a week, play small-sided games, compete in the Mid Valley league against statewide clubs and attend at least one tournament.

Academy Teams

Ages: 11 - 18

Year-round with open enrollment

For highly committed players looking to train and play year round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts every May.

For more information on Bend FC Timbers Academy programs, visit BendFCTimbers.com.

Tennis

QuickStart Tennis I

Juniper Park

An exciting play format for learning tennis, designed to bring kids into the game of tennis by utilizing specialized equipment, shorter court dimensions and modified scoring - all tailored to age and size.

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

Ages: 4 - 5

Activity: 203500

M - Th: 8:30 - 9:30 am

Sessions: 6/18 - 6/28 7/9 - 19
7/23 - 8/2

M - F: 8:30 - 9:30 am

Session: 8/6 - 16

Ages: 6 - 7

Activity: 203501

M - Th: 8:30 - 9:30 am

Sessions: 6/18 - 28 7/9 - 19
7/23 - 8/2

M - F: 8:30 - 9:30 am

Session: 8/6 - 16

Ages: 8 - 11

Activity: 203502

M - Th: 9:30 - 10:30 am

Sessions: 6/18 - 28 7/9 - 19
7/23 - 8/2

M - F: 9:30 - 10:30 am

Session: 8/6 - 16



QuickStart Tennis II

Ages: 8 - 11

Juniper Park

Same great principles as QuickStart Tennis I, this class is designed for the child that has participated in tennis lessons before.

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

Activity: 203503

M - Th: 10:30 - 11:30 am

Sessions: 6/18 - 28 7/9 - 19
7/23 - 8/2

M - F: 10:30 - 11:30 am

Session: 8/6 - 16

Tennis I

Ages: 12 - 14

Juniper Park

Instruction is based on the players' desire to learn the rules and basic playing skills. These fun, action-oriented sessions are meant to develop court positioning speed and steady progress in their play.

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

Activity: 203504

M - Th: 11:30 am - 12:30 pm

Sessions: 6/18 - 28 7/9 - 19
7/23 - 8/2

M - F: 11:30 am - 12:30 pm

Session: 8/6 - 16

Tennis II

Ages: 12 - 14

Juniper Park

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

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

Activity: 203505

M - Th: 11:30 am - 12:30 pm

Sessions: 6/18 - 28 7/9 - 19
7/23 - 8/2

M - F: 11:30 am - 12:30 pm

Session: 8/21 - 31

Tennis Tournament Training

Ages: 10 - 17

Juniper Park

Improve your game. Through advanced drills, strategies, conditioning, and match play - they will get you tournament tough! These sessions are a must for experienced tennis tournament players or players looking to compete for the first time.

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

Activity: 203510

M/W: 2:00 - 4:00 pm

Sessions: 6/18 - 7/18 (No class week of 7/4)
7/23 - 8/15

Middle School Tennis League

Ages: 11 - 14

This program emphasizes skill development, maximum participation, good sportsmanship and fun. This program is dependent on volunteer coaches. Anyone interested in coaching, please go to our website to complete a Volunteer Application.

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

Activity: 203800

Registration deadline: 9/1

or until full

Tu - Th: 4:00 - 5:30 pm

Season: 9/11 - 10/18

Activity: School:

203800.01 Cascade MS

203800.02 High Desert MS

203800.03 Pacific Crest MS

203800.04 Pilot Butte MS

203800.05 Sky View MS

Track & Field

Storm Track Camp

Grades: 3 - 8

Summit High School

Summit High School track coach Dave Turnbull, his staff and athletes lead this camp for all ability levels. Our coaches aim to teach the best techniques and improve your skills. Bring running shoes, appropriate clothing, water bottle and snack.

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

Activity: 203260

M - Th: 9:00 am - 12:00 pm

Session: 6/18 - 21



XC Running Camp

Grades: 5 - 8

Pilot Butte Middle School

Open to runners from all middle schools, this camp will help runners become better, faster and smarter athletes as we provide an educational and inspirational experience for all ages and abilities. This is a great way to get ready for the coming cross country season. Includes t-shirt. Bring running shoes, appropriate clothing and water bottle.

