

FALL
REGISTRATION
BEGINS
AUGUST
10TH


Bend Park &
Recreation
DISTRICT
fall 2015

your playbook

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

youth & adult
recreation:
registration
opens august 10th

online
preview
edition

play for life

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Inclusion

The Bend Park & Recreation District is committed to making all of our programs, facilities, services and activities accessible to everyone. If you feel that you or your child may require auxiliary aid or special accommodations to participate, please let us know at the time of registration. We will work with you in order to make safe and respectful accommodations. For more information or an activity assessment, please contact Therapeutic Recreation at (541) 706-6121.

Latino Outreach Services / Nuevos servicios al alcance de la comunidad latina

Comuníquese con: Kathya Avila al teléfono (541) 706-6144. Horarios de oficina: Lunes / Miércoles / Viernes de 3:00 a 7:00 pm en JSFC • El primer Sábado de cada mes, de 11:00 am a 2:00 pm en JSFC.

Contact: Kathya Avila p. (541) 706-6144. Office hours: Mondays / Wednesdays / Fridays, 3:00 - 7:00 pm at JSFC • 1st Saturday of the month, 11:00 am - 2:00 pm at JSFC.

(JSFC = Juniper Swim & Fitness Center)



Resources

phone: (541) 389-7275

email: info@bendparksandrec.org

website: www.bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

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

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

Administration will be closed: Sept. 7 - Labor Day, Nov. 11 - Veterans Day, Nov. 26 - 27 - Thanksgiving, Dec. 25 - Christmas, Jan. 1 - New Year

JUNIPER SWIM & FITNESS CENTER

800 NE 6th Street • p. (541) 389-7665

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

Saturdays 8:00 am - 6:00 pm

Sundays 9:00 am - 6:00 pm

Holiday hours and special events: See page 24.

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 31.

THE PAVILION

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

Mon. - Fri. 6:00 am - 10:00 pm

Sat. - Sun. 9:00 am - 10:00 pm

Hours subject to change.

Holiday hours and special events: See page 20.

PARK SERVICES

1675 SW Simpson • p. (541) 388-5435

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

Park Services will be closed: Sept. 7 - Labor Day, Nov. 11 - Veterans Day, Nov. 26 - 27 - Thanksgiving, Dec. 25 - Christmas, Jan. 1 - New Year

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

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

BOARD OF DIRECTORS:

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

BUDGET COMMITTEE:

Audrey Belden • Steve Eichelberger • Thomas Fisher • Debi Harr • Sarah Olson

EXECUTIVE DIRECTOR:

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

STRATEGIC PLANNING

& DESIGN DIRECTOR:

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

RECREATION SERVICES DIRECTOR:

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

PARK SERVICES DIRECTOR:

Pat Erwert • (541) 388-5435
pat@bendparksandrec.org

FINANCE DIRECTOR:

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

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Needs-Based Assistance

(Formerly known as Recreation Scholarships)

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

To Apply for Assistance:

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

Everyone can play.

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



REGISTER ONLINE:

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

Payment in full is required at the time of registration.

How to Register

New Accounts

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

Online Registration Instructions

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



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

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

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

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

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

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



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

Out-of-District Fee Policy

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

In-Person Registration

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

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

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

Credits & Refunds

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

Mark Your Calendar.

Winter-Spring 2016 Registration begins December 7, 2015

Summer 2016 Registration begins March 21, 2016

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LET'S GO!

Fee & Pass Information

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

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

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

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

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

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

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

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

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

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

STANDARD FEES & PASSES

Prices effective
October 1, 2015

| | | FACILITY | JUNIPER SWIM & FITNESS CENTER | JUNIPER SWIM & FITNESS CENTER | BEND SENIOR CENTER | BEND SENIOR CENTER | THE PAVILION | THE PAVILION |
|--|-------------------------------------|-----------|---|---|---|--|--|--|
| | | PASS TYPE | Full Access | Basic | Full Access | Basic | Ice Season | Non-Ice Season |
| | | ACCESS | Over 200 weekly group fitness classes and masters swim practices plus full facility use. Monthly pass includes use of Senior Center, too! | Use of pools, fitness center, hot tub, sauna, steam room, locker rooms and access to all recreation and lap swim times. | Over 50 weekly fitness classes plus full facility use and participation in ongoing social activities. | Use of fitness center, game room and participation in ongoing social activities. | Admission to all public skate sessions.* Skate Rental: \$3 additional | Use of multi-purpose sport courts, public drop-in times and group fitness classes. |
| Single Visit Admission | Adult (19-59) | \$8.00 | 7.00 | \$6.50 | \$3.50 | \$9.00 | \$7.00 | |
| | Older Adult (60-79)/Student | \$7.00 | 6.00 | \$5.50 | \$1.50 | \$8.00 | \$6.00 | |
| | Youth (3-18)/Honored Citizens (80+) | \$6.00 | 5.00 | \$4.50 | \$1.25 | \$7.00 | \$5.00 | |
| | Children under 3 with paying adult | Free | Free | n/a | n/a | Free | Free | |
| 10-Visit Pass Save an average of 20% | Adult (19-59) | \$69.00 | \$59.00 | \$60.00 | \$29.00 | \$75.00 | \$59.00 | |
| | Older Adult (60-79)/Student | \$59.00 | \$49.00 | \$45.00 | \$12.00 | \$67.00 | \$49.00 | |
| | Youth (3-18)/Honored Citizens (80+) | \$49.00 | \$39.00 | \$35.00 | \$10.00 | \$58.00 | \$39.00 | |
| Monthly Pass Unlimited Visits! | Adult (19-59) | \$61.00 | \$51.00 | \$51.00 | \$24.00 | THE PAVILION *Premium skate sessions are a \$3.00 add-on fee. See page 20. | | |
| | 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

10% OFF

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!

20% OFF

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

25% OFF

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.

50% OFF

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.



MARK YOUR
CALENDARS
.....
**ANTICIPATED
OPENING
NOV. 30TH!**
.....
Subject to
change

cool as ice

Chillin' out.

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

The Pavilion

Owned and operated by Bend Park & Recreation District

Ice Season: Nov. 30 - March 27

Regular Hours: (subject to change)

Daily 8:30 am - 10:00 pm

1001 SW Bradbury Way, Bend Oregon 97702
p. (541) 389-7588 (SK8T)



Follow us on Facebook!

Look for The Pavilion in Bend!

Fees

Single visit fees and discounted 10-visit passes are available for regular and premium public skate times. See page 19 for details.

Skate Rentals

Skate rentals are \$3.00 or \$25.00 for 10 rentals. Toddler size through adult size 15 available.

Schedules & Information

Visit www.bendparksandrec.org for current skate schedules and facility rules and regulations.

Holidays & Special Hours

| | | |
|-------|----------------|------------------|
| 12/24 | Christmas Eve | 12:00 - 6:00 pm |
| 12/25 | Christmas | 1:00 - 8:00 pm |
| 12/31 | New Year's Eve | 12:00 - 10:00 pm |
| 1/1 | New Year's Day | 1:00 - 8:00 pm |

How to Get There

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

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

The Pavilion Features

EXTERIOR - ENTRANCE



INTERIOR - LOBBY



EXTERIOR - WEST SIDE, PLAZA & FIRE PIT



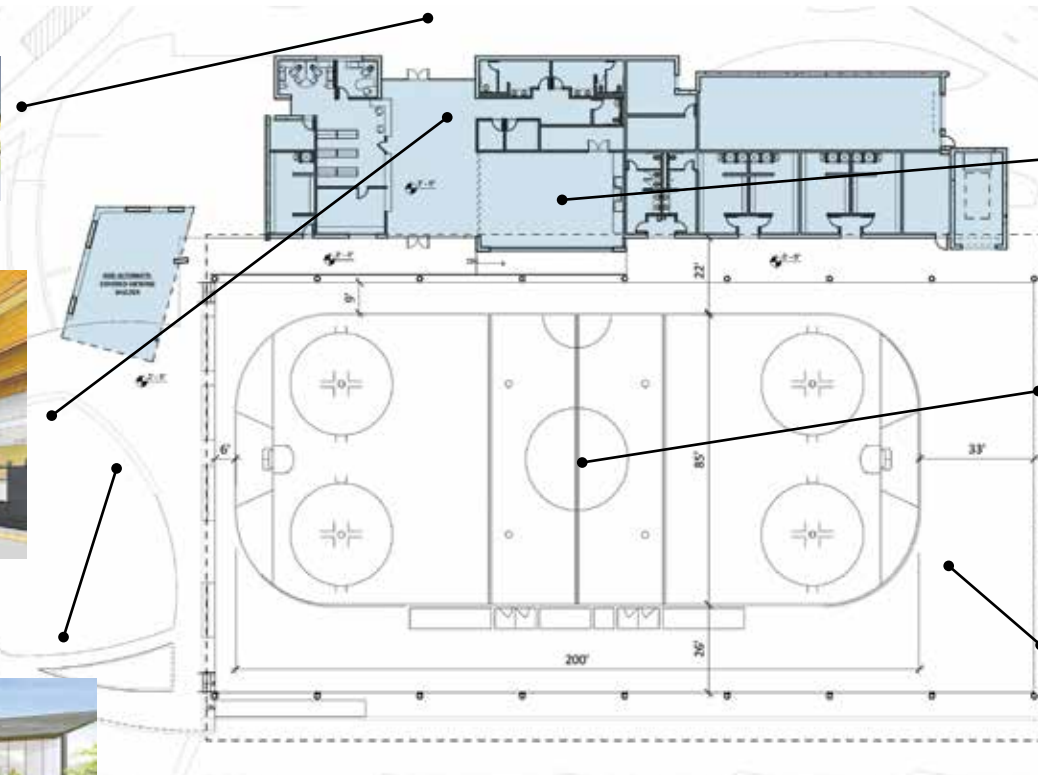
VIEWING ROOM



ON THE RINK/COURTS



EXTERIOR - EAST SIDE



The Ice Sheet

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

Weather Protection

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

Lobby & Concessions

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

Outdoor Plaza & Fire Pits

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

Viewing/Warming Room

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

Changing Rooms & Lockers

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

The "Other Season"

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

Frequently Asked Questions

Q: When will The Pavilion be open?

A: Anticipated opening is November 30, 2015 providing that construction is complete.

Q: How long will the ice season run?

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

Q: How will weather conditions affect the ice?

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

Q: How about ice skates?

A: Rental skates are available for \$3.00 per person (or \$25 for 10 rentals), or you can bring your own skates.

Q: How do I find out the schedule?

A: The "regular" schedule will be posted online prior to season opening. Weekly schedules will be posted throughout the winter.

Drop-In NEW Skate Sessions

See page 19 for regular fees.

Schedules available at www.bendparksandrec.org.

Open Skate

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

Holiday Open Skate

Celebrate the holidays and enjoy extended open skate sessions. Regular fees apply.

Dates: 12/21 - 1/1
M - Th: 12:00 - 8:00 pm
F/Sa: 12:00 - 10:00 pm
Su: 1:00 - 6:00 pm

Special hours on 12/24-25, 12/31 and 1/1. See page 20.



Learn to Skate

Ages: 3 - 14
The Pavilion

NEW

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

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

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

Family Skate

Open skate for families. All children must be accompanied by parent/guardian. SPECIAL RATE: \$6/person including skate rental.

Parent-Tot Skate

Open skate and activities for toddler and preschool-age children. All children must be accompanied on ice by parent/guardian. SPECIAL RATE: \$6/person including skate rental.

Fitness Skate

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

Flex Skate

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

Skate rentals are \$3.00 or \$25.00 for 10 rentals. Toddler size through adult size 15 available.



PREMIUM SESSIONS:

Premium sessions provide specialized ice times with limited capacity. A \$3.00 add-on fee to the regular fee applies for these sessions or you may purchase a Premium Session 10-Visit Pass for \$25.00.

Stick Time

Bring your sticks, skates and gear and work on your skating, stick handling and shooting in these no pressure hockey-only sessions. Nets and pucks provided. Adult, youth and mixed sessions offered. PREMIUM SESSION: Regular fees plus \$3.

Pick-up Hockey

Get some extra game practice during these pick-up hockey times. No officials or scoring. Teams are self-selected each session. Full gear required. PREMIUM SESSION: Regular fees plus \$3.

Freestyle Skate

Figure skating and moves practice to hone your skills and techniques. PREMIUM SESSION: Regular fees plus \$3.

Curling Time

Learn the basics of curling or practice your skills during this mixed use time. Instruction and equipment provided. PREMIUM SESSION: Regular fees plus \$3.

Party Time

For birthdays and other celebrations, bring the gang for open skate and rent the party room. Call for reservations.

CHOOSE THE RIGHT LEVEL:

TOTS SKATE: AGES 3 - 5 Learn how to stand, fall, swizzle and snowplow stop on the ice with fun songs and games. Protective headgear required (some available if needed). Prerequisite: ability to participate in a class environment.

Program: 310100, 310110

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

Program: 310101, 310111

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

Program: 310102, 310112

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

Program: 310103, 310113

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

Program: 310104, 310114

CHOOSE THE TIME:

All levels are offered at each time and session.

Tu: 9:15 - 10:00 am (Tots Only)
 4:30 - 5:00 pm
 5:10 - 5:40 pm
 5:50 - 6:20 pm

Sessions: 12/1 - 1/26 2/2 - 3/15

Th: 9:15 - 10:00 am (Tots Only)
 4:30 - 5:00 pm
 5:10 - 5:40 pm
 5:50 - 6:20 pm

Sessions: 12/3 - 1/28 2/4 - 3/17

Sa: 9:00 - 9:30 am
 9:40 - 10:10 am
 10:20 - 10:50 am
 10:50 - 11:20 am

Sessions: 12/5 - 1/30 2/6 - 3/19



Learn to Play Hockey I NEW

Ages: 6 - 14

The Pavilion

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

Fee: \$70 ID \$84 OD / session
Program: 310201

| | | |
|-----------|--|----------------|
| | Ages: | |
| M: | 4:00 - 5:00 pm | 6 - 10 |
| | 5:15 - 6:15 pm | 11 - 14 |
| Sessions: | 11/30 - 1/25 (No session 12/21 & 12/28) 2/1 - 3/14 | |

| | | |
|-----------|---|----------------|
| | Ages: | |
| W: | 4:00 - 5:00 pm | 6 - 10 |
| | 5:15 - 6:15 pm | 11 - 14 |
| Sessions: | 12/2 - 1/27 (No session 12/23 & 12/30) 2/3 - 3/16 | |

| | | |
|------------|--|---------------|
| | Ages: | |
| Sa: | 11:45 am - 12:45 pm | 6 - 14 |
| Sessions: | 12/5 - 1/30 (No session 12/26 & 1/2) 2/6 - 3/19 | |

Volunteer with youth sports and adaptive programs.

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



Learn to Play Hockey II NEW

Ages: 6 - 14

The Pavilion

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

Fee: \$70 ID \$84 OD / session
Program: 310202

| | | |
|-----------|--|----------------|
| | Ages: | |
| M: | 4:00 - 5:00 pm | 6 - 10 |
| | 5:15 - 6:15 pm | 11 - 14 |
| Sessions: | 11/30 - 1/25 (No session 12/21 & 12/28) 2/1 - 3/14 | |

| | | |
|-----------|---|----------------|
| | Ages: | |
| W: | 4:00 - 5:00 pm | 6 - 10 |
| | 5:15 - 6:15 pm | 11 - 14 |
| Sessions: | 12/2 - 1/27 (No session 12/23 & 12/30) 2/3 - 3/16 | |

| | | |
|------------|--|---------------|
| | Ages: | |
| Sa: | 11:45 am - 12:45 pm | 6 - 14 |
| Sessions: | 12/5 - 1/30 (No session 12/26 & 1/2) 2/6 - 3/19 | |



Adult Hockey League NEW

All Adults

The Pavilion

Join the inaugural BPRD Adult Hockey League! Individuals who register will be drafted onto teams. Teams will enjoy a brand new ice rink while playing twelve regular season games with game nights varying throughout the season. For the first-ever playoff championship, teams will be seeded. Players must provide their own gear. For more information, call Kevin at (541) 706-6123.

Fee: \$270 ID \$324 OD / season
Program: 310320

Registration Deadline: 11/16

M/W/Th: 8:00 - 10:00 pm

Season: 11/30 - 3/17

Adult Curling League NEW

All Adults

The Pavilion

Ever thought it would be fun to try out the interesting sport of curling? Here is your chance! Games are played once a week on Sunday evenings. Register as an individual and request your team; teams consist of four players. If needed, equipment will be provided.

Fee: \$150 ID \$180 OD / season
Program: 310330

Registration Deadline: 11/22

Su: 6:30 - 10:00 pm

Season: 12/6 - 3/20 (No session 12/27)



NEW

The Pavilion

NO SCHOOL

Join our rockin' staff and spend your winter vacay at a brand new facility! We'll dabble in ice skating, and try out activities like hockey, curling and other ice games. Round out the day with an adventure in Central Oregon. Bring your lunch and dress for the weather. PAC'ers will have the opportunity to choose from a variety of activities and field trips. Concessions will be available for purchase. Skate rental and open skate admission included.

ELEMENTARY SCHOOL:

Grades: 3 - 5

MIDDLE SCHOOL:

Grades: 6 - 8

Fee: \$39 ID \$48 OD / day

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

AM Extended:

7:30 - 9:00 am

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

PM Extended:

4:00 - 5:30 pm

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

Winter Break Week 1:

12/21 - 24

Program: 310601

Winter Break Week 2:

12/28 - 31

Program: 310602

MLK Jr. Day: 1/18

Program: 310603



WEEKENDS
ROCK!
.....
FRIDAY &
SATURDAY
NIGHTS AT
JUNIPER
.....
PAGE 26

it's a splash

*More Activities
at Juniper Swim & Fitness:*
 Adult swimming p. 27
 Adult Fitness p. 51 - 57
 Youth Fitness
& swimming p. 28 - 30

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!



Fall 2015

Regular Hours:

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

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

Visit online at: www.juniperswimandfitness.com

 Follow us on Facebook!
 Look for Juniper Swim & Fitness Center

Schedules & Information

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

Fees:

Pass information on pages 18 - 19.

Holidays Special Hours

| | | |
|----------|-------------------------------------|--|
| 9/7 | Labor Day | Noon - 5:00 pm |
| 9/5 - 20 | Indoor pools closed for maintenance | Includes both pools, hot tub, steam room & sauna |
| 11/26 | Thanksgiving | 8:00 am - Noon |
| 12/24 | Christmas Eve | Closed at 1:00 pm |
| 12/25 | Christmas | Closed |
| 12/31 | New Year's Eve | Closed at 6:00 pm |
| 1/1 | New Year's Day | 9:00 am - Noon |

Swim Meets

| | |
|------------|---------------------|
| 11/21 | High Desert Classic |
| 12/12 | High School Invite |
| 12/19 - 20 | Bend Invite |

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



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 is the perfect place for every body.

Online video tour available at www.bendparksandrec.org

How to Get There



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

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

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

PUBLIC & ALTERNATIVE

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

SWIMMING POOLS & AQUATICS:

Indoor/Outdoor Olympic 50 Meter Pool

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

Indoor 25 Meter Pool

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

Indoor Children's Pool

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

Hot Tub, Dry Sauna & Steam Room

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

FITNESS CENTER & EQUIPMENT:

Fitness Center

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

Fit Studio

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

Indoor Cycling Studio

Ride away with state-of-the-art cycles, high fidelity sound system and plasma screen TV.

Group Exercise Studio

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

Yoga Studios

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

OTHER FEATURES:

Multiple Locker Rooms

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

Wi-Fi & Lounge Areas

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



Kids' Corner Child Care

Ages: 6 weeks - 6 years

A safe and nurturing environment for young children while parents enjoy the facility. Children enjoy arts and crafts, reading, creative play and cooperative games.

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

For reservations, call (541) 706-6191.

FEES: Effective October 1, 2015
10-hour card: \$30 ID \$36 OD

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

Kid's Corner Hours:
(subject to change)

M - F: 8:00 am - 1:15 pm
M - Th: 4:10 - 7:00 pm
Sa: 8:00 - 11:00 am

Let's put some "Wahoo!" in your weekend.

Saturday Night Alive at JSFC

Come for a real splash bash each Saturday as the evenings come alive with different activities each week. Pre-registration required; limited space is available.

Saturday Evenings:
6:45 - 9:30 pm, beginning October 3rd

1ST SATURDAY: MIDDLE SCHOOL NIGHT

Grades: 6 - 8

Fee: \$5/person or current pass

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

2ND SATURDAY: KIDS' NIGHT OUT

Ages: 3 - 11 Program: 405599

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

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

Kids get JSFC to themselves as they play in the pool, watch movies and have fun with their friends under the supervision of our staff. Pizza, drinks and snacks included. Note: Ages 3 through 5 will enjoy crafts, games and movies. 5 and under must be potty-trained and swimming is not included for this group.

3RD SATURDAY: FAMILY NIGHT

Fee: \$5/person or current pass

Elevate your family get-together to a whole new level of fun! Join in to combine fitness and fun as a family.

4TH SATURDAY: KIDS' NIGHT OUT

Ages: 3 - 11 (see description above)

First Friday Splash & Fun

Ages: 6 - 9 Program: 405102

First Fridays: 6:00 - 9:00 pm

Sessions: 10/2, 11/6, 12/4

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

Mom, Dad! Drop the kids off at JSFC and head to First Friday in downtown Bend! In the care of our trained, fun-loving staff, children can participate in a variety of exciting activities such as science experiments, learning hip hop, playing a game of tag, performing in a impromptu talent show and, of course, swimming! Snacks and drinks provided. Save money and register early.



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

September 21 - January 4

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

F: 6:30 - 9:00 pm

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

No School Day Recreation Swim

When school's out, swimming is in!

Daily: 1:00 - 4:00 pm

Dates: 10/29 - 30

11/11, 23 - 27

12/21 - 31

Family Swim

A perfect time for families to use the indoor pools for recreating and swimming. All children must be accompanied by parent or guardian. \$4 per person when adult accompanies the children.