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

Activity: 203261

M - Th: 3:00 - 4:30 pm

Session: 8/27 - 30

Volleyball

Trinity Volleyball Camp

Trinity Lutheran School

Join Trinity High School volleyball coach Greg Clift and his staff as they teach game fundamentals through a system of demonstrations, guidance, repetition and correction in a fun atmosphere. Leave with a better understanding of the game, improved skills and the ability to take your game to a higher level. Bring your knee pads and water bottle.

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

Activity: 203280

Grades: 3 - 5

M - Th: 10:00 am - 12:00 pm

Grades: 6 - 8

M - Th: 12:30 - 2:30 pm

Session: 7/16 - 19

Volunteer with youth sports and adaptive programs.

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



NPJ/OVA Sand Volleyball Camp

Grades: 5 - 8

Old Mill Sand Volleyball Courts

Take your game outdoors! Join the NPJ / OVA coaching staff for a camp that includes passing, serving, setting, hitting and agility drills. Please bring a water bottle each day. No incoming 9th graders.

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

Activity: 203277

M - Th: 8:45 - 10:45 am

Session: 7/23 - 26

Junior Lava Bear Volleyball Camp

Bend High School

Bend High Volleyball coach Kristin Cooper, her staff and players lead this camp for athletes of all ability levels. Learn passing, setting, hitting, digging and serving from a positive, enthusiastic staff. Includes camp t-shirt. Bring your knee pads and water bottle.

Activity: 203270

Grades: 2 - 6

Fee: \$48 ID \$58 OD / session

M - W: 8:00 - 10:00 am

Session: 7/30 - 8/1

Grades: 7 - 9

Fee: \$74 ID \$89 OD / session

M - Th: 1:00 - 3:30 pm

Session: 7/30 - 8/2

Little Cougar Volleyball Camp

Grades: 3 - 9

Mountain View High School

Directed by Mountain View Volleyball coach Kate McBrien and her staff, this camp covers all the skills required to take your volleyball game to the next level - passing, setting, hitting, digging and serving. Bring knee pads and a water bottle. Register by 7/13 for your camp t-shirt.

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

Activity: 203272

Registration deadline: 8/3

or until full

M - Th: 9:00 - 11:00 am

Session: 8/6 - 9

Pre-Season Volleyball Clinics

Grades: 6 - 8

Pilot Butte Middle School

Get your game on! Join your local middle school coaches as we prepare for the coming season. Bring your knee pads and water bottle.

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

Activity: 203278

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

- OR -

M - W: 1:00 - 3:00 pm

Session: 8/27 - 29

6th Grade Volleyball League

REGISTER NOW FOR FALL!

Grade: 6 (2017 - 18 school year)

This league emphasizes building volleyball skills, maximum playing time, developing teamwork, sportsmanship and leadership, and enjoying the sport! Teams are school-based (players must register for the school they attend) and practices are held at your school from 5:30 - 7:00 pm. Matches played on Tuesday and/or Thursday evenings at 7:00 pm. Uniform tops provided for players to keep. This program is dependent on volunteer coaches. If you are interested in coaching this season, please complete a Volunteer Application on our website.

Fee: \$58 ID \$70 OD / session

Registration deadline: 8/12 or until full

Season: 9/10 - 10/25

Activity: School:

203551 Cascade MS

203552 High Desert MS

203553 Pacific Crest MS

203554 Pilot Butte MS

203555 Sky View MS





CLIP IT OUT!
 (RE) PLACE
 IT ON
 YOUR FRIDGE!
 DON'T MISS OUT
 ON THE
 ACTION!

**Yo! Sports Fans!
 Plan Ahead!**

2018 - 19

Youth League

Registration Deadlines:

SUMMER 2018 REGISTRATION: Opens March 19

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	June 11
Youth Tackle Football League	August - October	July 1
Youth Flag Football League	September - November	July 30
Kindergarten Soccer League	September - October	Aug. 5
6th Grade Volleyball League	September - October	Aug. 12
Middle School Tennis League	September - October	Sept. 1

FALL 2018 REGISTRATION: Opens August 6

Program/League	Season	Registration Deadline
Youth Volleyball League	October - Dec.	Sept., TBD
Bitty Basketball	Nov. - Dec.	Oct., TBD
Youth Hockey League	Nov. - February	Oct., TBD
Middle School Basketball - Boys	Nov. - Dec.	Oct., TBD
High School Basketball League	Dec. - March	Nov., TBD
Youth Basketball League	January - March	Nov., TBD
Middle School Basketball - Girls	January - March	Dec., TBD

WINTER-SPRING 2019 REGISTRATION: Opens Dec. 10

Program/League	Season	Registration Deadline
Youth Lacrosse League	March - June	March
Girls Softball League	March - June	March
Bitty Baseball	April - May	March
Middle School Flag Rugby League	April - May	March



Weight Training & Wrestling

Weight Training & Strength Camp

Grades: 6 - 9

Mountain View High School

Learn safe, effective weight and strength training techniques to increase your strength, stamina, speed and agility. Use the Mountain View High School weight room free of charge under the direct supervision of our high school coaches in July and August.

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

Activity: 203290

M - Th: 9:00 - 11:00 am

Session: 6/25 - 28

Wrestlenastics

Grades: K - 4

Bend High School

Get your child active this summer! Introduce them to wrestling activities in a fun, safe atmosphere. Includes games and activities to enhance balance, coordination, strength and confidence. Led by high school coaches and athletes. Held in the wrestling room.

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

Activity: 203295

M - Th: 8:00 - 10:00 am

Session: 6/25 - 28

Adapted Sports

Wheelchair Sports

Ages: 16 & up

The Pavilion

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

Fee: \$3 drop-in fee per night

Activity: 204500

M/Th: 6:30 - 8:30 pm

Sessions: 6/18 - 8/30

Adaptive Equipment

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



thanks, coach

GIVE & RECEIVE BACK
COACHING MATTERS IN OUR COMMUNITY

Many thanks to every volunteer who generously contributed time as a coach for youth winter and spring sports programs. These people shared their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

Kinder, 1st & 2nd Grade Bitty Basketball

Cade Adamson	Keith Clayton	Trevor Flaherty	Dustin Heusser	Hannah Lippke	Lynn Neeman	Kevin Switzer
Courtney Bledsoe	John Courtney	Brian George	Tori Howes	Grant Ludwick	Robert Penson	Shane Therrian
James Borges	Stacy Cox	John Goodman	Mike Huff	Fred Mannila	TJ Pyle	Kerry Truell
Ryan Boyle	tacia Cruz	Tony Gunsul	Nate James	David Martin	Dan Reesor	Allen Tucker
Jerry Bradley	Chad Davis	Justin Hanson	Matt Johnson	Lareasa Mettler	Brian Rosenzweig	Casey Uebberoth
Corey Bruhn	Terry Denoux	Brett Hartlaub	Tim Kerns	Nathan Moses	Cody Serbus	Logan Williams
Stacy Caldwell	Kevin Detweiler	Richard Hawkins	Ross Kranz	Rick Mottern	Jessica Sieverson	
John Christenson	Melissa Eckman	Jamie Hemstead	Jessica Le Blanc	Ned Myers	Shaleana Stout	

3rd - 5th Grade Youth Basketball

Steve Arnold	Pam Bradbury	Melissa Eckman	Jerry Kerr	Heidi Merwin	Bill Pfeiffer	Nicole Stefano
Joe Arvidson	Brent Bradley	Ryan Eckman	Martha Ketsdever	Tonia Meyer	Andy Purscelley	Jason Stinnett
Ryan Barker	Chad Brewer	Rick Falk	Wes Knapp	Matthew Miller	Theresa Quade	Eric Tabert
Steph Barker	Clint Burleigh	Trevor Flaherty	Gwen Knoop	Kee Moon	Michelle Reeves	Aaron Thomas
Leslie Bartlett	Ryan Carroll	Luke French	Heather Knox	Benjamin Moore	Joe Riedl	Brian Thomas
Adam Beebe	Keith Clayton	Brian Griffin	Jon Lassan	Mark Morical	Amanda Ring	Mike Tompkins
Birgitta Bella	Chris Cox	Jim Hellman	Chad Leeper	Kelly Moyes	Jordan Roberts	David Vodak
Dave Beltrami	Russell Crawmer	Phil Hill	Shane Lefebber	Elijah Myers	Pete Sandgren	Pete West
Allen Benjamin	David Crump	Tyler Honzel	Travis Lowe	Ned Myers	Maria Schwab	Trevor Wigle
Shirl Benjamin	Phil De Gruyter	Mark Howell	Jeremiah Mattson	Jennifer Nance	Adam Sears	Nathan Wilcox
Brandon Blumberg	Scott Deal	Bryon Jenson	Andres Mazabel	Joe Nance	Jane Shein	Justin Winn
Patrick Booher	Sanjay Dholaki	Phil Jonsrud	Derk McCulley	Joe Nichols	Craig Simpson	Nancy Wirth
James Borges	Amy Dimmitt	Dave Keefer	Doug McDonald	Nick Pardo	Taron Spaulding	Eddy Young
Josh Bowles	Conan Doherty	Tim Kerns	Rick Melner	Rosalynn Penfold	Andrew Stefano	