September 21 - January 4

Su: 11:00 am - 1:00 pm

Family Rec Time

Join us for family recreation time where families can play together to swim in the pool, exercise in the weight room, join a family fitness class and even hang out a little to do some homework. (Yes! we do have Wi-Fi!) \$4 per person when adult accompanies the children.

September 21 - January 4

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



Parent-Child Swim

Ages: 6 & under with adult

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

September 21 - January 4

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

10:45 am - 2:30 pm

F: 8:00 am - 4:30 pm

Sa: 8:00 - 9:15 am

Su: 9:00 - 11:00 am

Lap Swimming & Water Running

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

Fee: Basic pass or drop-in fee

September 21 - January 4

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

F: 5:15 am - 7:30 pm

Sa: 8:00 am - 6:00 pm

Su: 9:00 am - 6:00 pm



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

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

make waves

Adult Swimming

Swim Without Fear

Ages: 16 & up
 Are you fearful of the water? Our newly revised class will take you step by step through getting your face wet, bobbing and learning to be more comfortable in the water - all at your own pace! Working closely with you, motivating instructors will help you overcome hurdles so you can enjoy the water. Held in indoor pool.
 Fee: \$38 ID \$46 OD / session
 Program: 305554
Sa: 8:15 - 9:00 am
 Sessions: 9/26 - 10/17 (\$30 ID \$36 OD)
 10/24 - 11/21
 1/9 - 2/6

Beginning Adult Swim Instruction

Ages: 16 & up
 Learn beginning skills in a comfortable class environment. Designed for non-swimmers to learn basic water adjustment skills - floats, glides and basic front crawl and back strokes. Appropriate for adults unable to swim 25 meters of the pool.
 Fee: \$45 ID \$54 OD / session
 Program: 305555
M/W: 10:00 - 11:00 am **NEW**
 Olympic pool
7:15 - 8:15 pm Indoor pool
 Sessions: 10/5 - 21
 10/26 - 11/11
 1/4 - 20

Intermediate Adult Swim Instruction

Ages: 16 & up
 Class works on building confidence, stroke technique and achieving the ability to swim full laps. Focus is on fitness through skill training and short distance repeats and is individualized to meet your goals. Appropriate for adults who can swim 25 meters but not much more. Held in Olympic pool.
 Fee: \$45 ID \$54 OD / session
 Program: 305556
Tu/Th: 6:30 - 7:30 pm
 Sessions: 10/6 - 22 10/27 - 11/12
 1/5 - 21

Adult Swim Fitness

Ages: 16 & up
 Want to develop your technique and endurance? Learn to improve your stroke and efficiency while challenging yourself with progressively longer fitness swims. Appropriate for adults able to swim 100 meters continuously. Held in Olympic pool.
 Fee: \$65 ID \$78 OD / session
Tu/Th: 7:30 - 8:30 pm
 Program: 305557
 Sessions: 9/22 - 10/22
 10/27 - 11/24 (\$59 ID \$71 OD)
 1/5 - 2/4

Masters Swimming

Bend's Adult Swim Program!
Ages: 18 & up
 Improve your skills and enjoy training in structured practices with experienced coaches. Masters swimming emphasizes fitness, fellowship and fun for various ages and abilities, who can swim comfortably for 500 meters (20 lengths). Competing is not required, although many choose to race. Held in Olympic pool.
 Fee: Current Full Access Pass or drop-in fee.
September 21 - January 4
M/W/F: 5:30 - 6:45 am
T/Th: 9:15 - 10:30 am
M/Tu/W/Th/F: 11:45 am - 1:00 pm
M/Tu/W: 6:00 - 7:15 pm
Sa/Su: 9:00 - 10:30 am
ELITE MASTERS:
T/Th: 6:45 - 8:00 am

Kayak Roll Session

All Ages
 Bring your clean boat to the warm, indoor pool to practice and refine your roll skills. Please tape the end of your boat paddles.
 Fee: \$12 ID \$14 OD per session
 Program: 405100
September 27 - January 3
Su: 4:15 - 6:00 pm

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

Recreation Swim Schedules

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

Find all the times you can come splash and play.

DIVE IN!
.....
SWIM LESSONS FOR ALL!
.....
ON PAGE 29



splash into class

Dive into swimming.

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

Youth Swim Lessons

at Juniper Swim & Fitness Center

Our year-round youth swim lessons are...

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

Skill Appropriate: Based on progressively learned swim skills.

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

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

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

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

For more information, call (541) 389-7665

REGISTRATION TIP:

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

Swim Lesson **FREE** Assessment:

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

Tuesday, 10:30 am

Thursday, 6:30 pm

Saturday, 12:30 pm

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

Youth Swim Lesson Descriptions & Schedule

Parent Tot Programs

Ages: 6 - 36 months

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

Sea Stars

Age: 2.5 - 3

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

Journey Programs

Ages: 3 - 5

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

Level Programs

Ages: 6 - 12

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

Teen Level Programs

Ages: 12 - 15

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

Private & Semi-Private Lessons

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

Fees: \$50 ID semi-private lesson or \$100 ID private lesson. (Semi-private lesson registration in-person only; private lesson registration in-person or online.) Call (541) 389-7665 to schedule.



ONE-DAY-A-WEEK SESSIONS

WEDNESDAYS

\$30 ID \$36 OD

Sept. 23 - Oct. 14

\$30 ID \$36 OD

Oct. 21 - Nov. 11

Journey 1, 2, 3, 4/5

3:00 pm

Level 1, 2, 3

3:00 pm

FRIDAYS

\$30 ID \$36 OD

Sept. 25 - Oct. 16

\$38 ID \$46 OD

Oct. 23 - Nov. 20

\$38 ID \$46 OD

Jan. 8 - Feb. 5

Parent Tot 1, 2

5:30 pm

Journey 1, 2, 3

4:30 pm

Level 1, 2, 3

5:30 pm

SATURDAYS

\$30 ID \$36 OD

Sept. 26 - Oct. 17

\$38 ID \$46 OD

Oct. 24 - Nov. 21

\$38 ID \$46 OD

Jan. 9 - Feb. 6

Parent Tot 1,2

10:05, 11:45 am

Sea Stars

9:15, 10:55 am

Journey 1, 2, 3

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

Journey 4, 5

10:05 am

Level 1, 2, 3

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

Teen Level 1, 2, 3

10:55 am

Level 4

10:05, 11:45 am

Level 5, 6

9:15, 10:05 am

Start times only listed. All classes 45-minutes

TWO-DAYS-A-WEEK SESSIONS

\$48 ID / \$58 OD

Sept. 21 - Oct. 15

\$60 ID/ \$72 OD

Oct. 19 - Nov. 19

\$36 ID/ \$43 OD

Nov. 30 - Dec. 17

\$36 ID/ \$43 OD

Jan. 4 - 21

M/W MORNINGS

Parent Tot 1

9:15 am

Journey 1, 2, 3

9:15, 10:00 am

Sea Stars

10:00 am

T/TH MORNINGS

Parent Tot 2

9:15 am

Journey 1, 2, 3

9:15, 10:00 am

Journey 4, 5

10:00 am

NEW

M/TH - or - T/F AFTERNOONS

Journey 1, 2, 3

2:30 pm

Level 1, 2, 3

2:30 pm

M/W EVENINGS

Parent Tot 1, 2

4:00 pm

Journey 1, 2, 3

4:45, 5:30, 6:15 pm

Sea Stars

4:00 pm

Journey 4, 5

5:30 pm

Level 1, 2, 3

5:30, 6:15 pm

T/TH EVENINGS

Journey 1, 2, 3

3:45, 4:30, 5:15, 6:00 pm

Journey 4

5:15 pm

Level 1, 2, 3

4:30, 5:15, 6:00 pm

Level 4

5:15 pm

Start times only listed. All level classes 40-minutes.

Journey and Parent Tot classes 35 minutes



Youth Programs

at Juniper Swim & Fitness Center

Busy Buddies Preschool Includes weekly swim lessons & yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee:
2 days/week: \$150 ID \$180 OD
(payment is due by the 5th of each month.)

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

Program: 205601

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

- or -

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

Dates: Sept. 14 - June 16

Novice Swim Team

Entering Grades: 1 - 5

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

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

Program: 305540

M/W/F: 4:30 - 5:15 pm

- OR -

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

(Grades 3 - 5 only)

Session: 9/21 - 11/13 1/4 - 2/26

Middle School Novice Swim Team

Grades: 6 - 8

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

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

Program: 305441

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

Session: 9/21 - 11/13

Novice Swim Team Stroke Clinic

Grades: 3 - 8

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

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

Program: 305543

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

Session: 11/30 - 12/18

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids:

Ages 4 to 11

Kids! Bring Mom and Dad to Juniper 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 & Movement

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

Bliss Dance Kids

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

Creative Movement

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

Schedule at:

www.juniperswimandfitness.com

Teen Fitness

Ages: 12 - 17

Teens are welcome! Come to JSFC to get and stay in shape with group exercise classes or workout in the fitness center. Before starting at JSFC, all teens under 18 are required to provide a signed parental waiver and attend a pre-class teen orientation. For weight room use, teens are required to attend a weight room orientation (\$12) which is designed to teach safe and effective use of all equipment, components of fitness, exercise principles, weight training techniques, fitness center etiquette and policies. After the orientation, ages 12 - 15 may use the fitness center under the supervision of a parent or guardian or during supervised teen time. Ages 16 - 17 may use the fitness center anytime. Teen orientations are offered weekly.

Schedule at:

www.juniperswimandfitness.com

“Hey! What are you doin’ this weekend?”

Check out all the great options for Friday and Saturday nights at JSFC on page 26.

THREE SPORTS & THREE CHEERS!

Big thanks to all our JSFC Kids’ Triathlon sponsors and participants for another great event this summer!





centered on you

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.



Look for Bend Park & Recreation District, Bend Senior Center and Juniper Swim & Fitness Center

Bend Senior Center

Fall: September 1 - December 31

Regular Hours:

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

Located at Larkspur Park:
1600 SE Reed Market Road

p. (541) 388-1133

Schedules & Information

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

Fees

Pass information on pages 18 - 19.

Special Hours & Closures

| | |
|--------------|-----------------------|
| Sept. 7 | Labor Day - Closed |
| Nov. 26 - 27 | Thanksgiving - Closed |
| Dec. 24 - 25 | Christmas - 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 route # 5-6.





A Fresh New Look

Our new renovation is complete! Be sure to stop by and see the changes.

Come use our expanded fitness room with several new treadmills, ellipticals and a SciFit machine. Lounge in the updated lobby with comfortable and contemporary furniture. Play some billiards on the pool tables which have moved into their own space allowing for upgrades to the carpet, ceilings and furniture in the lounge/cafe area. Come see for yourself, with new window coverings and paint, it is a remarkable transformation!



Community Information & Support

AARP Driver's Safety

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

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

The ABC & D's of Medicare

FREE

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

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

(Note: No meeting on 11/5, 12/3 and 1/7)

Alzheimer's & Dementia Caregiver Support Group

FREE

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

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

BSC Health Clinics

Provided by local health practitioners for your convenience.

Foot Clinic

Every Wednesday:

(not held on fifth 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



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. Pass information on pages 18 - 19.

Tuesday **FREE** Afternoon at the Movies

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



Cards & Games

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

Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

Book **FREE** Discussion Group

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

Thursday **FREE** Afternoon Dance

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

Sunday Afternoon Dance

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

Pool/Billiards

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

Come have lunch with us.

Souper Tuesday Lunch

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

Thursday Social Lunch

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

WEEKLY SOCIAL ACTIVITY SCHEDULE

| | |
|-----------------|------------------------------------|
| MONDAY: | <i>(subject to change)</i> |
| 12:00 pm | Duplicate Bridge |
| 12:00 pm | Social Bridge |
| 12:00 - 4:00 pm | Pool/Billiards |
| 12:30 pm | Coed Mexican Train |
| 1:00 - 2:30 pm | Book Discussion Group (1st Monday) |

| | |
|---------------------|-------------------------|
| TUESDAY: | |
| 10:30 am | High Desert Rug Hookers |
| 11:45 am - 12:15 pm | Souper Tuesday Lunch |
| 12:00 pm | Mahjong |
| 12:00 - 4:00 pm | Pool/Billiards |
| 12:45 - 2:45 pm | Afternoon at the Movies |
| 1:00 pm | Knitters |

| | |
|-------------------|---------------------------------------|
| WEDNESDAY: | |
| 7:30 am - 7:00 pm | Pool/Billiards |
| 10:00 - 11:30 am | Book Discussion Group (2nd Wednesday) |
| 12:00 - 4:00 pm | Pool/Billiards |
| 12:30 pm | Duplicate Bridge |

| | |
|------------------|-----------------------|
| THURSDAY: | |
| 12:00 - 4:00 pm | Pool/Billiards |
| 12:00 pm | Mahjong |
| 12:00 - 12:30 pm | Thursday Social Lunch |
| 1:00 - 2:30 pm | Afternoon Dance |

| | |
|-----------------|-------------------------------|
| FRIDAY: | |
| 9:00 - 11:00 am | Ladies Only Pool/Billiards |
| 11:00 am | Hand & Foot (2nd & 3rd weeks) |
| 12:00 pm | Social Bridge |
| 12:00 - 4:00 pm | Pool/Billiards |
| 12:30 pm | Duplicate Bridge |
| 1:00 pm | Pinochle |

| | |
|-------------------|----------------|
| SATURDAY: | |
| 12:00 pm | Social Bridge |
| 9:30 am - 3:00 pm | Pool/Billiards |

| | |
|----------------|---|
| SUNDAY: | |
| 2:00 - 4:00 pm | Sunday Dance Hour (1st Sunday) The Notables Swing Band |

EVENTS

Mark your calendar!



Sunday Afternoon Dance

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

For the Health of It! Health & Wellness Fair

Tuesday, September 22nd
12:00 - 3:00 pm
Your one-stop healthy event with health and wellness vendors, demonstrations, screenings, wellness information and flu vaccines. Don't miss the delicious and healthy barbecue sponsored by PacificSource Health Plans.

Holiday Craft & Gift Bazaar

Saturday, November 21
9:00 am - 3:00 pm
Over 11,000 square feet of holiday shopping! Local crafters, gift sellers and artisans with unique one-of-a-kind wares for sale.



Cascade Horizon Senior Band Annual Holiday Concert

Thursday, December 17
1:30 - 3:00 pm
Join us for an afternoon of your favorite holiday music. Come early and have lunch with us before the concert at 12:00 pm.

VOLUNTEER AT EVENTS

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



FREE

Brown Bag Lunch & Learn Series

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.

9/30 **Aging with Grace: A Wellness Perspective**
Mikki Proffit, Wellness Coach

10/7 **How Do I Know If I am Driving Impaired?**
Jack Beal, Volunteer, Deschutes County

10/14 **The Many Lives of Klondike Kate**
Nate Pedersen, Deschutes Public Library

10/21 **Finding Fremont and the Fremont Exhibit**
Loren Irving, DesChutes Historical Society

10/28 **Batty About Bats!**
Patti Van Vlack, Nature Enthusiast

11/4 **How Hearing Loss Effects Your Health**
Dennis Sell, Central Oregon Ear, Nose & Throat Center

PREMIER WORLD DISCOVERY ARMCHAIR TRAVEL INFORMATIONAL MEETING

Tuesday, October 7th • 11:45 am - 12:45 pm

Come learn about the great 2015 - 16 travel options. A representative will cover the program particulars and answer your questions.

Fit. Flexible. For life.

Weekly Fitness Classes

September 1 - December 31 (no class 9/7, 11/21, 11/26, 11/27, 12/24 & 12/25)

Fee: Full Access Pass or single visit fee (see pages 18 - 19) • Updates at www.bendparksandrec.org.

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



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

Class descriptions on pages 53 - 57 in Adult Fitness.

Look for the icon.

The New 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
- SciFit - Total Body Exerciser
- Indoor Cycles
- Hand weights
- Multi-station Strength System

Fee: \$1.50 Drop-in, Full Access Pass or Basic Pass

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

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

Personal Training

Individual Training Rates:

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

Partner Training Rates per person:

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

BSC Personal Trainer Team

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

Visit www.bendseniorcenter.org for trainer bios.



The Children's Forest of Central Oregon presents...

Discover Nature Festival



SATURDAY
SEPTEMBER 26
10 am - 3 pm

RIVERBEND PARK
BEND, OR

FREE!

Bring the whole family out for a fun day of outdoor activities!

DISCOVERY! EXPLORATION! ADVENTURE!

Nature Arts and Crafts • Wilderness Survival Skills • Stream Exploration • Storytime • Archery
Fly Casting Practice • Live Birds and Reptiles • Junior Ranger Programs • Games • Letter Boxing
Bike Rodeo with Bend Endurance Academy • Healthy Snacks • Food Carts • Plus much more!

Thank you to our sponsors and supporters!

Learn more at childrensforestco.org



SAVORY
TREATS
& FUN, TOO!
.....
**HEALTHY
HALLOWEEN**
.....
PAGE 42

go ahead & 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?

Day Trips

Hood River Fruit Loop

All Adults

Bend Senior Center

Join us for day to do the scenic 35-mile drive through the Hood River valley's orchards, forests, farmlands and friendly communities. Sample delicious fruits and take your favorites home to eat or preserve. Located in the Columbia River Gorge national scenic area and the nation's largest pear-growing region, this is one of the few places that offers the complete experience of growing, producing and enjoying fruit and wine. Includes transportation and lunch.

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

Program: 302100

Su: 8:00 am - 7:30 pm

Session: 10/11

Bend Makers Tour: Bend Research

NEW

All Adults

Bend Senior Center

Join us on another Bend Makers Tour as we visit Bend Research Pharmaceutical and Development right here in town. Come see how this company combines science, engineering and technology to solve difficult problems and achieve their mission of improving health through the advancement of new medicines. Includes transportation.

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

Program: 302804

M: 12:00 - 3:30 pm

Session: 10/26



Harvest at Maragas Winery

NEW

Ages: 21 & up

Bend Senior Center

Come along with us for an up close look at the wine grape harvest at Maragas Winery. We will take a tour and watch the pressing of the fermented grapes. This outing is scheduled for Sept. 14th however the date may change depending on the weather and harvest schedule. Fee includes wine tasting, snacks and transportation.

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

Program: 302504

M: 12:00 pm - 3:30 pm

Session: 9/14 (subject to change)





The Out to Lunch Bunch

All Adults

Bend Senior Center

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

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

Program: 302803

M: 11:00 am - 1:00 pm

Sessions: 9/14

10/12

11/9

DesChutes Historical Museum: Finding Fremont - Pathfinder of the West

All Adults

Bend Senior Center

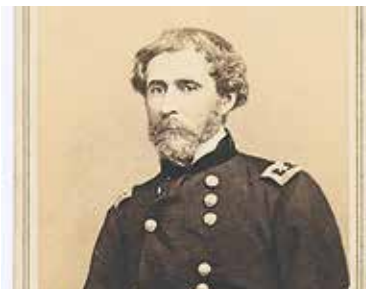
Step back in time as we explore a visiting exhibition at the museum on this specially arranged tour. Discover the life of early Central Oregon explorer John C. Fremont including the mystery of Fremont's "lost" cannon. View the 1838 Mountain Howitzer as it appeared in the 1843-44 expedition, the original Presidential Flag of 1856, original documents, photos of Fremont's campsites by Loren Irving and more. Afterward, we will lunch in downtown Bend. Transportation, admission and lunch are included.

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

Program: 302825

F: 10:00 am - 1:30 pm

Session: 10/9



Travel with Us!

Best of Australia & New Zealand

All Adults

Enjoy the best of Australia and New Zealand on this trip down under. You will visit New Zealand's North and South Islands plus Australia's east coast. Learn of the native cultures including the Maori and Aborigines. Visit Cairns and take a catamaran ride to the Great Barrier Reef, Auckland, Melbourne and Sydney with all of the city's offerings. Visit the incredible scenic wonders at Milford Sound, Queenstown, Mt. Cook and Rotorua. This is a guided tour full of adventure and unforgettable memories. Includes airfare, transportation to/from the airport, lodging in first class hotels, meals, daily tours, professional guide, admission to itinerary locations, deluxe motorcoach, baggage handling and hotel transfer fees. Plan now for 2016!

Dates: 16 days

10/25 - 11/9 in 2016

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

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

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

All Adults

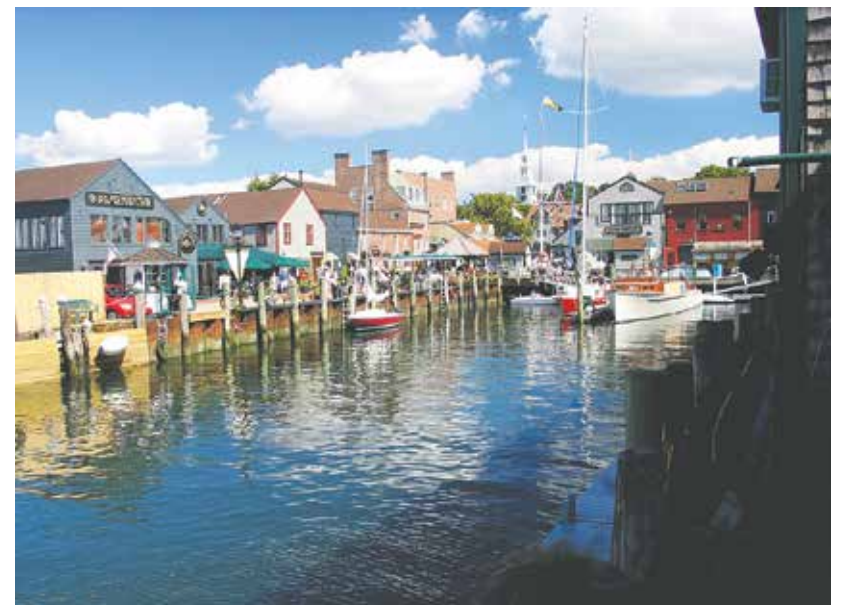
Discover New England's Cape Cod and surrounding islands and coast! This tour includes Nantucket Island, the city of Boston, Plymouth Plantation, Plymouth Rock, Mayflower II, Hyannis, Martha's Vineyard, Newport's Ocean Drive, Breakers Mansion, Heritage Plantation along with a New England lobster dinner. Includes airfare, transportation to/from the airport, lodging in first class hotels, meals, daily tours, professional guide, admission to itinerary locations, deluxe motorcoach, baggage handling and hotel transfer fees. Plan now for next summer!