Youth Hockey

Nick Allen	Nick Brown	Michelle Hart	Aaron Kitchell	Scott Mellinger	Kelly Strycharz	Williams
Eric Anderson	Rob Brown	Brian Hickey	A'leah Knight	Michael Mills-Price	Aaron Tarnow	Jonathan Vlasak
John Anderson	Brown Cannon	Rory Howatt	Randall Knight	Tim Monaco	Seth Taylor	Mike Waller
Andrew Baca	Kevin Detweiler	Paul Israel	John Komar	Rick Morton	Franchot Tone	Travis White
Keith Bell	Jay Etnier	Bill Janulewicz	Ross Kranz	Chris Mott	David Town	Aleta Wilson
Rebecca Bell	Eric Flowers	Brenda Jarvis	Brian Liebman	Dale Pilon	Chris Trahey	
Peter Bertero	Jacob Gray	Tim Jarvis	Chet Liew	Karina Smith	Ryan Trout	
Beth Brinston	Andrew Greenwalt	Jeremy Jensen	Rick Marshall	Taj Smith	Mikey Vargas-	

Be a coach!

Youth sports programs rely on adult volunteers to coach the teams of kids who want to play. We organize the teams and provide the equipment, training and on-going support to help make it a successful season for everyone. Coaches get to select practice times and location and receive a lot of appreciation from staff, players and families!

Volunteers needed to coach:

- Kindergarten Soccer
- Youth Fall Soccer
- Youth Flag Football
- Youth Tackle Football
- Middle School Tennis
- 6th Grade Volleyball

Sport experience is preferred. Volunteer application is required, a background check is processed and all coaches do concussion awareness training.

For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.

BIG THANKS!



TO WINTER AND SPRING SPORTS SPONSORS.

These local businesses and individuals share their resources to help make healthy and enriching recreation opportunities available for children and families in our community. Your support makes a difference!

YOUTH BASKETBALL PROGRAM SPONSOR:

THE CENTER ORTHOPEDIC & NEUROSURGICAL CARE & RESEARCH

YOUTH BASKETBALL TEAM SPONSOR:

DOGS LTD (2 TEAMS)

MIDDLE SCHOOL BASKETBALL PROGRAM SPONSOR:

BIGFOOT BEVERAGES

BITTY BALL BASKETBALL PROGRAM SPONSOR:

KRUEGER & LENOX ORAL & MAXILLOFACIAL SURGERY

YOUTH HOCKEY PROGRAM SPONSOR:

KRUEGER & LENOX ORAL & MAXILLOFACIAL SURGERY

ADULT HOCKEY PROGRAM SPONSOR:

BALDY'S BBQ

ADULT CURLING PROGRAM SPONSOR:

MILLER LUMBER

3rd - 5th Grade Youth Volleyball

- | | | | |
|--------------------|-------------------|--------------------|------------------------|
| Sue Arnold | Caroline Eggerth | Jenny Lynch | Amy Pierce |
| John Audette | Jerry Everist | Jessica Malinowski | Shelley Ranson |
| Suzanne Audette | Candice Forsell | Jeff Mertins | Sean Stafford |
| Charlene Bayes | Lori Gates | Michelle Mertins | Chelsea Stallard |
| Juana Beede | Mindy Godell | Brenda Miller | Alisa Stephenson |
| Heather Bristol | Bobby Grover | Brenda Mingus | Brad Stephenson |
| Ashlee Clingham | Trisha Grover | Jennifer Nance | Molly Taroli |
| Neil Cole | Beth Houser | Susan Neal | Jadie Veronese |
| Becky Crawford | Christina Kennedy | Kevin Nelson | Robin Williams-Burgett |
| Kelly Davis Martin | Taryn King | Jenifer Ocegüera | Crystal Young |
| Amy Dimmit | Jen Kjellesvik | Stephanie Parel | |
| Ashley Donovan | Todd Kjellesvik | Jessica Patron | |
| Karen Doorn | Todd LaFrenz | Jolie Perkins | |

Boys Middle School Basketball

- | | | | |
|------------------|---------------|--------------------|-------------------|
| Troy Bailey | Robert Dennis | Ken Isola | Will Pelayo |
| Andy Balyeat | Travis Dickey | Steve Jones | Darren Petrie |
| James Bents | Derek Duenas | Kyle Kendall | Jen Petrie |
| Dusty Boone | Rob Duvalle | Debra Kerr | Michelle Priem |
| John Brandon | Brian Earls | Wes Knapp | Greg Rider |
| Jim Brown | Josh Frilot | Heather Lowery | Scott Ryder |
| Corey Bruhn | Brett Gorbett | Julie Lyche | Chris Scarborough |
| Carly Carmichael | Jeff Gregg | Gavin Macfarland | Ron Seals |
| Eric Carmichael | Keith Harris | Alex Macias | Craig Simpson |
| Rhett Coble | Jon Heacock | Adam Malinowski | Davis Smith |
| Andy Codding | Anthony Heals | Joe Mazzarella | Rob Townsend |
| Chris Conway | Bill Higgins | Scott Meredith | Adam Treu |
| Olivia Cook | Andy High | Bridgit Montgomery | Denise Ullman |
| Jason Cox | Phil Hill | Lawrence Morris | David Vodak |
| Jenny Cox | Ron Hoffman | Greg Nores | Brian Wilber |
| Justin Davis | Mark Hood | Laura O'Connell | |

Girls Middle School Basketball

- | | | | |
|------------------|--------------------|------------------|-------------------|
| Madison Anderson | Alison Cheldelin | Matt Haney | Stephanie Russell |
| Stefanie Artz | Colleen Cunningham | Marni Hanna | Heidi Sausser |
| Brent Black | Craig Gerlach | Audrey Holmes | Jon Sausser |
| Danielle Bradely | Charlotte Gilbride | John Howes | Nick Schann |
| Jim Brown | Scott Gilbride | Chris Jones | Ben Smith |
| Josh Button | Andrew Giordano | Colleen Jones | Kali Smith |
| | | Kyle Jurgenson | Teddy Stallard |
| | | Kris Karpstein | Bert Stanley |
| | | Tim Kerns | Brandi Tol |
| | | Brittany Lawber | Mike Toolan |
| | | Gavin MacFarland | Rochelle Williams |
| | | Scott Malk | Tammy Wisco |
| | | Kelly McKinney | |
| | | Katie Merickel | |
| | | Kirk Nelson | |
| | | Stefanie Nelson | |
| | | Laura O'Connell | |
| | | Tyler Pendergast | |
| | | Mike Phillips | |
| | | Rachel Preston | |
| | | Julie Rice | |
| | | Ted Rice | |
| | | Crystal Richmond | |
| | | Nicole Ruiz | |
| | | Dan Russell | |

Youth Sports Team Sponsorship Opportunities

Support youth sports programs and promote your business by sponsoring a youth team. Sponsors receive name recognition on player jerseys, a team photo plaque for display and much appreciation.

Sponsoring a team is easy! Visit <https://register.bendparksandrec.org> and click on Volunteers/Sponsors, or call Russ Holliday, Sports Program Manager at 541-706-6108.

- Activity: 203000 - Youth Flag Football (grades 1 - 6) \$275/team
- Activity: 203002 - Youth Fall Soccer (grades 1 - 8) \$275/team
- Activity: 203004 - Kindergarten Soccer \$275/team