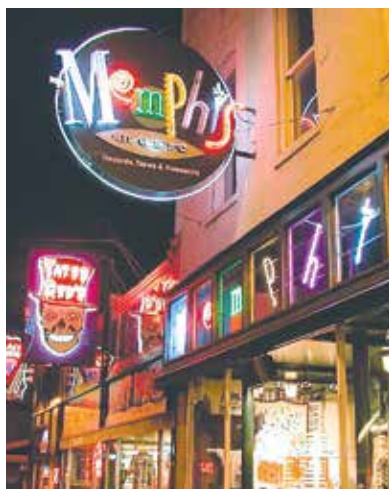
Dates: 6 days

6/5 - 6/11 in 2016

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

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





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

All Adults

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

Dates: 9 days

4/9 - 4/17 in 2016

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

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

Music & Voice

Beginning Ukulele I

All Adults

Bend Senior Center

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

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

Program: 302014

W: 5:30 - 6:30 pm

Sessions: 9/2 - 30 (no class 9/16)

10/7 - 28

11/4 - 12/2 (no class 11/25)

Beginning Ukulele II

All Adults

Bend Senior Center

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

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

Program: 302118

W: 6:45 - 7:45 pm

Sessions: 9/2 - 30 (no class 9/16)

10/7 - 28



Ukulele NEW for the Holidays

All Adults

Bend Senior Center

Learn up to six holiday songs and expand your ukulele playing. You will learn simple songs that are fun and great to play for family and friends this holiday season. You'll be the hit of the party!

Prerequisite: Beginning Ukulele I.

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

Program: 302119

W: 6:45 - 7:45 pm

Sessions: 11/4 - 12/2 (no class 11/25)

Intermediate Ukulele

All Adults

Bend Senior Center

Take your playing to the next level. Learn how to play and solo over major scale and blues progressions, more intricate strumming patterns, melodic scales and barr chords. This class is for those who have taken both Beginning 1 and Beginning 2 Ukulele and want to learn more.

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

Program: 302128

M: 6:45 - 7:45 pm

Sessions: 9/21 - 10/26 11/2 - 12/7

Beginning Guitar

All Adults

Bend Senior Center

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

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

Program: 302225

M: 5:30 - 6:30 pm

Sessions: 9/21 - 10/26 11/2 - 12/7

Online: Intro to Voiceovers

All Adults

Location To Be Determined

Fun, one-on-one, 90-minute, video chat class to get started in professional voice acting, covering many details of the industry.

Receive professional voice evaluation. Class is taught by a professional voice actor from the training company, Voices for All.

*This class takes place between an instructor and student at a mutually agreed-upon time using video chat technology, such as Skype, iChat or FaceTime.

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

Program: 302206

M-Su: at your convenience

Session: One-time, 9/1 - 12/31

Technique in Voiceover

All Adults

Location To Be Determined

Go beyond the Introduction class and have one-on-one access to a working voiceover coach for a deeper dive into script reading and basic voiceover techniques.

This class is tailored for intro students considering voiceover but first wanting to know what area of voiceover their voice is best suited for. Class is 60 minutes.*Introduction to Voiceover is the prerequisite course and must be completed prior to taking Technique in Voiceover.

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

Program: 302254

M-Su: at your convenience

Session: One-time, 9/1 - 12/31

Dance

Adult/Teen Contemporary Ballet

Ages: 14 & up

Academie De Ballet Classique

Enjoy ballet technique without the barre and with a contemporary focus to stretch, strengthen and inspire you. Floor, center work and dance exercises with choreography to a variety of music. Get in dancer shape while learning new things, or perfect your current skills while using dance as a release! Any experience level can enjoy this class and level options will be offered each class.

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

Program: 302250

Th: 6:30 - 7:45 pm

Sessions: 9/3 - 10/15

10/22 - 12/10

Adult Ballet - Silver Swans

NEW

Ages: 17 & up

Academie De Ballet Classique

Dust off the technique you learned when young or try something you've always dreamed of doing! Specially-designed for adults, this class will strengthen and lengthen muscles and improve posture and balance all while you dance to classical ballet music. No tutus required; wear comfortable fitness or dance attire. Ballet shoes are needed; ballet shoes available for purchase with fittings.

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

Program: 302256

Tu: 11:30 am - 12:45 pm

Sessions: 9/8 - 10/27

11/3 - 12/22



Adult/Teen Beginning Ballet

Ages: 14 & up

Academie De Ballet Classique

Treat yourself and find your inner ballerina as you make friends, get in shape and have fun! We'll focus on classical ballet exercises, not recitals. Learn to move in a balletic manner while gaining strength, better balance and leaner muscles. For beginner to beginning intermediate levels. Wear fitness clothing or ballet attire. Ballet slippers recommended but not required.

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

Program: 302255

M: 8:00 - 9:00 pm

Sessions: 9/14 - 10/26

11/2 - 12/14

Salsa II

All Adults

Bend Senior Center

Take your salsa dancing to the next level! Anyone who has taken Salsa I or has basic knowledge of Salsa can attend this high energy and action-packed class! Partners are not required. Wear comfortable, non-marking shoes. Classes include 30 minutes of practice.

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

Program: 302409

M: 7:00 - 8:30 pm

Session: 8/31 - 9/28 (no class 9/7)

East Coast Swing I

All Adults

Bend Senior Center

East Coast Swing is one of the easiest and most fun dance styles for beginners to learn! Sometimes called Jitterbug, East Coast Swing is danced to up-tempo swing music. Partners are not required. Wear comfortable, non-marking shoes. Classes include 30 minutes of practice.

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

Program: 302411

M: 7:00 - 8:30 pm

Session: 10/5 - 26

East Coast Swing II

All Adults

Bend Senior Center

Improve your East Coast Swing skills and take your dancing to the next level. A minimum of one month of prior ECS classes are required. Partners are not required. Wear comfortable, non-marking shoes. Classes include 30 minutes of practice.

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

Program: 302412

M: 7:00 - 8:30 pm

Session: 11/2 - 23

**Volunteer coaches
needed for
youth sports.**

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

West Coast Swing I

All Adults

Bend Senior Center

West Coast Swing is a smooth and fun dance style that is danced in a slot (narrow line), making it perfect for a crowded dance floor. Followers have more freedom with WCS than any other dance style and it can be danced to a wide range of music making it versatile and enjoyable for everyone. Partners are not required. Wear comfortable, non-marking shoes. Classes include 30 minutes of practice.

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

Program: 302407

M: 7:00 - 8:30 pm

Session: 12/7 - 28

Beginner Slow Lindy Hop

All Adults

Black Cat Ballroom

The Lindy Hop is one of the most fun dances to learn! We'll dance to great music by Benny Goodman, Ella Fitzgerald, Duke Ellington and more! You'll be introduced to partner connection, basic rhythm, and basic patterns. No partner or experience needed.

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

Program: 302420

W: 7:30 - 8:20 pm

Sessions: 9/9 - 9/23

12/2 - 16 (\$30 ID \$36 OD)



Beginner Rumba

All Adults

Black Cat Ballroom

Rumba is a wonderful partnership dance to romantic Latin music. One of the slower rhythm dances, it is one of the easiest to get started in! Get introduced to partner connection, basic rhythm, and basic patterns. No partner or experience needed.

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

Program: 302421

W: 6:30 - 7:20 pm

Session: 9/9 - 23

Beyond Beginner Rumba

All Adults

Black Cat Ballroom

Continue to expand your dance knowledge and enjoyment of Rumba. We will introduce you to Rumba movement while adding more patterns. No partner needed.

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

Program: 302422

W: 6:30 - 7:20 pm

Session: 10/7 - 28

Beginner Night Club Two Step

All Adults

Black Cat Ballroom

Night Club Two Step is one of the most popular partnership dances. It can be danced to much of today's popular music and is also a perfect dance for weddings. Be introduced to the basic patterns and rhythms. No partner or experience needed.

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

Program: 302423

W: 7:30 - 8:20 pm

Session: 10/7 - 28

Beginner Waltz

All Adults

Black Cat Ballroom

The most elegant of the ballroom dances, Waltz is also one of the easiest to begin learning. Learn basic partnership connection, patterns and technique. No partner or experience needed.

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

Program: 302424

W: 6:30 - 7:20 pm

Session: 11/4 - 25

Beyond Beginner Night Club Two Step

All Adults

Black Cat Ballroom

Have fun adding to your Night Club Two Step with new patterns that will get you more comfortable on the dance floor. No partner needed.

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

Program: 302425

W: 7:30 - 8:20 pm

Session: 11/4 - 25

Beyond Beginner Waltz

All Adults

Black Cat Ballroom

Add more elegance and style to your Waltz. You will learn new techniques and patterns to move you gracefully around the dance floor! No partner needed.

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

Program: 302426

W: 6:30 - 7:20 pm

Session: 12/2 - 16

Cooking

A Taste of India

All Adults

Bend Senior Center

Learn to make a traditional Indian meal in this introduction to an Indian culinary experience. You will learn about Indian spices, traditional recipes, customs and the cooking basics while you get hands-on experience creating a four-course meal.

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

Program: 302561

Th: 5:00 - 7:30 pm

Session: 10/1

Let's Talk Turkey!

All Adults

Bend Senior Center

NEW

Looking to change up your Thanksgiving or holiday turkey? Why not turn tradition upside down and wow your guests at the same time? Learn new ways to cook your turkey including tips and tricks for spatchcocking, grilling, roasting, frying and smoking.

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

Program: 302581

Th: 5:00 - 7:30 pm

Session: 10/15

Let's Roll Sushi

All Adults

Bend Senior Center

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

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

Program: 302570

Th: 5:00 - 7:30 pm

Session: 12/3



Secrets to Northern Thai Cooking

All Adults

Bend Senior Center

Enjoy some home-style Northern Thai family recipes with Paul Itti from Wild Rose restaurant. Learn to work with noodles, sticky rice, vegetables and proteins while learning to use Thai spices to create amazing dishes at home. This hands-on class will provide the opportunity to learn, cook and taste authentic Thai food. Each session will make different recipes.

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

Program: 302572

Tu: 5:30 - 7:00 pm

Sessions: 9/29 11/17

Let's Make More Cheese

All Adults

Bend Senior Center

Let's take your cheese making experience up a notch! Explore the art of making cheese at home. Learn how to create healthy, nutritious, tasty cheeses. We'll cover the concepts and techniques of milk transformation and preservation, equipment and ingredients used while you get hands-on practice making several cheeses. If you've attended before, join us again as we create new and different cheeses.

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

Program: 302889

Tu: 4:30 - 7:30 pm

Session: 10/6

Baking

Intro to French Macarons NEW

All Adults

Bend Senior Center

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

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

Program: 302891

Tu: 4:30 - 7:30 pm

Session: 10/13



Healthy Halloween NEW

All Adults

Bend Senior Center

Halloween can be a sugar launch into the holidays, but there are simple, fun and healthy alternatives to keep you and your family at your best! Come explore a healthier take, enjoy tasty eats and walk away with a collection of recipes and creative solutions to make your Halloween hauntingly healthy!

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

Program: 302715

M: 5:30 - 7:00 pm

Session: 10/5

Lessons in French Pastry NEW

All Adults

Bend Senior Center

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

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

Program: 302892

Tu: 4:30 - 7:30 pm

Session: 11/10

Easy Artisan Breads

All Adults

Bend Senior Center

Come learn about dough that's mixed in minutes and stored up to two weeks in your refrigerator. Understand the basic theory of artisan breads using wet dough and receive recipes for various breads. Enjoy demonstrations, hands-on learning and tasting as you bake a loaf in class plus take home dough to make more loaves.

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

Program: 302881

Tu: 4:30 - 7:00 pm

Session: 10/27

Satisfying Sweets Without the Guilt

All Adults

Bend Senior Center

Do you have a sweet tooth that's hard to satisfy or a loved one you don't want to deny? Discover healthy, sweet treats that will nourish you and make you smile! Learn how to make homemade raw chocolates and healthier versions of some popular candy bars. Transform your holiday sweets with healthy alternatives and no one will be the wiser! Leave with sweet treats, shared laughs and recipes.

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

Program: 302709

M: 5:30 - 7:00 pm

Session: 11/2

Fancy Holiday Cookies

All Adults

Bend Senior Center

Beautifully decorated holiday cookies make wonderful gifts that are almost too gorgeous to eat. Learn tips, tricks and recipes for making foolproof, perfect cookies every time. Learn how to decorate with Royal Icing to make exquisite works of art - you just need the right tools and a little practice. You will decorate cookies in class and take home your masterpieces.

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

Program: 302506

Tu: 5:30 - 7:30 pm

Session: 12/8

Wellness

Immunity Boost Through Whole Foods & Lifestyle NEW

All Adults

Bend Senior Center

Learn how to improve your immune system and general wellness by eating foods that naturally heal your stomach and improve your digestion. Explore the power of essential oils, probiotic eats and simple lifestyle practices. Enjoy this fun hands-on class of food experimentation with a high dose of nutrition and take home a wonderful lifestyle guide, too.

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

Program: 302714

M: 5:30 - 7:30 pm

Session: 9/21

Thrive, Revive, Cleanse!

All Adults

Bend Senior Center

Embark on a healthy journey with your wellness coach and in the company of others as you learn the importance and basics of gastro-intestinal health, why and how to detox your body simply and in a way that works for you. Learn how about essential oils and how to use the Wellness Pyramid to identify specific areas of concern.

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

Program: 302704

M: 3:00 - 4:00 pm

Session: 10/5 - 19

Parenting

No Drama Discipline Series

All Adults

Bend Senior Center

Because emotional reactivity is at the root of virtually all family distress, learning to become the calm "captain of the ship" kids need to grow up can be essential. Being too emotional interferes with a child's ability to learn in the moment, disrupts long-term brain development to emotionally regulate and damages the parent-child bond. Utilizing information from the latest brain research, this class offers essential information and skills for parenting effectively: understanding the "emotional brain"; identifying reactivity triggers; self-calming and emotional regulation tools; building safe connection through empathy; setting and holding limits without punishment; navigating tantrums and meltdowns. Instructor: Beth Bellamy

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

Program: 302212

Tu: 6:30 - 8:30 pm

Session: 10/20 - 11/10

Games

Beginning/ Refresher Bridge NEW

All Adults

Bend Senior Center

Let's play! Want to learn to play bridge or need a refresher? Learn the game or improve your skills in this fun, relaxed class. Instructor: Judy Davidson.

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

Program: 302110

Th: 6:00 - 8:00 pm

Session: 10/1 - 11/5

Learning Workshops

Creating a Blueprint for Retirement NEW

All Adults

Bend Senior Center

This interactive workshop will cover topics regarding the personal side of planning for retirement as well as financial guidance. Explanation of what a Certified Financial Planner does and how he/she can help with the retirement transition. You will leave the workshop with a one-page written "blueprint" aimed at a successful and satisfying retirement that you can use to begin the dynamic process of creating this stage of life.

Fee: \$59 ID \$71 OD / session
(spouse or partner discount \$39 ID \$47 OD)

Program: 302913

Sa: 12:30 - 5:00 pm

Session: 9/26

Fiber Arts

Knitting: Your First Garment

All Adults

Bend Senior Center

Handcraft something special for a precious little one! A baby sweater is an ideal project for a knitter who has the skills (cast-on, knit and purl stitches), but doesn't yet want to commit to an adult-size sweater. Also, you can complete a baby sweater in a fraction of time compared to an adult size. Build up your skills with techniques and methods you will use later for other projects. The pattern is a snuggly sweater with button holes and neck shaping that can be adapted for a boy or girl.

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

Program: 302105

Tu: 9:30 - 11:30 am

Session: 10/6 - 27

Knitting: NEW Cap Workshop

All Adults

Bend Senior Center

This class is the perfect "next step" for knitters! In the first week, you will use our yarn and knit several swatches to determine whether you are a 'tight or loose' knitter and how to compensate for the correct tension/gauge. Learn a starter lace, starter cable stitches and color changes as time permits. From patterns provided, select to knit a beanie or slouchy pattern; and whether to knit it plain or with the new stitches to start in the second week. You may purchase your own yarn or select from our yarn supply. You should be able to knit and purl as well as cast-on.

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

Program: 302115

Tu: 9:30 - 11:30 am

Session: 11/3 - 17



Knit & Crochet Help Session NEW

All Adults

Bend Senior Center

If you have participated in one of Kristina's knit or crochet groups, then this is a "Help Session" to review your class projects and clarify any class instructions.

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

Program: 302116

Tu: 9:30 - 11:30 am

Session: 11/24

Crochet: NEW Starting from Square One

All Adults

Bend Senior Center

Even if you are new to crochet, you are likely familiar with the granny square. We'll take you from how to hold yarn and hook to making the most versatile of crochet stitches. Not difficult to learn, these squares have been around a long time because they are quick, easy and versatile. You get to use your imagination with these grannies that can be pieced together to make just about anything - afghans, purses, placemats, sweaters, scarves - the list is endless. They are also a great use for yarn scraps. Make several and learn how to join them together. Yarn is supplied.

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

Program: 302117

W: 9:30 - 11:30 am

Session: 9/9 - 16



Art & Crafts

Garden NEW Stepping Stones

All Adults

Bend Senior Center

Homemade stepping stones are a great way to personalize your garden, walkway or yard. They also make great gifts and keepsakes. This hands-on class gives you the basics as well as advanced techniques, such as using stone, river rocks, stained glass and more. Guaranteed fun!

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

Program: 302556

Th: 5:00 - 7:00 pm

Session: 10/1

Handpainted Wine Glasses

All Adults

Bend Senior Center

Create your own wineglass art! In this workshop you'll take away four one-of-a-kind wine glasses to give away as gifts or decorate your home. Learn methods for different textures and patterns while you get inspired to create your own look. Glass paint, wine glasses and all art materials supplied. Please dress to get messy!

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

Program: 302603

Th: 5:00 - 7:00 pm

Session: 9/17

Silk Scarf Painting with Tissue Paper

All Adults

Bend Senior Center NEW

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

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

Program: 302065

Th: 12:30 - 4:00 pm

Session: 11/5

Flowers for the Experienced Water Colorist

All Adults

Bend Senior Center

Bring your watercolor flowers to life with step-by-step techniques taught by Jennifer Ware-Kempcke. This class is for the experienced watercolorist. Bring your own painting supplies and watercolor paper.

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

Program: 302011

Th: 12:30 - 3:30 pm

Session: 10/8

Fall Landscapes in Acrylics

All Adults

Bend Senior Center

Come learn about the exciting possibilities of acrylic - a versatile and quick-drying medium - as you learn to paint a fall landscape. All skill levels are welcome at this class focusing on the basic techniques of color, composition, texture and layering. Take home a painting ready to frame! \$18 supply fee paid to instructor at class covers all materials needed.

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

Program: 302013

Th: 1:30 - 4:00 pm

Session: 10/15

Meet the NEW Masters: Painting & Wine Party

Ages: 21 & up

Art & Wine, Oh My!

Come relax, have fun and be amazed by the talent at the end of your paintbrush! Create your masterpiece in a social setting while our resident artist guides you through replicating the chosen painting and create a painting that is uniquely yours. Includes all supplies, wine tasting for those 21+ and charcuterie. No experience needed.

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

Program: 302810

Th: 6:00 - 8:00 pm

| | |
|----------------|--------------|
| Sessions: 9/17 | Lichtenstein |
| 10/15 | Picasso |
| 11/19 | Van Gogh |
| 12/17 | Monet |

Holiday Wreath Workshop

All Adults

Bend Senior Center

Learn how to make a beautiful holiday wreath to decorate your home. In this hands-on class, learn the basics of wreath making as well as lots of tips and tricks. All plant and craft materials included.

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

Program: 302006

Sa: 10:30 am - 12:30 pm

Session: 11/14



Photography

Exploring Creativity through Simple Photography

All Adults

Tall Pine Studio

Take better pictures with your phone and learn what to do with those images including how to harness the power of Instagram. This class is not focused on technical aspects of photography but on stripping the process down to simple expressions to tell your story by studying the elements of art and principles of design.

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

Program: 302321

Tu: 6:30 - 9:00 pm 9/22

Th: 6:30 - 9:00 pm 10/15

Nuts & Bolts of Photography

All Adults

Tall Pine Studio

Learn the fundamental tools of photography and get out of the automatic modes of your digital camera in this tried and true class! Learn exposure, metering modes, focus, aperture, shutter speed, ISO and how they affect the look of your photographs. No experience required.

Fee: \$129 ID \$155 OD / session

Program: 302329

W: 6:30 - 8:30 pm

Session: 9/30 - 10/21



Technology Taught by Apple Certified Support Professional

Mac Photo Essentials

All Adults

Bend Senior Center

Come discover the new recently upgraded photos app on your Mac computer running Yosemite. You will learn the new Photos app interface, iCloud library, Photo Stream and tools for editing and social media sharing. Taught by Apple Certified Support Professional.

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

Program: 302507

W: 6:00 - 9:00 pm

Session: 9/23

iPad Essentials

All Adults

Bend Senior Center

We will cover everything from multitasking, to apps and the App Store, to creating folders and customizing your iPad. Everything you need to start working with your iPad. Bring your iPad running iOS 8.

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

Program: 302517

M: 10:00 am - 12:00 pm

Session: 11/30 - 12/7

Mac Essentials

All Adults

Bend Senior Center

This class will introduce you to the world of Mac. You will learn how to use the Finder, desktop, Dock, files, customization, printer setup and more. Bring your Mac running the latest version of Yosemite.

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

Program: 302519

M: 6:00 - 9:00 pm

Session: 11/9 - 16

iPad Beyond Essentials

All Adults

Bend Senior Center

Do you own an iPad and feel like you understand the basics but want to take it to the next level? This workshop dives deeper into the functionality and settings of the iPad. This advanced hands-on workshop assumes you already own an iPad, so be sure to bring it.

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

Program: 302508

M: 10:00 am - 1:00 pm

Session: 12/14

Get to Know Your iPhone: Buttons & Interface

All Adults

Bend Senior Center

This series of classes will teach you to become a more effective iPhone user. Learn what each button can do then take a look at the main interface and how you can customize it to your liking and how to use some basic settings.

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

Program: 302635

M: 3:30 - 5:00 pm 9/14

Th: 10:00 - 11:30 am 11/5



Get to Know Your iPhone: Camera & Photos

All Adults

Bend Senior Center

This series of classes will teach you how to become a more effective iPhone user. Learn how to use the camera app and how to take better pictures then learn how to edit and manage your pictures.

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

Program: 302636

M: 3:30 - 5:00 pm 9/21

Th: 10:00 - 11:30 am 11/12

Get to Know Your iPhone: Safari & Email

All Adults

Bend Senior Center

This series of classes will teach you how to become a more effective iPhone user. Learn how to navigate, bookmark and more in Safari then learn how to use the iPhones built in Mail application.

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

Program: 302637

M: 3:30 - 5:00 pm 10/5

Th: 10:00 - 11:30 am 12/3

Get to Know Your iPhone: Contacts & Calendar

All Adults

Bend Senior Center

This series of classes will teach you how to become a more effective iPhone user. Learn how to add and delete items in both the Contacts and Calendar app.

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

Program: 302639

M: 3:30 - 5:00 pm 10/12

Th: 10:00 - 11:30 am 12/10

Get to Know Your iPhone: Maps, Messenger & Siri

All Adults

Bend Senior Center

This series of classes will teach you how to become a more effective iPhone user. In our last class, we will move onto using the Maps app for getting directions, how to use the Messenger app, how to send pictures and audio and finally we will get to know Siri.

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

Program: 302640

M: 3:30 - 5:00 pm 10/19

Th: 10:00 - 11:30 am 12/17

Get to Know Your iPhone: App Store & iTunes

All Adults

Bend Senior Center

This series of classes will teach you how to become a more effective iPhone user by picking the classes you want. This class we will delve deep into the App store and iTunes.

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

Program: 302537

M: 3:30 - 5:00 pm 9/28

Th: 10:00 - 11:30 am 11/19

Specialized Fitness

Stand Tall-Don't Fall

Ages: 50 & up

Bend Senior Center

Loss of balance can lead to fear of falling resulting in a decrease in quality of life. This multi-faceted safe and fun program builds new skills to maintain balance. Class is taught by certified Arthritis instructors. Class size is limited to 30.

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

Program: 302777

W: 10:00 - 11:00 am

Session: 9/2 - 10/21

10/28 - 12/16

More fitness classes in Adult Fitness.

250+ Fitness Classes are available.

Look on pages 51 - 57 for your best fit.

Move Easier, Feel Younger! With Feldenkrais®

All Adults

Bend Senior Center

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

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

Program: 302903

Tu: 1:00 - 2:00 pm

Session: 10/6 - 11/10 (no class 10/27)

11/17 - 12/15



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



venture out

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.

Boating

Basic Skills Kayaking

Ages: 16 & up

Tumalo Creek Kayak & Canoe

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

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

Program: 308960

Sa: 10:00 am - 2:00 pm

Sessions: 9/12, 9/19, 9/26

Basic Stand Up Paddleboard

Ages: 16 & up

Tumalo Creek Kayak & Canoe

Stand Up Paddle boarding is a fun, easy way to get out on the water this season. Learn basic paddle strokes and get comfortable on your board while enjoying a whole new vantage point on the water. Experience the fitness benefits of the nation's fastest growing paddle sport. All gear provided.

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

Program: 308964

Su: 10:00 am - 11:30 pm

Sessions: 9/13, 9/20, 9/27

Deschutes River Tour - 1/2 day

Ages: 16 & up

Tumalo Creek Kayak & Canoe

Just 20 minutes from Bend, the Upper Deschutes River is completely undeveloped and pristine. Choose between taking out a kayak or canoe (equipment provided). We'll paddle upstream towards Benham Falls, passing interesting lava flows and aspen groves as we explore tranquil lagoons and side channels.

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

Program: 308966

F: 10:00 am - 2:00 pm

Sessions: Fridays, 9/11 - 10/30



Deschutes River Tour - Full day

Ages: 16 & up

Tumalo Creek Kayak & Canoe

The full - day tour begins just below Wickiup Reservoir at Tenino boat launch and continues nine miles down the Upper Deschutes to Wyeth Campground. This section of the river is characterized by moving flat - water; the current helps your boat along, and there are no sections of whitewater that require technical paddling skills. This is a great trip for beginning boaters and families, but advanced paddlers will also enjoy the serenity and beautiful scenery on this peaceful section of the river. Canoes and kayaks, safety gear, and lunch supplied.

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

Program: 308967

Sa: 10:00 am - 5:00 pm

Sessions: Saturdays, 9/12 - 10/31

Walking and Hiking

John Day Fossil Beds History Walks

Ages: 18 & up

BPRD District Office

Level 1 - Clarno is one of the units of the John Day Fossil Beds National Monument known for the "Palisades Cliffs" which were formed 44 million years ago by volcanic mudflows and feature a great diversity of fossils in an environment once covered by near-tropical forest. The dramatic colors of the Painted Hills are beautiful at all times of the day and the tones and hues of the hills will change with the light and moisture levels. Each of these two outings feature short walks (1/4 to 1/2 mile round trip) that will get us right into the fascinating geology and history of this National Monument. Leader: Eric Denzler

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

Program: 308922

Th: 8:30 am - 4:00 pm

Sessions: 9/24: Clarno Formation
& Shaniko

10/01: Painted Hills
& Mitchell



History Walks

Ages: 18 & up

BPRD District Office

Level 1 - Enjoy a day learning about the cultural heritage and natural history of Central Oregon. Explore area museums, mining camps and historic spots. Walks (up to 2 miles) on local trails. You can decide how far you want to walk. Entry to museums included in fee. Leader: Eric Denzler

Fee: \$26 ID \$31 OD / session

Program: 308924

Th: 8:30 am - 3:00 pm

Sessions:

9/17: Ochoco Mining District
& Walton Lake

10/22: Railroad History
of the Deschutes

11/5: Warm Springs Museum

11/19: Prineville Bowman
Museum

Autumn Ramblers Hikes

Ages: 18 & up

BPRD District Office

Level 2 - Gentler hikes covering 4 to 6 miles in a day at an easy pace. The "Ramblers" are a great way to get some good exercise while seeing a variety of scenic trails and beautiful locations around Central Oregon.

Fee: \$18 ID \$22 OD / session

Program: 308712

Tu: 9:00 am - 2:30 pm

Sessions: 9/22, 9/29, 10/6, 10/13,
10/20, 10/27

Hike, Walk & Snowshoe Ratings

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

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

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

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

Rainbow Seekers Hikes

Ages: 50 & up

BPRD District Office

Level 2 - The Rainbow Seekers explore Central Oregon's easy to moderate trails at a very comfortable pace. This is a great program if you are new to the area, looking to increase your fitness level before tackling more challenging terrain, and/or just seeking the camaraderie of a group of folks that enjoys leisurely hiking and socializing. Hikes range 5 - 7 miles. Leader: Dean Dobbs

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

Program: 308740

Tu: 9:00 am - 3:30 pm

Session: 9/29 - 10/20

10/27 - 11/17

11/24 - 12/15

12/22 - 1/12



Daytrippers:

Looking for some fabulous tours or day trips?

BPRD is hosting several different day-long outings this fall.

See pages 37 - 38.



Santiam Wagon Road Hikes

Ages: 18 & up

BPRD District Office

Level 2/3 - For over 70 years, the Santiam Wagon Road was the main thoroughfare for wagons traveling over the Cascades. Now, the road is reserved for those curious souls trying to recapture the spirit of the Old West. Feel the allure of the pioneering spirit as we hike different segments of the old wagon road each week. Leader: Eric Denzler

Fee: \$32 ID \$38 OD / session

Program: 308720

Wed: 8:30 am - 4:30 pm

Sessions & Trail Segments:

9/23: Sand Mt to Fish Lake (Level 2, ~6 miles)

9/30: Seven-Mile Hill (Level 3, ~8 miles)

Thursday Trailpacers Hikes

Ages: 18 & up

BPRD District Office

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

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

Program: 308715

Th: 8:30 am - 4:00 pm

Sessions: 9/24 - 10/8

10/15 - 29

11/5 - 19

Important Outdoor Program Information

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

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

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

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

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

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

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



XC Ski & Snowshoe

Get Started Ski Touring

Ages: 18 & up
Harmon Park

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

Fee: \$55 ID \$66 OD / session
Program: 308403

Th: 9:00 am - 1:00 pm

Sessions: 12/3 - 17, 1/7 - 21

Sa: 9:00 am - 1:00 pm

Session: 12/12 - 1/2 (no class 12/26)

Get Started Snowshoeing

Ages: 18 & up
Harmon Park

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

Fee: \$35 ID \$42 OD / session
Program: 308402

F: 9:00 am - 1:00 pm

Sessions: 12/4 - 11 1/8 - 15

Be ready to go in the snow:

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

Thursday Yetis Snowshoe

Ages: 18 & up
BPRD District Office

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

Fee: \$66 ID \$79 OD / session
Program: 308424

Th: 9:00 am - 3:30 pm

Sessions: 12/3 - 17 1/7 - 21

Outdoor Safety & First Aid

Wilderness First Aid

Ages: 16 & up
Hollinshead Barn

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

Fee: \$225 / session
Program: 408 360

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

Session: 11/14 - 15



WFR Recertification

Ages: 16 & up
Hollinshead Barn

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

Fee: \$310 / session

Program: 408362

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

Sessions: 9/19 - 21, 11/7 - 9

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

Session: 10/9 - 11

Wilderness First Responder

Ages: 16 & up
Hollinshead Barn

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

Fee: \$710 / session
(\$300 deposit required at registration with balance due 30 days prior to start of training)

Program: 408364

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

Session: 10/13 - 22



GET REFRESHED FOR FALL

October 3 - 10
 PAGE 52

VOLUNTEER IN FITNESS


CONTACT KIM
 (541) 706-6127

feeling it

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 250 enjoyable, energizing group fitness classes per week led by our professional, motivating staff. Get moving, get fit and we'll get you feeling your best.

Two great fitness facilities!

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

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

Look for the JSFC and BSC icons with class descriptions.

Pass information on pages 18 - 19.

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

250+ Weekly Fitness Classes

All ages and fitness levels are welcome and you can start at any time.

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

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

PASSES / FEES: One pass does it all! Or just use the drop-in rate to try it out! Juniper Swim & Fitness Center and Bend Senior Center fitness classes are included with the Full Access Pass and offered on a first-come, first-served basis. District facility pass and fee information on pages 18 - 19.

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




Follow us on Facebook!

Look for Juniper Swim & Fitness Center, Bend Senior Center and The Pavilion on Facebook.



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 53 - 56.



Get Started!

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

FREE Try out our Get Started classes for FREE during "Get Refreshed for Fall," October 3 - 10.

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

CLASSES,
WORKSHOPS
&
CLINICS

GET
REFRESHED
FOR FALL

.....
October
3 - 10

JSFC

BSC

Get connected, stay engaged and be inspired! Our team of fitness instructors and community experts will present various topics including:

- **LEARN YOUR PERSONAL HEART RATE ZONE**
- **FOAM ROLLER**
- **ASK A PHYSICAL THERAPIST**
- **THE FORTY FACTOR**
- **TRIATHLON TRAINING**
- **GET STARTED CLASSES** **FREE**

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



For the Health of It! **FREE**
Health & Wellness Fair

Tuesday, September 22, 12:00 pm
at Bend Senior Center **BSC**

Your one-stop healthy event with health and wellness vendors, demonstrations, screenings, wellness information and flu vaccines. Don't miss the barbecue sponsored by PacificSource Health Plans.

Personal Training: Individual & Group

JSFC

BSC

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

| | |
|---|-------------------|
| Individual Training Rates: | Session: 1 hour |
| Introductory Session (1.5 hour): | \$75 |
| Ongoing Single Session: | \$60 |
| 3 Session Package: | \$171 (\$57 each) |
| 6 Session Package: | \$324 (\$54 each) |
| Partner Training Rates per person: | |
| Introductory Session: | \$56 |
| Ongoing Single Session: | \$45 |
| 3 Session Package: | \$128 (\$43 each) |
| 6 Session Package: | \$243 (\$41 each) |

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

Visit our website at www.juniperswimandfitness.com for trainer bios and fitness options. Call (541) 389-7665 and set up your time with a trainer.



Indoor Cycling:

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

Get Started in Cycling

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

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

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

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

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

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

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

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

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

Cardio - Dance Conditioning:

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

Get Started in Zumba

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

Zumba Gold

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



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

All the Zumba you love plus we'll add extra toning to glutes and core for a real kick!

(Also see Aqua Zumba, page 56.)

Beginning Line Dance

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

Nia

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

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

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

Amp up your cardio dance workout with weights and core!

Cardio - Fitness:

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

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

Cardio Composition Conditioning

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

Fitness Variety

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

Cardio Conditioning with the Ball

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

Indoor Cardio Walking

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

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

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

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

Turbo Kick JSFC

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

Strength Training & Conditioning:

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

Fit 4U Get Started in Weight Training JSFC BSC

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

Fit 4U Fitness Center Orientation JSFC BSC

An attendant helps you develop the basic skills to use the equipment safely and effectively.

Fit 4U Fitness Center Circuit Workout JSFC BSC

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

Fit 4U Strength, Tone & Mightier Bone BSC

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



Fit 4U Personalized Circuit Training BSC

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

Fit 4U Strength & Conditioning BSC

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

Fit 4U Stretch & Relax BSC

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

Fit 4U Strength & Stretch BSC

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

Fit 4U Functional Conditioning JSFC

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

Fit 4U Functional Fusion BSC

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

Fit 4U Functional Fitness BSC

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

Fit 4U Beginning Barre BSC

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

Barre Body JSFC BSC

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

Barre Yoga JSFC BSC

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

Cardio Barre JSFC

Let's not glisten, let's sweat! This class uses the fundamentals of ballet, yoga and Pilates, fusing them in an easy-to-follow, fast-paced manner to create a heart pumping class. Mixing simple choreography, ballet moves and weight-bearing exercise to create a toned, refined physique.

Total Body Conditioning JSFC

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

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

Yoga:

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

Fit 4U Get Started in Yoga JSFC

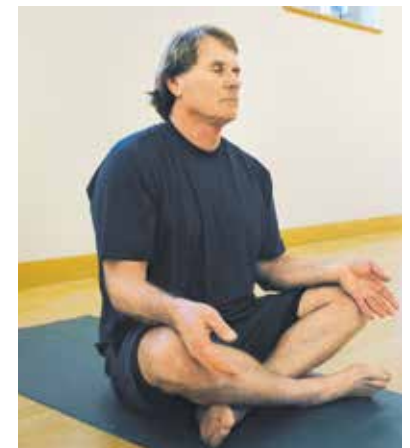
A class for those new to yoga. Instructors will guide students through poses, terms used in yoga and recommend other classes to take.

Fit 4U Yoga Fundamentals BSC

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

Fit 4U Seated Yoga JSFC BSC

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



Fit 4U Gentle Yoga JSFC

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

Fit 4U Hatha Yoga BSC

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

Fit 4U Yoga Flow BSC

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



Prenatal Yoga JSFC

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

Baby & Me Yoga JSFC

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

Vinyasa Yoga JSFC

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

Fit 4U Yin Yoga JSFC

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

Vin/Yin Yoga JSFC

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

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.

Fit 4U Restorative Yoga JSFC

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

Fit 4U Restorative Flow Yoga JSFC BSC

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

Fit 4U Sivananda Yoga JSFC

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

Sunrise Yoga JSFC

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

Flexible Strength Through Yoga JSFC

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

Power Vinyasa Yoga JSFC

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

Kundalini Yoga JSFC

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

Intro to Ashtanga JSFC

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

Yoga Core JSFC

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

Yoga for Athletes JSFC

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

Tai Chi:

Fit 4U 8 Movement Tai Chi BSC

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

24 Movement Tai Chi BSC

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

Pilates:

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

Pilates Mat JSFC

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

Yoga & Pilates Mat JSFC BSC

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

Total Body Pilates BSC

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

PiYo JSFC

Focuses on agility, dance conditioning, athletic training, core, balance, flexibility and more. This user-friendly mind/body class is for all fitness levels and incorporates a variety of fun, upbeat music.

Pilates for Strength JSFC

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





Water Exercise:

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

Deep/Shallow Water Workout

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

FIT4U Shallow/Deep Water Exercise

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

Pool Pilates & Yoga

Build your flexibility, muscle strength and endurance in your legs, abdominal, arms, hips and back. The pool is an ideal training environment for working the core muscles and improving coordination and balance.

Fluid Running

A no-frills, moderate to high intensity running workout that is unlike any other as it fires all your muscles. After class, you'll feel completely rejuvenated!

Deep Water WOW!

This fun-filled class is held in the 50 meter pool. Formats are filled with plenty of variety and equipment options.

Deep Water Fitness

A cardio blast, non-impact workout that is challenging and fun!

Aqua Zumba

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

1 - 2 - 3 HIIT it!

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

Deep Water Running

Run, ski, stride and move against the resistance of the water in this high intensity class. Each stride helps you become a more effective and efficient runner! Improve your performance as you train with zero impact. Monday, 1:30 pm class is specifically geared towards runners and consists of primarily running intervals.

Prenatal Water Exercise

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

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

Need child care while you work out?

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

Learn more on page 25.



Specialized Fitness: at Bend Senior Center

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

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

Stand Tall Don't Fall

Ages: 50 & up

Loss of balance can lead to fear of falling resulting in a decrease in quality of life. This multi-faceted safe and fun program builds new skills to maintain balance. Class is taught by certified Arthritis instructors. Class size is limited to 30.

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

Program: 302777

W: 10:00 - 11:00 am

Session: 9/2 - 10/21
10/28 - 12/16

Move Easier, Feel Younger! with Feldenkrais



All Adults

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

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

Program: 302903

Tu: 1:00 - 2:00 pm

Session: 10/6 - 11/10 (no class on 10/27)
11/17 - 12/15

Therapeutic Fitness



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

Days/Times: Ongoing

Weekly schedules available online at www.bendparksandrec.org.

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

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

Fit 4U Arthritis Water Exercise **JSFC**

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

Chronic Conditions Water Exercise **JSFC**

Water is gentle to the body and will help you gain range of motion and feel more alive. Exercising slowly in the water effectively increases balance, core stability and mobility. Make new friends as you exercise. Please contact Carolyn at (541) 706-6189 for personalized assistance in finding the right class for you.

Therapeutic Next Step Program **JSFC**

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

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

Fee: \$75

Backhab **JSFC**

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

Stroke & Individualized Water Fitness **JSFC**

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

Prenatal/Baby & Me Fitness

Prenatal Fitness **JSFC**

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

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

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

PRENATAL YOGA (page 55)

PRENATAL WATER EXERCISE (page 56)

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

WEEKLY CLASSES:

Baby & Me Cycle **JSFC**

Ages: 6 weeks to walking

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

Details available on page 53.

Baby & Me Yoga/Core **JSFC**

Ages: 6 weeks to walking

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

Details available on page 55.





time to play

Play is the fountain of youth.

Let's get young at heart. Young in our minds. Let's give the ol' body clocks a turn back or two. It's time to 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. It's rejuvenating. It's invigorating. And when we get out and play sports together, it's simply a kick in the pants.

Be a coach!

Volunteer coaches needed for youth sports.

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

Basketball Leagues

All Adults

Location to be determined

Grab your friends and form a team of five or more players. This is a team sign up only. Teams will play 12 regular season games and will be seeded into a single elimination tournament at the end of the year. Games played on Sundays. For more information call Rich at (541) 706-6126.

Fee: \$695 / team

Season: 11/1 - 3/13

Registration Deadline: 10/18

Program: 303450 - Women 18 & up
303451 - Men 18 & up
303452 - Men 35 & up
303453 - Men 50 & up

Family Fun

Fall Field Days

FREE NEW

All Ages

Come enjoy the parks in Central Oregon's beautiful autumn weather! Bring your family and play all your favorite field day games like Capture the Flag, tag and more!

Sa: 11:00 - 11:45 am

Sessions:

9/19 Columbia Park

10/10 Kiwanis Park

10/24 Al Moody Park

Ice Sports



Adult Hockey League **NEW**

All Adults

The Pavilion

Join the inaugural BPRD Adult Hockey League! Individuals who register will be drafted onto teams. Teams will enjoy a brand new ice rink while playing twelve regular season games with game nights varying throughout the season. For the first-ever playoff championship, teams will be seeded. Players must provide their own gear. For more information, call Kevin at (541) 706-6123.

Fee: \$270 ID \$324 OD /season

Program: 310320

Registration Deadline: 11/16

M/W/Th: 8:00 - 10:00 pm

Season: 11/30 - 3/17



Adult Curling League **NEW**

All Adults

The Pavilion

Ever thought it would be fun to try out the interesting sport of curling? Here is your chance! Games are played once a week on Sunday evenings. Register as an individual and request your team; teams consist of four players. If needed, equipment will be provided.

Fee: \$150 ID \$180 OD / season

Program: 310330

Registration Deadline: 11/22

Su: 6:30 - 10:00 pm

Season: 12/6 - 3/20 (No session 12/27)



The Pavilion: **NEW** Opening this winter!

Want to skate? Get on the ice with BPRD and join in regular drop-in skate sessions including:

PICK-UP HOCKEY

STICK TIME

CURLING TIME

FITNESS SKATING

OPEN SKATE

FAMILY SKATE

FREESTYLE

Open seven days a week and featuring winter ice sports through March, The Pavilion is located on the corner of Simpson and Colorado Avenues in southwest Bend.

**LOOK FOR DETAILS
TO COME ON OUR
ANTICIPATED OPENING
OF NOVEMBER 30TH.**

For more information including descriptions, fees, days and times of drop-in ice programs at The Pavilion, see pages 20 - 23.

Martial Arts

Women's Self Defense

Ages: 13 & up

Smith Martial Arts

Your instructor will show you techniques with tips and tricks. Learn simple, applicable awareness and self-defense techniques such as: using the ten pain points on the face, 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. You don't have to be a victim!

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

Program: 302167

W: 8:00 - 9:00 pm

Sessions: 9/23 10/21

11/4 12/16

Beginning Epee Fencing

All Adults

High Desert Fencing

Grace and strategy combined, it's the Olympic sport of competitive epee fencing. Learn the basic footwork, blade work and tactics to enjoy the sport in a safe and fun manner. All fencing equipment provided. Wear a t-shirt, sneakers and athletic pants (no shorts or jeans please).

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

Program: 302187

Th: 5:30 - 7:00 pm

Session: 10/1 - 11/19

Women Only Kickboxing

Ages: 13 & up

Smith Martial Arts

Kick and punch your way into tip top shape with this fun, energetic, women-only class. Classes feature mitt/bag drills, bodyweight exercises, resistance training and kickboxing technique, as well as a self-defense application in every class.

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

Program: 302305

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

Sessions: 9/15 - 10/8 10/13 - 11/5

11/10 - 12/10

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

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


Program: 304611

M: 6:00 - 8:00 pm

Session: 9/14 - 12/14

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.



12TH ANNUAL
BEND PARK & RECREATION FOUNDATION
Gopher Broke
SCRAMBLE
PRESENTED BY NORTHWEST COMMUNITY CREDIT UNION

FRIDAY
SEPT. 11, 2015

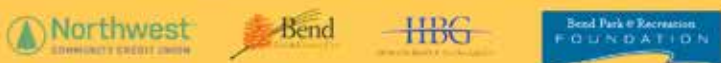
12:30 PM
SHOTGUN START
BEND GOLF & COUNTRY CLUB

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

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

SUPPORTING RECREATION SCHOLARSHIPS FOR CHILDREN AND FAMILIES

THANKS TO:





With Inclusion, Everybody Benefits!

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

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

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

Kids Therapeutic Recreation

Friday Fun Night

Ages: 4 - 12

Bend Senior Center

Parents, enjoy a night on the town while your kids have a blast hanging out with us! It's an evening full of games, crafts, and FUN. This program is available to kids with disabilities and their siblings. You must pre-register; sorry no drop-ins.

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

Program: 304240

F: 6:00 - 8:30 pm

Sessions: 10/2, 11/6, 12/4

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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

Kids Adventure Days

Ages: 5 - 13

Harmon Park

Summer might be over, but the adventures are not! Join us for a morning full of adventure exploring all that Central Oregon has to offer.

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

Program: 304241

Sa: 9:30 am - 1:30 pm

Sessions: 9/19, 10/17, 11/14, 12/12



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 4 for details.



Adult Therapeutic Recreation

Saturday Club

Ages: 16 & up

Norton Avenue Apartments

Make some wonderful memories with great friends at Saturday Club as we explore the vast recreational opportunities in and around central Oregon.

Fee: \$100 ID \$120 OD / session
Program: 304270

Sa: 2:00 - 5:00 pm

Session 1: 9/12, 10/17, 11/7, 12/12

Session 2: 9/26, 10/24, 11/14, 12/19

Crafting Favorites NEW

Ages: 14 & up

Norton Avenue Apartments

Are there crafts or art projects you enjoyed and would like to try again? If so, we will make some of our favorite projects and we will add a twist or two this time to keep it fresh and fun!

Fee: \$100 ID \$125 OD / session
Program: 304222

W: 6:30 - 8:00 pm

Session: 9/16 - 10/21

Hang Time

Ages: 18 & up

Norton Avenue Apartments

From arts and crafts to playing games or movie night, there will be plenty of fun for everyone. On Friday nights, come one, come all, we guarantee you'll have a ball!

Fee: \$60 ID \$72 OD / session
Program: 304650

F: 6:00 - 8:00 pm

Session: 9/18, 10/16, 11/20

Games Galore

Ages: 14 & up

Norton Avenue Apartments

Win, lose, or draw, it's always fun to play games. Join us as we play some of your favorite indoor games like UNO, Yahtzee, Wii and more.

Fee: \$60 ID \$72 OD / session
Program: 304989

Th: 4:30 - 6:00 pm

Session: 11/5 - 12/10



Creative Fridays

Ages: 14 & up

Norton Avenue Apartments

Come express yourself through a variety of fun and creative activities. Learn new skills while enjoying time with friends. Activities may include painting, drawing, crafts, and more.

Fee: \$50 ID \$60 OD / session
Program: 304170

F: 4:30 - 6:00 pm

Session: 10/9, 11/13, 12/11

Howlin' Halloween Dance

Ages: 16 & up

Norton Avenue Apartments

Are you ready for a howlin' good time? Dress up in your favorite Halloween costume and get ready to dance the night away. The evening will begin with a delicious dinner and end with a costume contest.

Fee: \$25 ID \$30 OD / session
Program: 304220

F: 6:00 - 9:00 pm

Session: 10/23

Gifts from the Heart

Ages: 14 & up

Norton Avenue Apartments

Create one of a kind gifts for friends and family member's birthdays, holidays or just for fun! Design gifts using wood, ceramics and/or other art mediums. Don't miss out on making a gift that will be treasured.

Fee: \$100 ID \$125 OD / session
Program: 304333

W: 6:30 - 8:00 pm

Session: 11/4 - 12/16



Christmas Parade

Ages: 14 & up

Norton Avenue Apartments

Join your friends for a day of singing, laughing, and hot cocoa at Bend's annual Christmas Parade. Don't miss the boat - sign up to be on the float!

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

Program: 304210

Sa: 10:30 am - 2:00 pm

Session: 12/5

Dinner & A Movie

Ages: 18 & up

Norton Avenue Apartments

Join us as we enjoy an evening eating at a local restaurant and seeing a holiday movie. Time subject to change based on movie times.

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

Program: 304555

F: 3:30 - 8:00 pm

Session: 12/18



Outdoors

Oregon Coast Trip

Ages: 18 & up

Norton Avenue Apartments

For this year's annual beach trip, we will be headed to Lincoln City. You'll get to spend two nights in yurts camping, eat delicious seafood, play at the beach, hike the trails and do a little shopping at the local shops. What a fun weekend! Note: this program does not qualify for needs-based assistance.

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

Program: 304272

Su - Tu: 10:00 am - 4:00 pm

Session 1: 9/20 - 22 (Men)

Session 2: 9/20 - 22 (Women)

Hiking Central Oregon

Ages: 14 & up

Norton Avenue Apartments

If you liked our short hiking trips last summer, come join us for two full days of hiking the beautiful trails in the Deschutes National Forest.

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

Program: 304001

Sa: 9:00 am - 5:00 pm

Session: 10/3 - 10

Cooking

Baking Workshop

Ages: 14 & up

Norton Avenue Apartments

Oh Yum! How does a delicious chewy chocolate chip cookie sound? Don't miss out on learning how to make your own holiday treats! Come make a mess in the kitchen and reward yourself with special homemade treats to share with friends and family.

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

Program: 304310

Th: 4:30 - 7:30 pm

Session: 12/17

Copycat Recipes NEW

Ages: 14 & up

Norton Avenue Apartments

Impress your friends and family by learning how to make your favorite recipes from popular restaurants.

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

Program: 304521

W: 4:30 - 6:30 pm

Session: 9/16 - 10/21

Holiday Specialties

Ages: 14 & up

Norton Avenue Apartments

We will make your favorite foods from several different holidays. Meals may include: holiday ham and all the goodies that go with it, Christmas cookies and a July 4th cookout complete with hotdogs and all the fixings!

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

Program: 304588

W: 4:30 - 6:30 pm

Session: 11/4 - 12/16



Fitness

Zumba

Ages: 14 & up

Norton Avenue Apartments

Get ready to shake, shimmy and salsa your way to a healthier you! Dance to an energetic blend of popular music. This class is an easy way to work out on your own or with some friends! Transportation from Norton maybe limited, please call Kate at 541-410-6240 if you will need transportation.

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

Program: 304191

Tu: 4:30 - 5:45 pm

Sessions: 9/15 - 10/20 (no class 10/27)

11/3 - 12/15 (no class 11/24)

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

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

Program: 304611

M: 6:00 - 8:00 pm

Session: 9/14 - 12/14

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.

GET CREATIVE
ARTS, CRAFTS
& LEGOS
SEE BELOW

born to play

Busy Buddies Preschool

Includes weekly
swim lessons & yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee:

2 days/week: \$150 ID \$180 OD
(payment is due by the 5th of each month.)

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

Program: 205601

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

- or -

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

Dates: September 14 - June 16

Arts & Crafts

The Art of Science NEW

Ages: 3 - 6

Harmon Park

With the opportunity to explore nature and their creativity, young children will use everyday ingredients to see science turn into masterpieces that they can take home.

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

Program: 306020

Th: 10:00 - 11:30 am

Session: 9/24 - 10/15

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.

Lego Still Life NEW

Ages: 4 - 6

Harmon Park Hobby Hut

BUILD & PAINT

Kids will build a Lego masterpiece and document their design! We will spend the first part of this workshop as architects and builders, and the latter as artists capturing our creations with a fun crayon and watercolor resist-painting technique.

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

Program: 306014

F: 10:00 - 11:15 am

Sessions: 10/16 11/13

LITTLE BUILDERS

Calling young architects and builders! We will use Legos as our jumping off point to get our imaginations flowing and our hands building. Next we will explore building with different materials, one each week, to create our very own collection of take-home structures. We will experiment with everything from clay and toothpicks, to recyclables and common household items to make our take-home buildings.

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

Program: 306013

Sa: 10:00 - 11:15 am

Sessions: 9/19 - 10/10 11/7 - 28

PARENT & CHILD: Santa's Crafty Workshop

NEW

Ages: 4 - 6

Hollinshead Park

Take a break from your hectic holiday schedule and come create gifts to give to friends and family. We'll make ornaments, decorations and prepare a fun, yummy recipe to share.

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

Program: 306006

M: 9:00 am - 12:00 pm

Session: 12/21

Dance

Get Up & Move!

Ages: 3 - 5

Hollinshead Park

A fun way for your young child to learn basic dance moves and have the opportunity to get their sillies out! They will utilize their bodies to move and burn energy while using scarves, hula hoops and other props.

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

Program: 306010

Tu: 11:00 - 11:45 am

Sessions: 9/15 - 10/6 10/13 - 11/3

Come Dance With Me!

Ages: 3 - 4

Academie De Ballet Classique

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

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

Program: 306246

M: 12:00 - 12:30 pm

Sessions: 9/14 - 10/26

11/2 - 12/21 (no program 11/23)



Fantasy Ballet for Little Swans

NEW

Ages: 3 - 5

Academie De Ballet Classique

Using imagination and creative dance exercises, little ones can dance away with fantasy ballet! We'll do fantasy inspired class activities to spark the littlest dancers' imaginations. Dress in ballet or dance attire, ballet socks and shoes.

Fee: \$73 ID \$88 OD / session

Program: 306245

Sa: 2:30 - 3:15 pm

Sessions: 9/12 - 10/17

10/24 - 12/5 (no class 11/28)

Fantasy Ballet

Ages: 4 - 6

Academie De Ballet Classique

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

Fee: \$83 ID \$100 OD / session

Program: 306244

M: 6:00 - 6:45 pm

Sessions: 9/14 - 10/26

11/2 - 12/21 (no class 11/23)

Martial Arts

Lil' Dragons

Ages: 3 - 5

Odyssey Martial Arts

(Formerly Tang Soo University)

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence and teamwork as well as develop motor skills. Uniform included.

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

Program: 306154

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

Sessions: 9/2 - 30 (no class 9/7)

10/5 - 28

11/2 - 30 (no class 11/25)

12/2 - 30 (no class 12/23)

1/4 - 27

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

Sessions: 8/25 - 9/17 10/6 - 29

11/3 - 12/1 (no class 11/26)

12/3 - 29 (no class 12/24)

1/5 - 28

Music

Kindermusik - Sing & Play

Ages: 1 - 2

Cascade School of Music

Get ready to sing, play and move with your little one in this high-energy music class that's just right for children two and under. We will focus on your child's beginning sounds and movements, helping to build the muscles necessary to stand and walk as well as vocal skills for early speaking and singing.

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

Program: 306163

M: 9:30 - 10:15 am

Session: 9/21 - 10/12

Tu: 9:30 - 10:15 am

Session: 9/22 - 10/13

Th: 9:30 - 10:15 am

Session: 9/24 - 10/15

Kindermusik - Wiggle & Grow

Ages: 2 - 3

Cascade School of Music

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

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

Program: 306165

M: 10:45 - 11:30 am

Session: 9/21 - 10/12

Tu: 10:45 - 11:30 am

Session: 9/22 - 10/13

Th: 10:45 - 11:30 am

Session: 9/24 - 10/15

F: 9:30 - 10:15 am

Session: 9/25 - 10/16

Kindermusik - Move & Groove

Ages: 4 - 5

Cascade School of Music

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

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

Program: 306527

Tu: 1:30 - 2:15 pm

Session: 9/22 - 10/13

Tu: 4:00 - 4:45 pm

Session: 9/22 - 10/13

More programs for little guys and gals at:

Youth Fitness
& Swimming, pages 28 - 30
Youth Sports, pages 80 - 89



NO SCHOOL?
.....
THAT'S
COOL!
.....
ON PAGES
72 - 79

kids rock

The Children's Forest of Central Oregon
presents

NEW



In partnership with
Bend Park & Recreation District

FREE

Saturday, September 26
10 AM - 3 PM • FREE

Riverbend Park

Bring the whole family
for a fun day celebrating the outdoors!

Over 35 nature education and
outdoor recreation activities

OUTDOOR RECREATION ZONE

Presented by the Bend Radio Group
Archery • Bike Rodeo and more

NATURE EDUCATION ZONE

Junior Ranger Programs •
Live birds of prey and reptiles •
Wilderness Survival Skills •
Arts and crafts and more

HEALTH & WELLNESS ZONE

Presented by St. Charles Health System
Healthy Snack Ideas • Pedometer
Challenge • Kite flying and more

Plus food carts, storytime,
games and tons of
hands-on activities!



THANK YOU TO
OUR SPONSORS!



Before & Afterschool Programs



Grades: K - 5

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

Offered at:
AMITY CREEK
BEAR CREEK
BUCKINGHAM
ELK MEADOW
JUNIPER
LAVA RIDGE
PINE RIDGE
SILVER RAIL

WHY KIDS INC?

CONVENIENT: Great program for working parents with convenient locations at several elementary schools.

HEALTHY LIFESTYLE: Active games and play promote movement and fitness. Daily healthy snacks are offered every afternoon.

TEAMWORK: Opportunities for socialization, leadership and confidence through cooperative games and group activities.

SKILL BUILDING: Creative, theme-based enrichment activities that challenge the children and encourage problem solving.

PROFESSIONAL STAFF: Dedicated to the care and safety of your child. Staff are engaged and interacting with participants while being good role models and mentors. All staff are trained in youth development, CPR/first aid, and receive background checks.

KIDS INC 2015 - 16 SCHOOL YEAR

SCHOOL LOCATIONS:

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

REGISTRATION FEE:

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

MONTHLY FEES:

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

HOURS OF OPERATION:

Before School:
7:00 - 8:45 am
Afterschool:
3:30 - 6:00 pm
Early Release Wednesday:
2:00 - 6:00 pm

FOR MORE INFORMATION:

Call (541) 389-7275.

WESTSIDE SCHOOLS:

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



Grades: K - 5

The new option for
before and afterschool

Offered at:
HIGH LAKES
HIGHLAND
JEWELL
MILLER
PONDEROSA

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

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

RECZONE 2015 - 16 SCHOOL YEAR

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

RecZone 1 NEW

Features opportunities for self-guided physical activity, socialization and play time under the supervision of staff.

Note: This is a drop-in program, we will not notify you if your child does not arrive at program. Kids who attend will be required to sign in and be signed out upon pickup.

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

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

RecZone 2 NEW

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

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

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

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

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

ENRICHMENT WEDNESDAYS

At Your School:

Early Release Wednesdays:

2:00 - 3:30 pm

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

Sessions: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

10/28 - 12/16 (no program 11/11, 11/25)

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

Session: 1/6 - 2/17

BEAR CREEK ELEMENTARY

All Programs: 406601

Creation Station

Grades: K - 5

Owls, feathers and friends, oh my! We'll set up a "Creation Station" to craft projects out of fabric, paper, paints, recyclable materials and other interesting materials.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Exciting Inventions NEW

Grades: K - 5

Dream Big! Explore the work of other inventors such as Leonardo da Vinci, the Wright Brothers and Thomas Edison, and use your imagination to create your own exciting inventions!

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Film Makers Wanted

Grades: 3 - 5

Learn about professional film making techniques such as: directing, acting and filming. Have fun designing your story from scratch.

Session: 1/6 - 2/17

BUCKINGHAM ELEMENTARY

All Programs: 406602

Hoot Hangout

Grades: K - 5

Join Sunriver Nature Center for some truly wild nature activities! Use your imagination to create your own creature adaptations, get into science through earth-moving experiments, meet a real owl and find out whoooooose hanging around Central Oregon.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Creation Station

Grades: K - 5

Owls, feathers and friends, oh my! We'll set up a "Creation Station" to craft projects out of fabric, paper, paints, recyclable materials and other interesting materials.

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Exciting Inventions NEW

Grades: K - 5

Dream Big! Explore the work of other inventors such as Leonardo da Vinci, the Wright Brothers and Thomas Edison, and use your imagination to create your own exciting inventions!

Session: 1/6 - 2/17



ELK MEADOW ELEMENTARY

All Programs: 406603

Film Makers Wanted

Grades: 3 - 5

Learn about professional film making techniques such as: directing, acting and filming. Have fun designing your story from scratch.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Festive Clay NEW

Grades: K - 5

Play with clay! Hand build a pumpkin lantern, a turkey pencil-holder and make fall impressions in clay.

Session: 10/28 - 12/16 (no program 11/11, 11/25)



Martial Arts

Grades: K - 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 1/6 - 2/17



ENSWORTH ELEMENTARY

All Programs: 406604

Cascade WILDS

Grades: 1 - 5

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Creative Clay

Grades: K - 5

Join in the fun as we make a different clay project every week like small creatures, figurines and beautiful ceramic art.

Session: 1/6 - 2/17

Volunteer with kids!

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

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

Fee: \$60 ID \$72 OD / Session 9/16 - 10/21 (10/21: 11:45 am - 1:30 pm, early dismissal), 10/28 - 12/16 (no program 11/11, 11/25) • Fee: \$70 ID \$84 OD / Session: 1/6 - 2/17

ENRICHMENT

WEDNESDAYS

YOUTH ACTIVITIES



HIGH LAKES ELEMENTARY

All Programs: 406605

Sportsters **NEW**

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end the session with a mini field day.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Hoot Hangout

Grades: K - 5

Join Sunriver Nature Center for some truly wild nature activities! Use your imagination to create your own creature adaptations, get into science through earth-moving experiments, meet a real owl and find out whoooooose hanging around Central Oregon.

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Art Around the World

Grades: K - 5

Build a global visual vocabulary as we "travel" around the world each week. You will explore different styles and techniques while making everything from West African fabric prints to Japanese fish kites. Bon voyage!

Session: 1/6 - 2/17

HIGHLAND ELEMENTARY

All Programs: 406606

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Computer Coding **NEW**

Grades: 3 - 5

Learn the basics of computer coding through fun activities that will simulate the mind and keep you eager to learn more.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Hoot Hangout

Grades: K - 5

Join Sunriver Nature Center for some truly wild nature activities! Use your imagination to create your own creature adaptations, get into science through earth-moving experiments, meet a real owl and find out whoooooose hanging around Central Oregon.

Session: 1/6 - 2/17

Double Dutch Jump Rope **NEW**

Grades: K - 5

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing new class!

Session: 1/6 - 2/17



JEWELL ELEMENTARY

All Programs: 406607

Double Dutch Jump Rope **NEW**

Grades: K - 5

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing new class!

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

French Immersion

Grades: 3 - 5

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Cascade WILDS

Grades: 1 - 5

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

Session: 1/6 - 2/17

For more information, call (541) 389-7275 • www.bendparksandrec.org • Location and park lists on pages 93 - 95

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



JUNIPER ELEMENTARY

All Programs: 406608

Exciting Invention

NEW

Grades: K - 5

Dream Big! Explore the work of other inventors such as Leonardo da Vinci, the Wright Brothers and Thomas Edison, and use your imagination to create your own exciting inventions!

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Film Makers Wanted

Grades: 3 - 5

Learn about professional film making techniques such as: directing, acting and filming. Have fun designing your story from scratch.

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Cascade WILDS

Grades: 1 - 5

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

Session: 1/6 - 2/17

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

Fee: \$60 ID \$72 OD / Session 9/16 - 10/21 (10/21: 11:45 am - 1:30 pm, early dismissal), 10/28 - 12/16 (no program 11/11, 11/25) • Fee: \$70 ID \$84 OD / Session: 1/6 - 2/17

LAVA RIDGE ELEMENTARY

All Programs: 406609

Art Around the World

Grades: K - 5

Build a global visual vocabulary as we "travel" around the world each week. You will explore different styles and techniques while making everything from West African fabric prints to Japanese fish kites. Bon voyage!

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Fun Funky Fresh

NEW

Grades: K - 5

An amazing way to get some energy out by moving and grooving to music, and expressing one's self through dance. We will also integrate dance games, limbo, freeze dance, dance teacher and more!

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 1/6 - 2/17



MILLER ELEMENTARY

All Programs: 406610

Creative Clay

Grades: K - 5

Join in the fun as we make a different clay project every week like small creatures, figurines and beautiful ceramic art.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Martial Arts

Grades: K - 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

French Immersion

Grades: K - 2

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 10/28 - 12/16 (no program 11/11, 11/25)



Double Dutch Jump Rope

NEW

Grades: K - 5

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing new class!

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Sportsters

NEW

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end the session with a mini field day.

Session: 1/6 - 2/17

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 1/6 - 2/17

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

Fee: \$60 ID \$72 OD / Session 9/16 - 10/21 (10/21: 11:45 am - 1:30 pm, early dismissal), 10/28 - 12/16 (no program 11/11, 11/25) • Fee: \$70 ID \$84 OD / Session: 1/6 - 2/17

PINE RIDGE ELEMENTARY

All Programs: 406611

Creative Movement and Hip Hop

Grades: K - 5

Kids move to rhythms and beats while exploring their creativity and using their bodies as instruments. A great way to unleash energy while having fun!

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Fun Science Projects

Grades: K - 5

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Creation Station

Grades: K - 5

Owls, feathers and friends, oh my! We'll set up a "Creation Station" to craft projects out of fabric, paper, paints, recyclable materials and other interesting materials.

Session: 1/6 - 2/17

Volunteer with kids!

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



PONDEROSA ELEMENTARY

All Programs: 406612

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Sportsters NEW

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play, and end the session with a mini field day.

Session: 10/28 - 12/16 (no program 11/11, 11/25)

French Immersion

Grades: 3 - 5

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Session: 1/6 - 2/17

SILVER RAIL ELEMENTARY

All Programs: 406613

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 9/16 - 10/21

(10/21: 11:45 am - 1:30 pm, early dismissal)

Handmade Holidays NEW

Grades: K - 5

Make your very own holiday gifts! We'll focus on a different medium each week-from paper to yarn to clay and create unique keepsakes for loved ones. While crafting everything from ornaments to bookmarks, we'll hone creative skills and discover the joy inherent in making and giving!

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Martial Arts

Grades: K - 5

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Session: 10/28 - 12/16 (no program 11/11, 11/25)

Fun, Funky & Fresh NEW

Grades: K - 5

An amazing way to get some energy out by moving and grooving to music, and expressing one's self through dance. We will also integrate dance games, limbo, freeze dance, dance teacher and more!

Session: 1/6 - 2/17

ENRICHMENT

WEDNESDAYS



For Kids' Sake

Bend Park & Recreation District and Bend-La Pine Public Schools work cooperatively to ensure that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.



More Afterschool Options

Nature Chasers **NEW**

Grades: 3 - 5

Ponderosa Elementary & High Lakes Elementary

Session 1: Become a master of the forest! Join our adventure-some staff in the great outdoors. We will pick you up at your school and then journey into the forest or local natural areas for fort building, hiking, creek exploration and a little bit of crafting. Parents can pick up back at their child's school.

Session 2: Try your hand at homesteading activities like cheese making, canning, basket weaving, plant dyes, wood and leather working and even some fiber art projects. Kids will learn the balance between cultivation and the natural world. Class will be held at Harmon Hobby Hut. Transportation provided to and from your child's school.

Fee: \$135 ID \$162 OD / session

Program: 306701

W: 2:15 - 5:00 pm

Session 1: 9/16 - 10/21 (10/21 class held 12:00 - 5:00 pm for early dismissal)

Session 2: 10/28 - 12/16 (no class 11/11 and 11/25)

Martial Arts with Miss Lovely **NEW**

Grades: K - 5

Bear Creek Elementary

Participate in a great opportunity to experience traditional martial arts training. Each class focuses on basic self-defense techniques while supporting and reinforcing the need to make wise choices, be self-disciplined, exercise self-control, treat yourself and others with respect, stay focused, build confidence, be courageous and honor commitment. For the last part of each class, we will read and discuss a variety of noteworthy children's books including classic, multi-cultural and contemporary works.

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

Program: 306005

W: 2:00 - 4:00 pm

Sessions: 9/16 - 10/21 (11:45 am early start time on 10/21 early dismissal)

10/28 - 12/16 (no program 11/11 and 11/25)

1/6 - 2/17

Kids On-the-Move **FREE**

Grades: K - 5

Ensworth Elementary

Join your friends for some active play and outdoor adventures that will get your heart pumping! Classes focus on fun, fitness and nutrition! Most activities will be outdoors so dress appropriately. Limited space is available.

Program: 306025 **FREE**

Tu/Th: 3:30 - 5:00 pm

Session: 9/22 - 12/17 (no class 11/24 & 11/26)



No School? Try Something Cool.

No School Days Art Play **NO SCHOOL**

Ages: 7 - 11

Harmon Park

No School Days are a great time for fun, friends, curiosity and creative thinking. We'll explore new projects and materials each day with activities such as Paper Mache, origami, felting and painting. Outdoor games and playground breaks round out the day. Bring a sack lunch, snack and water bottle each day.

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

Program: 306210

Times: 9:00 am - 3:30 pm

Sessions: Thursday: 10/29

Friday: 10/30

Wednesday: 11/11

Monday: 11/23

Tuesday: 11/24

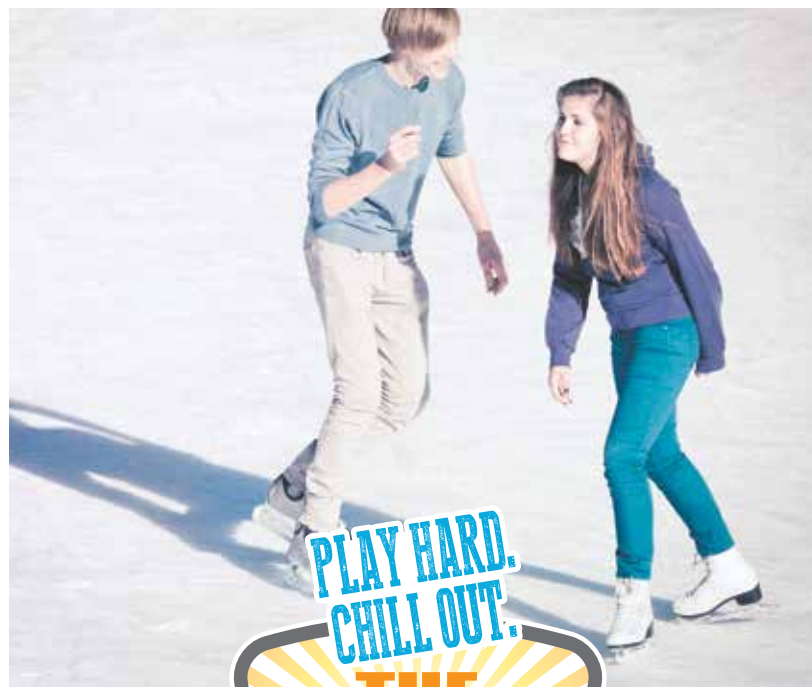
Monday: 12/21

Tuesday: 12/22

Monday: 12/28

Tuesday: 12/29





BEND PARK & RECREATION DISTRICT'S
OPERATION RECREATION
 Where having fun is an order.

NO SCHOOL

Grades: K - 5

High Lakes Elementary & Ensworth Elementary

Operation Recreation meets the needs of the working parent and the fun seeking child! This program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips.

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

Fee: \$40 ID \$48 OD per day

Program: 301401

Weekdays: 7:00 am - 6:00 pm

| | |
|---------------------------|------------------|
| Sessions: Thursday: 10/29 | Monday: 12/21 |
| Friday: 10/30 | Tuesday: 12/22 |
| Monday: 11/23 | Wednesday: 12/23 |
| Tuesday: 11/24 | Monday: 12/28 |
| Wednesday: 11/25 | Tuesday: 12/29 |
| | Wednesday: 12/30 |
| | Thursday: 12/31 |

PLAY HARD.
 CHILL OUT.
THE PAC
 AT THE PAVILION

NEW

NO SCHOOL

The Pavilion

Join our rockin' staff and spend your winter vacay at a brand new facility! We'll dabble in ice skating, and try out activities like hockey, curling and other ice games. Round out the day with an adventure in Central Oregon. Bring your lunch and dress for the weather. PAC'ers will have the opportunity to choose from a variety of activities and field trips. Concessions will be available for purchase. Skate rental and open skate admission included.

ELEMENTARY SCHOOL: Grades: 3 - 5

MIDDLE SCHOOL: Grades: 6 - 8

Fee: \$39 ID \$48 OD / day

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

AM Extended: 7:30 - 9:00 am (Additional fee: \$8 ID \$10 OD)

PM Extended: 4:00 - 5:30 pm (Additional fee: \$8 ID \$10 OD)

| | | |
|----------------------------|-------------------|-----------------|
| Winter Break Week 1 | 12/21 - 24 | Program: 310601 |
| Winter Break Week 2 | 12/28 - 31 | Program: 310602 |
| MLK Jr. Day | 1/18 | Program: 310603 |



Outdoors

Cascade WILDS

Ages: 6 - 12

Miller Elementary

Join us as we welcome the onset of fall and celebrate the harvest season. We will explore the wilds of Shevlin Park while sharpening our tools of awareness and survival. Learn to move invisibly through the forest and discover how nature gets ready for winter. Each day will be full of nature-based games, skills challenges, and stories that are empowering and fun.

Fee: \$150 ID \$180 OD / session
Program: 306385

M: 3:30 - 5:30 pm

Sessions: 9/14 - 10/26
11/2 - 12/14

Archery - The Ancient Art

NO SCHOOL

Ages: 10 - 15

Harmon Park

Learn the 10,000 year-old art of bows and arrows. A fun morning that emphasizes shooting safety and developing basic archery skills using recurve bows on an outdoor range outside of Tumalo. No previous experience necessary, but all skill levels welcome. All archery equipment is provided. Dress for weather conditions. Sign up for Cave Exploration in the afternoon to make a full day of it.

Fee: \$29 ID \$35 OD / session
Program: 307710

F: 9:00 am - 1:00 pm

Sessions: 10/30 11/13

Unicycling

Ages: 10 - 14

Ponderosa Park

Ride the wheel! Unicycling is about as basic as cycling can get, but challenging just the same. Come get started with this fun activity. We provide the cycles*, you provide the laughter. Bring gloves and a bike helmet. (*The shortest in-seam length we can accommodate is about 25.")

Fee: \$20 ID \$24 OD / session
Program: 307537

Daily: 9:30 - 11:30 am

Sessions:

Th: 10/29, 11/12

F: 10/30, 11/13

Cave Exploration

NO SCHOOL

Ages: 10 - 15

Harmon Park

Head underground to explore the cool world of lava tubes. Please wear long jeans, sturdy shoes and bring a light jacket to protect your arms. Helmets, gloves and flashlights provided. Sign up for Archery in the morning to make a full day of it.

Fee: \$15 ID \$18 OD / session
Program: 307714

F: 1:30 - 4:30 pm

Sessions: 10/30 11/13

Rock Climb

NO SCHOOL

Ages: 10 - 15

Harmon Park

Enjoy top-rope rock climbing in the fall at magnificent Smith Rock State Park. No previous climbing experience necessary, but all skill levels welcome. All necessary equipment and instruction provided.

Fee: \$55 ID \$66 OD / session
Program: 307530

Th: 8:30 am - 3:30 pm

Sessions: 10/29 11/12

Arts & Crafts

Crafty Pumpkins

NEW

NO SCHOOL

Ages: 7 - 11

Hollinshead Barn

Decorate a pumpkin using fun alternatives to the traditional carved jack-o-lantern. Choose from an array of pumpkin embellishments which may include paint, glitter, sequins, fabric and more! While your pumpkin is drying, choose another Halloween craft, perhaps a spooky ghost necklace or a paper bat garland to complete your handmade holiday decor. We will finish the class with a festive snack to celebrate the season.

Fee: \$35 ID \$42 OD / session
Program: 306019

F: 9:00 am - 12:00 pm

Session: 10/30



Ornament Making Workshop

NEW

NO SCHOOL

Ages: 11 - 14

Hollinshead Barn

It's all about the ornaments this holiday season. Join us for an afternoon full of glitter, pom poms, tassels, origami and glass bulbs. Bring your creative side and let's get crafty! Make it a full day of fun with our morning Hoop Dance Workshop. See page 77.

Fee: \$35 ID \$42 OD / session
Program: 306026

Th: 1:00 - 4:00 pm

Session: 11/12

Evergreen Wreath Making

NEW

NO SCHOOL

Ages: 11 - 14

Hollinshead Barn

Boughs, trims, bows and berries! Use fresh-cut greenery to make your own handmade wreath to celebrate winter in the woods. All tools and craft materials provided.

Fee: \$25 ID \$30 OD / session
Program: 306024

F: 10:00 am - 12:00 pm

Session: 11/13

Cross Stitch Sampler

NEW

Ages: 8 - 11

Harmon Park

Learn the basics of cross stitch embroidery and create a little sampler to take home. Use your imagination and simple drawings of your favorite animals, shapes and letters for your project. The design possibilities are all up to you! Please bring a lunch and prepare to sit back and learn something new!

Fee: \$30 ID \$36 OD / session
Program: 306021

Sa: 11:00 am - 2:00 pm

Session: 12/12





School's Out, Art's In: Dia de Los Muertos

NO SCHOOL

Art Station

Celebrate the Dia de los Muertos to honor the Mexican tradition of remembering the dead with a variety of hands-on art making in the clay and multi-media studios! Inspired by traditions and works of art, students will create mini-altars, prints and paintings. Bring a lunch each day.

Fee: \$130 ID \$156 OD / session
Program: 306520

Ages: 6 - 8

Th/F: 9:00 am - 4:00 pm

Ages: 9 - 12

Th/F: 9:00 am - 4:00 pm

Session: 10/29 - 30

School's Out, Art's In: Fall Impressions

NO SCHOOL

Art Station

Nothing says autumn like colorful fall leaves. Using printmaking techniques like leaf rubbings and block printing, we will create colorful artwork to celebrate autumn. Our artwork can be used to enjoy the beauty of the fall season all year long!

Fee: \$35 ID \$42 OD / session
Program: 306525

Ages: 6 - 8

W: 1:00 - 4:00 pm

Ages: 9 - 12

W: 9:00 am - 12:00 pm

Session: 11/11

School's Out, Art's In: Fall Leaves in Clay

NO SCHOOL

Art Station

While the colors of fall are fleeting, our ceramic leaves will never fade! We will use the various shapes and colors of fall leaves to create unique bowls, tiles or even ornaments.

Fee: \$35 ID \$42 OD / session
Program: 306524

Ages: 6 - 8

W: 9:00 am - 12:00 pm

Ages: 9 - 12

W: 1:00 - 4:00 pm

Session: 11/11



Winter Art Camp

NO SCHOOL

Art Station

Create one-of-a-kind seasonal art in the multi-media and clay studios during this three-day art camp. Explore drawing, painting and printmaking techniques to make holiday cards and gifts. Design your own clay ornaments and holiday decorations to be glazed and fired. Bring a lunch each day.

Fee: \$190 ID \$228 OD / session
Program: 306521

Ages: 6 - 8

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

Ages: 9 - 12

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

Session: 11/23 - 25

Baking

Holiday Cookie Decorating

Ages: 8 - 14

Cascade Middle School

Learn to make beautiful holiday cookies and decorate them with your own creative touch. Bring home a special plate of goodies to share and impress your family and friends!

Fee: \$25 ID \$30 OD / session
Program: 306022

Sa: 10:00 am - 12:30 pm

Session: 12/12

Delicious Desserts

Ages: 11 - 14

Cascade Middle School

Sweet crepes, cookies and pies - Yum! You'll enjoy learning how to make delicious desserts at home that are sure to satisfy the most discerning of sweets lovers.

Fee: \$75 ID \$90 OD / session
Program: 306130

Tu: 3:00 - 4:30 pm

Session: 10/27 - 11/17



Science & Technology

4-H Intro to the Engineering of Robots

Elk Meadow Elementary

Gain an introduction to basic engineering principles such as mechanical design, computer programming and biomimicry by bringing a robot to life! Work together in pairs using an NXT computer "brain," various sensors and Lego components to build a custom creation that will do your bidding. No prior experience necessary.

Fee: \$75 ID \$90 OD / session
Program: 306277

Tu: 3:45 - 5:15 pm

Ages: 6 - 8

Session: 9/29 - 10/27

Ages: 9 - 12

Session: 11/10 - 12/8

Volunteer with kids!

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

No-School Science:

Brought to you by BPRD's The Master & Dr. Nope

Halloween Science

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Join The Master and Dr. Nope as we explore the mysteries of cool Halloween special effects! We'll play with dry ice, lasers, glow in the dark materials and more. Bring a lunch and a water bottle and prepare to be amazed!

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

Program: 306284

Th: 9:00 am - 3:00 pm

Session: 10/29

F: 9:00 am - 3:00 pm

Session: 10/30

Space Explorers

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Make rockets and land a rover on Mars. End the day with a planetarium show where we will explore all of known space! Bring a lunch and water bottle and a clean 2 liter bottle for project.

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

Program: 306281

M: 9:00 am - 3:00 pm

Session: 11/23

Secret Agent for a Day

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

How do they make all those cool gadgets? Join us to make your own and learn the science of stealth and disguise. Bring a water bottle and a lunch.

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

Program: 306411

Tu: 9:00 am - 3:00 pm

Session: 11/24

Dinosaur Day

NO SCHOOL

Ages: 6 - 9

Juniper Elementary

Explore the world of paleontology by examining and creating fossils, teeth and other clues about how the dinosaurs lived. You'll get to take home lots of fun keepsakes to share with your family! Bring a water bottle and a snack.

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

Program: 306283

W: 9:00 am - 3:00 pm

Session: 11/25

Lights & Lasers

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Want to learn more about lasers and light? Join us to explore telescopes, kaleidoscopes, periscopes and more! Learn about lasers in the Laser Dome. Take home your creations to continue your scientific explorations. Bring a lunch and water bottle.

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

Program: 306280

M: 9:00 am - 3:00 pm

Session: 12/21



It's Shocking!

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Learn about electricity and magnetism using hands-on experiments to discover the principles of static, current, conductivity and resistance. Bring a lunch and a water bottle.

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

Program: 306282

Tu: 9:00 am - 3:00 pm

Session: 12/22

Detective Science

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Who stole the cookies from the cookie jar? Get the skills you need to find out. Learn to take fingerprints, investigate a crime scene, examine the evidence and use your deductive reasoning skills to find the culprit. Bring a lunch and water bottle.

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

Program: 306413

W: 9:00 am - 3:00 pm

Session: 12/23

Duct Tape Engineering

NEW

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Do you have extra boxes, wrapping paper tubes and miscellaneous holiday debris? Bring it to us and we will help you turn it into simple machines, wacky contraptions and other priceless treasures. Bring a water bottle, a lunch and your enthusiasm.

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

Program: 306414

M: 9:00 am - 3:00 pm

Session: 12/28

Crazy Chemistry

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Fizz, bang, pop! Create crazy concoctions while learning the basics of chemistry in a safe, fun way. Explore the dynamics of solids, liquids, and gases using hands-on experiments. Bring a lunch and a water bottle.

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

Program: 306287

Tu: 9:00 am - 3:00 pm

Session: 12/29



Performing Arts

Jazzy Kids

Ages: 5 - 8

Academie De Ballet Classique

High energy jazz for beginning dancers. Learn all the cool moves you see on TV and in movies. Choreograph your own dance to perform for your friends at each session's end.

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

Program: 306300

Tu: 6:30 - 7:30 pm

Sessions: 9/15 - 10/27

11/3 - 12/22 (no program 11/24)

Is Acting for You?

Ages: 5 - 10

BEAT Studio

Learn acting techniques through breakthrough games as well as understand character portrayal and how costumes and props help you on stage. Capped by a performance!

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

Program: 306320

Sa/Su: 9:00 am - 12:00 pm

Session: 10/10 - 11

The Next Step Acting Class

Ages: 7 - 11

BEAT Studio

Has your child taken "Is Acting for You" and is interested in continuing? This class is the next step for learning additional skills for acting techniques, character development using props/costumes and breakthrough games. The class will put together a short play to entertain parents and friends.

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

Program: 306323

Sa/Su: 9:00 am - 12:00 pm

Session: 10/24 - 25



Hoop Dance Workshop NEW

Ages: 11 - 14

Hollinshead Park

Hoop dancing is a creative way to express yourself, get your body moving and make friends. Learn the basics of on and off body hooping, isolations and finding your hoop flow. Make and wrap your own custom-size hoop to take home for practice! Make it a full day of fun with our afternoon Ornament Making Workshop. See page 74.

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

Program: 306023

Th: 9:00 am - 12:00 pm

Session: 11/12

Music & Voice

Ready to Play NEW

Ages: 5 - 6

Cascade School of Music

Your child will learn to play simple musical patterns and songs on two different instruments, a glockenspiel and dulcimer of their very own. While learning to play these instruments and through games and activities, your child will grow to understand musical concepts, such as piano and forte, crescendo, staccato and legato as well as learn to read and notate music on a staff. They will be exposed to a variety of musical styles and composers. Fee includes all materials and instruments.

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

Program: 306547

W: 2:30 - 3:15 pm

Session: 9/30 - 2/3

(no program 11/25, 12/16, 12/23, 12/30)

Strum & Sing

Ages: 6 - 7

Cascade School of Music

Building on skills learned in Ready to Play, your child will add two additional instruments to their repertoire, the recorder and ukulele. With a special emphasis on multicultural music, your child will learn a variety of new games and dances from around the world as well as the ability to improvise and write their own music. Although Ready to Play is not a prerequisite, we strongly recommend your child have some musical education and understanding prior to this class. Fee includes all materials and instruments except ukulele.

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

Program: 306546

W: 4:15 - 5:00 pm

Session: 9/30 - 2/3

(no program 11/25, 12/16, 12/23, 12/30)

Little Singers

Ages: 6 - 9

Cascade School of Music

If your child likes to sing, they will love this creative singing class! We'll explore and develop the sense of musical pulse through body percussion, singing and rhythm activities.

Fee: \$145 ID \$174 OD / session

Program: 306548

W: 3:00 - 3:50 pm

Session: 9/30 - 2/3

(no program 11/25, 12/16, 12/23, 12/30)

Volunteer with kids!

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

Musician's Path: Year One

Cascade School of Music

The first year of instrumental study is done in a small group class. Our students make friends while making music! Formal music study, musical field trips, performances and more round out this engaging program.

Mandatory Parent Orientation Meeting:

Thursday, September 24th, 6:30 – 8:00 pm

- OR -

Sunday, September 27th, 6:30 – 8:00 pm

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

Program: 306533

Payment options available. Call Katie at (541) 706-6114.

PIANO PATH 1 (KEYBOARD)

Grades: 2 – 3

M: 4:00 – 4:50 pm

Sessions: 9/28 - 2/1*

Tu: 4:00 – 4:50 pm

Session: 9/29 - 2/2*

W: 2:30 – 3:20 pm

Session: 9/30 - 2/3*

Grades: 3 – 4

W: 3:30 – 4:20 pm

Session: 9/30 - 2/3*

Th: 4:00 – 4:50 pm

Session: 10/1 - 2/4*

VIOLIN PATH 1

Grades: 2 – 3

Tu: 4:00 – 4:50 pm

Session: 9/29 - 2/2*

Grades: 3 – 5

Tu: 5:00 – 5:50 pm

Session: 9/29 - 2/2*

STRINGS PATH 1: VIOLIN, VIOLA, CELLO

Grades: 3 – 5

W: 4:45 – 5:35 pm

Session: 9/30 - 2/3*

GUITAR PATH 1

Grades: 3 – 4

M: 4:00 – 4:50 pm

Session: 9/28 - 2/1*

Tu: 4:00 – 4:50 pm

Session: 9/29 - 2/2*

W: 2:30 – 3:20 pm

Session: 9/30 - 2/3*

Grades: 4 – 5

Th: 4:00 – 4:50 pm

Session: 10/1 - 2/4*

DRUMS PATH 1

Grades: 3 – 4

F: 4:00 – 4:50 pm

Session: 10/2 - 2/5*

F: 5:00 – 5:50 pm

Session: 10/2 - 2/5*

*No programs held during school breaks:

Mondays: 11/23, 12/14, 12/21, 12/28

Tuesdays: 11/24, 12/15, 12/22, 12/29

Wednesdays: 11/25, 12/16, 12/23, 12/30

Thursdays: 11/26, 11/17, 12/24, 12/31

Fridays: 11/27, 12/18, 12/25, 1/1



Bend Boys' Choir

NEW

Ages: 7 – 11

Cascade School of Music

The tradition of boys' choirs is a rich one and this fun group will sing a variety of music from Bach to the Beatles and learn about musical styles, singing technique and performing. Choir director Julie Hanney keeps it fun and interesting while teaching important musical concepts. No experience necessary; no auditions.

Fee: \$145 ID \$174 OD / session

Program: 306544

Th: 4:00 – 5:00 pm

Session: 10/1 - 2/4

(no program 11/26, 12/17, 12/24, 12/31)

Girls' Super Pop Chorus

NEW

Ages: 8 – 11

Cascade School of Music

This chorus is for girls who love to sing. We will sing a variety of songs from jazz to pop to show tunes, learn about musical genres and have a ton of fun doing it! Choir director Julie Hanney makes it easy to come out of your shell and experience the joy of singing with others. No experience necessary; no auditions.

Fee: \$145 ID \$174 OD / session

Program: 306545

Th: 5:15 – 6:15 pm

Session: 10/1 - 2/4

(no program 11/26, 12/17, 12/24, 12/31)

TEENS! Volunteer with BPRD.

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

Rock U

Ages: 9 - 16

Cascade School of Music

Play in a real rockin' band! Open to electric guitars, basses, drums and keyboards with basic proficiency. Learn classic rock tunes and write and play your own.

Placement by auditions on Sat., Sept. 19th. Call (541) 382-6866 for times.

Fee: \$285 ID \$335 OD / session

Program: 306541

M: 5:00 - 6:15 pm

Session: 9/28 - 2/1

(no program 11/23, 12/14, 12/21, 12/28)

F: 4:00 - 5:15 pm

Session: 10/2 - 2/5

(no program 11/27, 12/18, 12/25, 1/1)

F: 5:30 - 6:45 pm

Session: 10/2 - 2/5

(no program 11/27, 12/18, 12/25, 1/1)

Learning Workshops

KPOV **NO SCHOOL** Radio Immersion

Ages: 10 - 14

KPOV Radio

Radio curious? Come find out what happens behind the scenes. Go on air, record in our studio, interview a friend and tell a story. Pieces produced will be broadcasted on 88.9 FM, and you'll get a copy on CD to take home!

Program: 306011

Ages: 9 - 11

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

W: 9:00 am - 3:00 pm

Session: 11/11

Ages: 10 - 14

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

Th/F: 9:00 am - 3:00 pm

Session: 10/29 - 30



Babysitter's Training **NO SCHOOL**

Ages: 11 - 15

American Red Cross, Twin Knowles Location

Complete this course in just one day and begin babysitting the next. It includes what you need to know and what every parent wants in a safe and responsible babysitter. Become a great role model. Learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch. Materials included.

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

Program: 306156

M: 8:30 am - 3:30 pm

Session: 11/23

Th: 8:30 am - 3:30 pm

Session: 10/29

Sa: 8:30 am - 3:30 pm

Sessions: 9/19 10/10

11/14 12/5

Math Climbing **NO SCHOOL**

Ages: 9 - 13

Spanish Learning Center

Learn how much fun those challenging math problems can be when you have few tricks up your sleeve. Math skills will be taught through interactive games and activities in a playful environment.

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

Program: 306016

Tu: 10:00 - 11:30 am

Session: 12/22 - 29

Tu: 10:00 am - 1:00 pm

Session: 11/24

Spanish Break **NO SCHOOL**

Ages: 9 - 13

Spanish Learning Center **NEW**

Build and improve your Spanish vocabulary and conversational skills in a fun, immersion environment. Join us as we play games and do stimulating activities while helping give you the boost for Spanish learning.

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

Program: 306017

Tu: 10:00 am - 1:00 pm

Session: 11/24

M: 10:00 - 11:30 am

Session: 12/21 - 28

Spanish Immersion **NEW**

Highland Elementary

Catch up on your Spanish or use this time outside of school to learn something new. We will be playing games and do stimulating activities all while conversing in an immersion environment to explore culture, food, arts and storytelling in Spanish.

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

Program: 306018

Grades: K - 2

Tu: 4:00 - 5:00 pm

Sessions: 9/15 - 10/20 10/27 - 11/3

Grades: 3 - 5

Th: 4:00 - 5:00 pm

Sessions: 9/17 - 10/22 10/29 - 11/5

Parenting Classes with Beth Bellamy

No Drama Discipline Series

All Adults

Bend Senior Center

Because emotional reactivity is at the root of virtually all family distress, learning to become the calm "captain of the ship" kids need to grow up can be essential. Being too emotional interferes with a child's ability to learn in the moment, disrupts long-term brain development to emotionally regulate and damages the parent-child bond. Utilizing information from the latest brain research, this class offers essential information and skills for parenting effectively: understanding the "emotional brain"; identifying reactivity triggers; self-calming and emotional regulation tools; building safe connection through empathy; setting and holding limits without punishment; navigating tantrums and meltdowns.

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

Program: 302212

Tu: 6:30 - 8:30 pm

Session: 10/20 - 11/10





get sporty

GAMES
+
FRIENDS
.....
**SPORTS CAMPS
ROCK!**
.....
PAGE 86

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.

Basketball Camps

Basketball Skills Camp

NO SCHOOL

Grades: 3 - 5

Pilot Butte Middle School

Join us in this camp geared towards the elementary player to work on your passing, dribbling, shooting and defensive skills. Includes fun drills and lots of games. Bring a water bottle.

Fee: \$32 ID \$38 OD / session

Program: 303112

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

Session: 12/28 - 29

Two Camp Special with Dodgeball Days!

See page 86.

Register for both Basketball Skills Camp and Dodgeball Days and save! Bring a water bottle and your lunch.

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

Program: 303113

M/Tu: 9:00 am - 4:00 pm

Session: 12/28 - 29

Start Smart Basketball

Ages: 3 - 5

Cascade Middle School

Get involved with your child in this fantastic basketball program. We use soft equipment and an easy-going environment to teach the basics of dribbling, passing, shooting and defense. Equipment is provided for players to keep. NOTE: Parents must attend and participate with child.

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

Program: 303122

Su: 10:15 - 11:05 am

Sessions: 11/8 - 12/13 (No session 11/29)

1/3 - 2/7 (No session 1/31)

Volunteer with youth sports and adaptive programs.

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

Basketball Leagues

Bitty Ball Basketball League

Grades: K - 2

Sky View Middle School

This program is designed for the player too young to participate in our traditional basketball leagues. The focus is on skill development, teamwork and fun. Teams meet for practice and scrimmages for 60 minutes. Participants will receive a team t-shirt. This program is dependent on volunteer coaches. Anyone interested in coaching should contact Greg at (541) 706-6124.

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

Sa: Times to be scheduled

Season: 11/7 - 12/19

Registration Deadline: 10/12

Program: 303760 - Kindergarten

303761 - Grade 1

303762 - Grade 2

Youth Basketball League

Boys & Girls Grades: 3 - 5
Local Schools

This program emphasizes skill development, good sportsmanship and fun. Teams practice twice during the week (coaches will select time and location) and play games on Saturdays. This program is dependent on volunteer coaches. Anyone interested in coaching should contact Rich at (541) 706-6126.

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

Season: 1/4 - 3/5

Registration Deadline: 11/8

Program:

- 303730 Boys - Grade 3
- 303731 Girls - Grade 3
- 303732 Boys - Grade 4
- 303733 Girls - Grade 4
- 303734 Boys - Grade 5
- 303735 Girls - Grade 5

Team Sponsorships Available: To sponsor a youth basketball team go to program # 303000 after registering your child.

High School Basketball League

Grades: 9 - 12

Location to be determined

Open to any high school student who is not playing on a school basketball team. This is a recreational league; players serve as team captains. Officials, scorekeepers and team t-shirts are provided. We keep league standings and have playoffs in this program. Teams play one game each week.

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

Su: 5:00 - 8:00 pm

Season: 12/6 - 3/6

Registration Deadline: 11/23

Program: 303950 - Grades 9 & 10
303951 - Grades 11 & 12



Middle School Basketball League

Boys & Girls Grades: 6 - 8

A joint program between Bend-La Pine School District and BPRD. Open to all youth who live in the Bend-La Pine School District, this program emphasizes skill development, good sportsmanship, maximum participation and fun. Teams practice during the week; games played on weeknights. Uniform shirts provided.

Fee: \$54 / season

Boys' Season: 11/2 - 12/17

Boys' Reg. Deadline: 10/5

Girls' Season: 1/11 - 3/10

Girls' Reg. Deadline: 12/21

Cascade Middle School

#: 303801 - Boys 303901 - Girls

High Desert Middle School

#: 303802 - Boys 303902 - Girls

Pilot Butte Middle School

#: 303803 - Boys 303903 - Girls

Sky View Middle School

#: 303804 - Boys 303904 - Girls

Pacific Crest Middle School

#: 303805 - Boys 303905 - Girls

La Pine Middle School

#: 303806 - Boys 303906 - Girls

Seven Peaks Middle School

#: 303807 - Boys 303907 - Girls

Three Rivers Middle School

#: 303808 - Boys 303908 - Girls

Trinity Middle School

#: 303809 - Boys 303909 - Girls

St. Francis Middle School

#: 303810 - Boys 303910 - Girls

COBO Basketball Clinics, Camps & Training

Directed by basketball coach Craig Reid and his staff, these camps offer a friendly environment to gain basketball knowledge and experience, develop individual skills and learn team concepts.

ADVANCED BASKETBALL TRAINING

Mountain View High School

Prepare for the coming season as you practice and develop shooting, ball handling, passing, post play, perimeter attack skills, rebounding and defense. The goal is to expose players to advanced training and techniques, and drills that can improve your individual game. Training sessions will meet in the west gym.

Fee: \$139 ID \$167 OD / session

Program: 303104

Grades: 5 - 6

M/W: 6:00 - 7:30 pm

Sessions: 9/14 - 30 10/5 - 21

Grades: 7 - 8

M/W: 7:30 - 9:00 pm

Sessions: 9/14 - 30 10/5 - 21

PRE-SEASON CLINICS NEW

Mountain View High School

Get ready for the upcoming basketball season and tryouts!

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

Program: 303101

Grades: 5 - 6

Su: 6:00 - 8:00 pm

Session: 10/11 - 25

Grades: 7 - 8

Su: 4:00 - 6:00 pm

Session: 10/11 - 25

ELEMENTARY SCHOOL CAMP NO SCHOOL

Grades: 3 - 5

Pilot Butte Middle School

Work on the skills and elements of basketball to improve your game and get ready for the season.

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

Program: 303100

W: 9:00 am - 12:00 pm

Session: 11/11

MIDDLE SCHOOL BASKETBALL CAMP NO SCHOOL

Grades: 6 - 9

Pilot Butte Middle School

Work on the skills and elements of basketball to improve your game and get ready for the season.

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

Program: 303102

F: 9:00 am - 12:00 pm

Session: 11/13



The Pavilion: NEW Opening this winter!

Want to skate? Get on the ice with BPRD and join in regular drop-in skate sessions including:

OPEN SKATE

FAMILY SKATE

PARENT-TOT SKATE

FREESTYLE

YOUTH STICK TIME

Open seven days a week and featuring winter ice sports through March, The Pavilion is located on the corner of Simpson and Colorado Avenues in southwest Bend.

**LOOK FOR DETAILS
TO COME ON OUR
ANTICIPATED
OPENING
OF NOVEMBER 30TH.**

For more information including descriptions, fees, days and times of regular drop-in ice programs at The Pavilion, see pages 20 - 23.

Ice Sports

Learn to Skate NEW

Ages: 3 - 14

The Pavilion

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

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

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



CHOOSE THE RIGHT LEVEL:

TOTS SKATE: AGES 3 - 5 Learn how to stand, fall, swizzle and snowplow stop on the ice with fun songs and games. Protective headgear required (some available if needed). Prerequisite: ability to participate in a class environment.

Program: 310100, 310110

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

Program: 310101, 310111

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

Program: 310102, 310112

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

Program: 310103, 310113

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

Program: 310104, 310114

CHOOSE THE TIME:

All levels are offered at each time and session.

Tu: 9:15 - 10:00 am (Tots Only)

4:30 - 5:00 pm

5:10 - 5:40 pm

5:50 - 6:20 pm

Sessions: 12/1 - 1/26 2/2 - 3/15

Th: 9:15 - 10:00 am (Tots Only)

4:30 - 5:00 pm

5:10 - 5:40 pm

5:50 - 6:20 pm

Sessions: 12/3 - 1/28 2/4 - 3/17

Sa: 9:00 - 9:30 am

9:40 - 10:10 am

10:20 - 10:50 am

10:50 - 11:20 am

Sessions: 12/5 - 1/30 2/6 - 3/19



Learn to Play Hockey I NEW

Ages: 6 - 14

The Pavilion

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

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

Program: 310201

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

Sessions: 11/30 - 1/25
(No session 12/21 & 12/28)
2/1 - 3/14

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

Sessions: 12/2 - 1/27
(No session 12/23 & 12/30)
2/3 - 3/16

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

Sessions: 12/5 - 1/30 (No session 12/26 & 1/2)
2/6 - 3/19

Volunteer with youth sports and adaptive programs.

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

Learn to Play Hockey II NEW

Ages: 6 - 14

The Pavilion

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

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

Program: 310202

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

Sessions: 11/30 - 1/25
(No session 12/21 & 12/28)
2/1 - 3/14

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

Sessions: 12/2 - 1/27
(No session 12/23 & 12/30)
2/3 - 3/16

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

Sessions: 12/5 - 1/30 (No session 12/26 & 1/2)
2/6 - 3/19



The Pavilion

Join our rockin' staff and spend your winter vacay at a brand new facility! We'll dabble in ice skating, and try out activities like hockey, curling and other ice games. Round out the day with an adventure in Central Oregon. Bring your lunch and dress for the weather. PAC'ers will have the opportunity to choose from a variety of indoor and outdoor activities and field trips. Concessions will be available for purchase. Skate rental and open skate admission included.

ELEMENTARY SCHOOL: Grades: 3 - 5 NEW

MIDDLE SCHOOL: Grades: 6 - 8 NO SCHOOL

Fee: \$39 ID \$48 OD / day

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

AM Extended: 7:30 - 9:00 am (Additional fee: \$8 ID \$10 OD)

PM Extended: 4:00 - 5:30 pm (Additional fee: \$8 ID \$10 OD)

| | | |
|----------------------------|-------------------|-----------------|
| Winter Break Week 1 | 12/21 - 24 | Program: 310601 |
| Winter Break Week 2 | 12/28 - 31 | Program: 310602 |
| MLK Jr. Day | 1/18 | Program: 310603 |



Volleyball

OVA Volleyball Clinics NEW

Grades: 3 - 5

Pilot Butte Middle School

Get ready for the upcoming season by practicing serving, setting, hitting and passing. All sessions under the direction of local OVA club coaches.

Fee: \$39 ID \$47 OD / session
Program: 303919

Su: 4:00 - 5:15 pm
Session: 10/4 - 18

OVA Advanced Volleyball Clinics NEW

Grades: 6 - 8

Pilot Butte Middle School

These sessions are a great way to get ready for your upcoming club team tryouts! Focus is on developing all offensive and defensive skills - passing, setting, hitting, serving, digging and blocking - through advanced training and drills. All sessions under the direction of OVA club coaches.

Fee: \$49 ID \$59 OD / session
Program: 303920

Su: 5:30 - 7:00 pm
Session: 10/4 - 18

Youth Volleyball Camp NO SCHOOL

Grades: 3 - 5

Pilot Butte Middle School

Join our coaches for games, drills and skill building to improve your game. Bring knee pads and a water bottle.

Fee: \$40 ID \$48 OD / session
Program: 303622

Th/F: 4:00 - 6:00 pm
Session: 10/29 - 30

Volleyball Skills Day NO SCHOOL

Grades: 3 - 5

Sky View Middle School

Spend a no school day playing volleyball with your friends. This clinic includes drills and lots of games. Enjoy some well-earned pizza before heading home.

Fee: \$22 ID \$27 OD / session
Program: 303109

W: 9:00 am - 12:00 pm
Session: 11/11

Youth Volleyball League

Grades: 3 - 5

Local Schools

Get ready to be part of one of the biggest sports in Central Oregon! This program emphasizes individual and team skill development, maximum court time, good sportsmanship and fun. Teams will practice twice during the week (coaches will select time and location) and play games on Saturdays. Anyone interested in coaching, please contact Becky at (541) 706-6120.

Fee: \$55 ID \$66 OD / season
Season: 10/19 - 12/19

Registration Deadline: 10/4

Program: 303823 - Grade 3
303824 - Grade 4
303825 - Grade 5

Team Sponsorships Available: To sponsor a youth volleyball team go to program # 303002 after registering your child.

High School Volleyball League

Grades: 9 - 12

Pilot Butte Middle School

Open to any high school student who is not on a high school volleyball team. This is a recreational league with players serving as team captains. Officials, scorekeepers and team t-shirts are provided. We keep league standings and have playoffs in this program.

Registration Deadline: 9/17

Season: 9/20 - 10/25

Fee: \$59 ID \$71 OD / season
Su: 6:00 - 8:00 pm
Program: 203950 - Grades 9 & 10
203951 - Grades 11 & 12

Soccer

Rush Soccer Skills

Ages: 7 - 11

Cascade Indoor Sports

Learn the fundamentals of soccer! Participants will play games with the focus on individual and team skills development. We stress a non-competitive environment and promote fun. Classes will end in scrimmages. Instructor-to-student ratio is kept small to maximize development.

Fee: \$85 ID \$102 OD / session
Program: 303220

Ages: 7 - 8

W: 4:00 - 4:55 pm

Sessions: 9/16 - 10/28
11/4 - 12/16 (No session 11/25)

Ages: 9 - 11

W: 5:00 - 5:55 pm

Sessions: 9/16 - 10/28
11/4 - 12/16 (No session 11/25)

Volunteer with youth sports and adaptive programs.

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



Youth Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports

Get out of the cold weather and join a youth indoor soccer team! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All players will be assigned to a team for the season and receive a team shirt.

Fee: \$90 ID \$108 OD / season
Season 1: 11/7 - 1/2
(No session 11/28 & 12/26)

Registration Deadline: 10/17

Program: 303890

Grade: Saturdays:

K 10:00 am - 12:00 pm

1 - 2 12:00 - 2:00 pm

3 - 5 2:00 - 4:00 pm

6 - 8 4:00 - 6:00 pm

Season 2: 1/16 - 3/5

Registration Deadline: 12/26

Program: 303891

Grade: Saturdays:

K 10:00 am - 12:00 pm

1 - 2 12:00 - 2:00 pm

3 - 5 2:00 - 4:00 pm

6 - 8 4:00 - 6:00 pm

SoccerTots

Cascade Indoor Sports

Using props and games to enhance your child's soccer skills, this series develops motor skills, promotes physical fitness and creates self-confidence.

SoccerTots - Teddies

Ages: 18 Months - 3 Years

This parent participation class is a physical development program to engage kids in physical activity.

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

Program: 303203

Tu: 10:00 - 10:55 am

Sessions: 9/15 - 10/27

11/3 - 12/15 (No session 11/24)

W: 11:00 - 11:55 am

Sessions: 9/16 - 10/28

11/4 - 12/16 (No session 11/25)

Th: 5:00 - 5:55 pm

Sessions: 9/17 - 10/29

11/5 - 12/17 (No session 11/26)

Sa: 9:00 - 9:55 am

Sessions: 9/19 - 10/31

11/7 - 12/19 (No session 11/28)

SoccerTots - Cubs

Ages: 3 - 4

Introduction to kicking, balance, dribbling, foot-eye coordination as well as following directions.

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

Program: 303204

M: 5:00 - 5:55 pm

Sessions: 9/14 - 10/26

11/2 - 12/14 (No session 11/23)

Tu: 11:00 - 11:55 am

OR 4:00 - 4:55 pm

Sessions: 9/15 - 10/27

11/3 - 12/15 (No session 11/24)

W: 10:00 - 10:55 am

Sessions: 9/16 - 10/28

11/4 - 12/16 (No session 11/25)

Th: 4:00 - 4:55 pm

Sessions: 9/17 - 10/29

11/5 - 12/17 (No session 11/26)

Sa: 9:00 - 9:55 am

Sessions: 9/19 - 10/31

11/7 - 12/19 (No session 11/28)



SoccerTots - Bears

Ages: 5 - 7

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

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

Program: 303205

M: 4:00 - 4:55 pm

Sessions: 9/14 - 10/26

11/2 - 12/14 (No session 11/23)

Tu: 5:00 - 5:55 pm

Sessions: 9/15 - 10/27

11/3 - 12/15 (No session 11/24)

W: 4:00 - 4:55 pm

Sessions: 9/16 - 10/28

11/4 - 12/16 (No session 11/25)

Baseball

Bend Lava Bear Baseball Hitting Camp

NEW

NO SCHOOL

Grades: 2 - 8

Bend High School

Get a jump on the baseball season and improve your game with quality instruction from Bend High Varsity Baseball staff. This camp is specially tailored for this age group. Bring your baseball glove and bat each day. We'll be indoors at the Bend High batting cages.

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

Program: 303991

M/Tu: 2:00 - 6:00 pm

Session: 12/21 - 22



Bend FC Timbers

Future Timbers Academy

Ages: U5 - U8

Come join the Bend FC Timbers professional staff for our Winter Future Timbers Academy. Available to players U5 - U8, this weekly hour-long session led by Bend FC Timbers coaching staff, focuses on fun, technical development. Small player to coach ratio with topics to be covered including ball mastery and skills, passing, receiving and many more.

Futsal League

Ages: U10 - U14

Come join the Bend FC Timbers professional coaching staff for our Winter Futsal League. A fun way to get lots of touches on the ball and improve your skills in small sided games.

Technical Training

Ages: U10 - U14

Come join the Bend FC Timbers professional coaching staff for our Winter Technical Training series. Weekly hour-long sessions led by Bend FC Timbers coaching staff. Small player to coach ratio with topics to be covered including ball mastery, passing, receiving, shooting, and many more!

Speed and Agility Training

NEW

Ages: U10 - U14

Come join Rebound's REP Lab professional coaching staff for our Winter Speed & Agility classes. Weekly hour-long sessions led by the knowledgeable training staff at REP lab. Small player to coach ratio with a focus on developing athletic movements to maximize your soccer performance.

Goalkeeper Training

NEW

Ages: U10 - U14

Come join the Bend FC Timbers professional goal keeping staff for our Winter goalkeeping series. Weekly hour-long sessions led by Bend FC Timbers Director of Goalkeeping, Chris Smith. Topics to be covered include techniques of ball handling, diving, kicking, catching.

For more information on Bend FC Timbers age divisions and programs, visit www.bendfctimbers.com.



Sports Camps

Fall Field Days FREE NEW

All Ages

Come enjoy the parks in Central Oregon's beautiful autumn weather! Bring your family and play all your favorite field day games like Capture the Flag, tag and more!

Sa: 11:00 - 11:45 am
 Sessions: 9/19 Columbia Park
 10/10 Kiwanis Park
 10/24 Al Moody Park

Dodgeball Days NEW NO SCHOOL

Grades: 3 - 5

Pilot Butte Middle School

Dodge, duck, dip, dive and dodge! A great complement to Basketball Skills Camp, this program will be an afternoon of your favorite dodgeball games, Jurassic Park and more! Bring a water bottle.

Fee: \$32 ID \$38 OD / session
 Program: 303111
M/Tu: 1:00 - 4:00 pm
 Session: 12/28 - 29

Two Camp Special with Basketball Skills Camp!

See page 80.

Register for both Basketball Skills Camp and Dodgeball Days and save! Bring a water bottle and your lunch.

Fee: \$54 ID \$65 OD / day
 Program: 303113
M/Tu: 9:00 am - 4:00 pm
 Session: 12/28 - 29

Sportsters NEW NO SCHOOL

Grades: K - 3

Highland Elementary

Sportsters will participate in multi-sport games with the focus on fun! Enjoy a no school day playing all your favorite games. Bring a lunch and water bottle each day.

Fee: \$32 ID \$38 OD / session
 Program: 303209
Th/F: 9:00 am - 3:00 pm
 Session: 10/29 - 30

All Sport Camps NO SCHOOL

Grades: 1 - 5

Cascade Indoor Sports

Come alone or join your friends. We'll play your favorite games such as soccer, kickball, tag, Ultimate (Frisbee), flag football, dodge ball, 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.

Thanksgiving Break: 11/23 - 25

Single Day Fee: \$40 ID \$48 OD
 All 3 Days: \$120 ID \$144 OD
 Program: 303309

Daily: 8:30 am - 12:30 pm
 M: 11/23
 Tu: 11/24
 W: 11/25

Winter Break: 12/21 - 23

Single Day Fee: \$40 ID \$48 OD
 All 3 Days: \$120 ID \$144 OD
 Program: 303310

Daily: 8:30 am - 12:30 pm
 M: 12/21
 Tu: 12/22
 W: 12/23

New Year Break: 12/28 - 31

Single Day Fee: \$40 ID \$48 OD
 All 4 Days: \$140 ID \$168 OD
 Program: 303311

Daily: 8:30 am - 12:30 pm
 M: 12/28
 Tu: 12/29
 W: 12/30
 Th: 12/31

Skateboarding

No School Skate School NEW NO SCHOOL

Ponderosa Park Skatepark

When school's out, let's all skate! You'll make new friends and learn a whole new set of skills. Skate school is designed for the beginner skateboarder who wants to build their confidence at the Ponderosa Park skatepark. Supervision will be available to provide support and assistance. Helmets and knee pads required; full pads highly recommended.

Fee: \$80 ID \$92 OD / session
 Program: 306040

Ages: 6 - 8

Th/F: 10:00 am - 1:00 pm
 Session: 10/29 - 30

Ages: 9 - 12

Th/F: 10:00 am - 1:00 pm
 Session: 10/29 - 30

Learn to Skateboard NEW

Ponderosa Park Skatepark

Get stoked and learn how to skateboard! We're talking the fundamentals, getting confident at the Ponderosa Park skatepark and gaining new skills! If you have always wanted to learn more about skateboarding and how to skate in the skatepark, we're going to make it the most fun you've ever had while learning. We will focus on proper techniques to excel in the skatepark, starting with our stance on the board and working up to being on ramps. Helmets and knee pads required; full pads highly recommended.

Fee: \$80 ID \$92 OD / session
 Program: 306044

Ages: 11 - 14

W: 1:15 - 2:45 pm
 Session: 9/23 - 10/28

Ages: 7 - 10

W: 3:00 - 4:30 pm
 Session: 9/23 - 10/28



Archery

Archery - The Ancient Art NO SCHOOL

Ages: 10 - 15

Harmon Park

Learn the 10,000 year-old art of bows and arrows. A fun morning that emphasizes shooting safety and developing basic archery skills using recurve bows on an outdoor range outside of Tumalo. No previous experience necessary, but all skill levels welcome. All archery equipment is provided. Be sure to dress for current weather conditions for class. Want to make a full day of adventure? Sign up for Cave Exploration in the afternoon. See page 74.

Fee: \$29 ID \$35 OD / session
 Program: 307710

F: 9:00 am - 1:00 pm
 Sessions: 10/30 11/13





Fencing

Beginning Foil Fencing

Ages: 9 - 12

High Desert Fencing

Discover the Olympic sport of competitive fencing. Learn the basic footwork, blade work and tactics to enjoy the sport in a safe and fun manner while developing the proper form and techniques. All fencing equipment provided. Wear t-shirt, athletic pants and shoes (no shorts/ pants with pockets).

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

Program: 306119

M: 4:30 - 5:30 pm

Session: 9/28 - 11/16

Beginning Epee Fencing

Ages: 13 - 19

High Desert Fencing

Learn the Olympic sport of competitive fencing. We will cover the art of epee fencing while stressing the proper form and techniques of Olympic style fencing. Participants learn the basic footwork, blade work and tactics to enjoy the sport in a safe and fun manner. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts or pants with pockets).

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

Program: 306219

M: 5:30 - 7:00 pm

Session: 9/28 - 11/16

Martial Arts

Juniors Karate

Ages: 6 - 12

Odyssey Martial Arts

(Formerly Tang Soo University)

Discover what martial arts is all about! Students will learn self-control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

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

Program: 306153

M/W: 5:00 - 5:45 pm

Sessions: 9/2 - 30 (no class 9/7)

10/5 - 28

11/2 - 11/30 (no program 11/25)

12/2 - 12/30 (no program 12/23)

1/4 - 1/27

Tu/Th: 4:45 - 5:30 pm

Sessions: 8/25 - 9/17

10/6 - 10/29

11/3 - 12/1 (no program 11/26)

12/3 - 12/29 (no program 12/24)

1/5 - 1/28

Hollywood Stunt Training

Ages: 7 - 15

Smith Martial Arts

Get insider training in stunts and screen fighting from a veteran Hollywood stunt fighter and fight choreographer. Class demonstrates how to properly hit, work angles, choreograph a fight scene and react for the camera. Fun and fast-paced, class is for beginners and those with martial arts experience.

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

Program: 306109

F: 4:00 - 7:00 pm

Sessions: 10/16 12/11

Kids Self Defense

Ages: 4 - 10

Smith Martial Arts

Learn simple moves to stay safe with real life scenarios. Kids will have more confidence knowing that they can handle themselves in any situation.

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

Program: 306107

M: 4:30 - 5:15 pm

Sessions: 9/28, 10/19, 11/9, 12/7

Kids MMA

Ages: 6 - 12

Smith Martial Arts

Learn mixed martial arts skills and techniques including boxing, kickboxing, takedowns, grappling, submissions and conditioning. With safety and fitness emphasized, this is a great program for both beginners and kids with prior training. Includes a t-shirt.

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

Program: 306108

Tu/Th: 4:30 - 5:15 pm

Sessions: 9/15 - 10/8 10/13 - 11/5

11/10 - 12/10

Wrestling

Wrestlenastics

Grades: 1 - 4

Bend High School

Get your young child active this fall! Introduce them to basic wrestling maneuvers and tumbling activities in a safe atmosphere. We'll be using a variety of games and activities to enhance balance, coordination, strength and confidence. Staff comprised of high school coaches and athletes. Program takes place in the school's wrestling room.

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

Program: 303999

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

Session: 10/8 - 22

Lava Bear Wrestling Club

Grades: K - 8

Bend High School

Learn age and ability level appropriate wrestling. We will have three levels available. Athletes learn valuable skills including character building, balance, coordination, core-strength, conditioning and wrestling maneuvers. The staff has many years of experience coaching local school-based wrestling programs. Includes t-shirt, shorts and USA Wrestling card.

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

Program: 303990

Grades: K - 4

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

Session: 11/2 - 2/3

Grades: 5 - 8

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

Session: 11/2 - 2/5

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

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

Program: 304611

M: 6:00 - 8:00 pm

Session: 9/14 - 12/14

Adaptive Equipment

Adaptive equipment is available for people with physical disabilities including an adaptive golf cart, sports wheelchairs, adult hand-cycles and child hand-cycles. If you are interested in using or renting this equipment for an outing, call (541) 706-6121.



CLIP IT OUT!
.....
(RE) PLACE
IT ON
YOUR FRIDGE!
.....
DON'T MISS OUT
ON THE
ACTION!

Yo! Sports Fans!
Plan Ahead!
2015-16
Youth League
Registration Deadlines:

FALL 2015 REGISTRATION: Opens August 10th

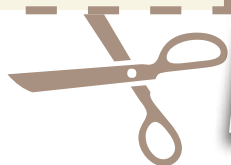
| Program/League | Season | Registration Deadline |
|-------------------------------|--------------------|-----------------------|
| Youth Volleyball League | Oct. 19 - Dec. 19 | Oct. 4 |
| Bitty Ball Basketball League | Nov. 7 - Dec. 19 | Oct. 12 |
| Boys MS Basketball League | Nov. 2 - Dec. 17 | Oct. 5 |
| High School Basketball League | Dec. 6 - March 6 | Nov. 23 |
| Youth Basketball League | Jan. 4 - March 5 | Nov. 8 |
| Girls MS Basketball League | Jan. 11 - March 10 | Dec. 21 |

WINTER-SPRING 2016 REGISTRATION: Opens Dec. 7th

| Program/League | Season | Registration Deadline |
|----------------------------|--------------|-----------------------|
| Youth Indoor Soccer League | March - May | Feb. 21 |
| Youth Lacrosse League | March - June | Feb. 29 |
| Girls Softball League | March - June | March 9 |
| PGA Junior Golf League | April - June | April 20 |

SUMMER 2016 REGISTRATION: Opens March 21st

| Program/League | Season | Registration Deadline |
|-------------------------------|----------------------|-----------------------|
| Youth Fall Soccer League | August - October | June |
| Youth Tackle Football League | August - October | June |
| Youth Flag Football League | September - November | August |
| Kindergarten Soccer League | September - October | August |
| 6th Grade Volleyball League | September - October | Sept. |
| High School Volleyball League | September - October | Sept. |
| Middle School Tennis League | September - October | Sept. |



big thanks to our spring youth sports sponsors.

Thank you to all the local businesses and individuals who value healthy recreation opportunities for children and help make youth sports programs possible. Please join us in thanking the following 2015 spring sports sponsors:

Youth Lacrosse Program Sponsor:

Keith E. Krueger, D.M.D., P.C.
Oral & Maxillofacial Surgeon

Youth Lacrosse Team Sponsor:

Bicycle Resource of Bend

Youth Sports Team Sponsorship Opportunities

Here's a chance to promote your business and support Bend Park & Recreation District youth sports teams programs. Each team sponsor will have their business name printed on the back of team jerseys and will receive a team photo plaque. For more information, call Russ Holliday at (541) 706-6108. Sponsoring a team is easy! Simply go to the BPRD registration website and reference the number of the team sport you would like to sponsor:

- Program: 303000 **Youth Basketball** (boys & girls grades 3 - 5) \$275 / team
- Program: 303002 **Youth Volleyball** (boys & girls grades 3 - 5) \$275 / team



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!

Youth Lacrosse

- | | | | | | | |
|------------------|-----------------|----------------|---------------------|------------------------|----------------|-------------------|
| Chris Akenson | John Connolly | Quinn Flanigan | Bradley Howk | Jeff Lee | Paul Patton | Anne Stephens |
| Kristine Akenson | Joan Dairy | Kurt Giesler | Rich Hulser | Rob Lindsey | Mason Payer | Tiffany Tisdell |
| Nick Allen | Blair Deaver | Isaiah Glatz | Will Hurst | Jason Montoya | Michelle Preim | Karrie Trowbridge |
| Chuck Arnold | Michael Dennis | Paul Grignon | Brad Irwin | Deidra Moore | Tom Pulliam | Russ White |
| Wells Ashby | James Domings | Keith Harris | Roarke Jennings | Kimberly Moore-Kennedy | Dan Radatti | Justin Zink |
| John Audette | Kevin English | Kris Harwell | Kirman Kasmeyer | Matt Nelson | Shelley Ranson | |
| Shawn Blount | Linda English | Rob Harwell | Hodge Kerr | Jordan Obsahl | Pete Rodgers | |
| Mike Brown | Jack Farley | Kyle Hawkins | Brian Kindel | John O'Sullivan | Doug Sanderson | |
| Stirling Cobb | Tiffany Farrell | Derek Hines | Daniel Laudenslager | | Kevin Schaffer | |

Girls Fast Pitch Softball

- | | | | | | | |
|----------------------|----------------|-------------------|----------------|-------------------|--------------------|-------------------|
| Dan Alberghetti | Jason Barber | Heather Fisher | Marci Hagen | Katie Perez | TJ Todd | Staci West |
| Lizabeth Alberghetti | Mike Carpenter | Jennifer Gerlach | Ben Hernandez | Mario Perez | Danielle Vidalli | Mary Wooster |
| Corey Andrews | Caitlin Carter | Amanda Gillette | Chris Maroone | Marcus Romero | Heather Walker | Christine Jackson |
| Josh Arment | Abbey Davis | Michael Gorremans | Doug McDonald | Stephanie Russell | Bill Weatherman | |
| Brady Barrord | Asia Davis | Jesse Guevara | Benjamin Odell | Jason Sutterfield | Madelyn Weatherman | |
| | Don Fain | | Karie Odell | Darcy Todd | | |

Volunteers Needed to Coach Youth Team Sports

Make a difference for a group of kids!

Volunteers are essential to youth sports programs. We are currently seeking volunteer coaches for:

- 6th Grade Girls Volleyball
- Youth Volleyball
- Bitty Ball Basketball
- Youth Basketball
- Middle School Basketball

Sport experience preferred. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.



Aspen Hall



Hollinshead Barn



Marcoulier Event Room



Riverbend Community Room



Picnic Shelter



PARK & FACILITY RENTALS:

For Your Next Event

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

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

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

MARCOULIER EVENT ROOM at the Bend Senior Center is a large, open space with beautiful maple wood floors perfect for dancing, lots of natural light and a full commercial kitchen. It is the perfect location for a wedding, reception, reunion or event with seating up to 250 people.

RIVERBEND COMMUNITY ROOM is located in the District office and available for presentations, meetings or small events. The room opens up to an outdoor plaza overlooking the Deschutes River and Riverbend Park.

JUNIPER SWIM & FITNESS CENTER is available for swim parties, pool rentals and special fitness events. Options are available from packages during open recreation swim times or private party pool rental with a room available for before or after.

THE PAVILION welcomes groups for birthday parties and other special events. Bring the gang for open skate and rent the party room. Call for reservations.

PARKS, PICNIC SHELTERS & SPORTS FIELDS are available for rental. Fees are based on the size of your group, park amenities and length of your event.

SPORT PACKS which include: volleyball and net, baseball equipment and Frisbee are available for rental during your outdoor party or company picnic. You just add the fun!

Visit www.bendparksandrec.org for more details and virtual tours or call (541) 389-7275 for additional information or to make a reservation.

Program Locations

Locations of all fall BPRD programs are in alphabetical order below.

Academie De Ballet Classique

162 NW Greenwood Ave, Bend, OR 97701

Al Moody Park

2225 NE Daggett Lane, Bend, OR 97701

American Red Cross – Twin Knowles

2570 NE Twin Knolls Dr, Bend, OR 97701

Amity Creek Elementary

437 NW Wall St, Bend, OR 97701

Art Station

313 SW Shevlin Hixon Dr, Bend, OR 97702

Art & Wine, Oh My!

1065 Paiute Way, Ste. 115, Bend, OR 97701

Bear Creek Elementary School

51 SE 13th, Bend, OR 97702

BEAT Studio

2524 NE Division St, Bend, OR 97701

Bend High School

230 NE 6th St., Bend, OR 97701

Bend Senior Center

1600 SE Reed Market Rd, Bend, OR 97702

Black Cat Ballroom

600 NE Savannah Dr, Bend, OR 97701

BPRD District Office

799 SW Columbia St, Bend, OR 97702

Buckingham Elementary

62560 Hamby Rd, Bend, OR 97701

Cascade Indoor Sports

20775 High Desert Ln, Bend, OR 97701

Cascade Middle School

19619 Mountaineer Way, Bend, OR 97702

Cascade School of Music

200 NW Pacific Park Ln, Bend, OR 97701

Columbia Park

264 SW Columbia St, Bend, OR 97702

Elk Meadow Elementary School

60880 Brookwood Blvd, Bend, OR 97702

Ensworth Elementary School

2150 NE Daggett Ln, Bend, OR 97701

**Harmon Park, Hobby Hut
& Outdoor Center**

1100 NW Harmon Blvd, Bend, OR 97701

High Desert Fencing

911 SE Wilson Ave, Bend, OR 97702

High Lakes Elementary School

2500 NW High Lakes Lp, Bend, OR 97701

Highland Elementary School at Kenwood

701 NW Newport Ave, Bend, OR 97701

Hollinshead Park & Barn

1235 NE Jones Rd, Bend, OR 97701

Jewell Elementary School

20550 Murphy Rd, Bend, OR 97702

Juniper Elementary School

1300 NE Norton, Bend, OR 97701

Juniper Swim & Fitness Center

800 NE 6th St, Bend, OR 97701

Kiwanis Park

800 SE Centennial Blvd, Bend, OR 97702

KPOV – High Desert Community Radio

501 NW Bond St, Bend, OR 97701

Larkspur Park

1700 SE Reed Market Rd, Bend, OR 97702

Lava Ridge Elementary School

20805 Cooley Rd, Bend, OR 97701

Miller Elementary School

300 NW Crosby Dr, Bend, OR 97701

Mountain View High School

2755 NE 27th St, Bend, OR 97701

Norton Ave. Apartments

415 NE Norton Ave, Bend, OR 97701

Odyssey Martial Arts

(Formerly Tang Soo Do University)
924-B SE Wilson, Bend, OR 97702

The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

Pilot Butte Middle School

1501 NE Neff Rd, Bend, OR 97701

Ponderosa Elementary School

3790 NE Purcell Blvd, Bend, OR 97701

Ponderosa Park & Skatepark

225 SE 15th St, Bend, OR 97702

Silver Rail Elementary School

61530 SE Stone Creek St, Bend, OR 97702

Sky View Middle School

63555 NE 18th St, Bend, OR 97701

Skyline Sports Complex

19617 Mountaineer Way, Bend, OR 97702

Smith Martial Arts

63027 Plateau Dr, Bend, OR 97702

Sortor Bushido Kai Karate

63056 Lower Meadow Dr, Bend, OR 97701

Spanish & Math Learning Center

63378 Nels Anderson Rd, Bend, OR 97701

Tall Pine Studio

SE Bend off of Knott Rd, Bend, OR 97702

Tumalo Creek Kayak & Canoe

805 SW Industrial Way, Ste 6, Bend, OR 97702

Park Features & Amenities

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

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

PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and comfort of all park users. Please enjoy your visit. Park users are responsible for knowing and following all park rules. This is a partial list.

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

For police matters, call 541-693-6911.

For emergencies, dial 911.

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

TRAIL USE:

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



| PARK NAME | ADDRESS | BALL FIELDS | BASKETBALL | DISC GOLF | DOG OFF-LEASH AREAS | FACILITY RENTALS | FISHING | HORSESHOES | NATURAL AREAS | PICKLEBALL | PICNIC SHELTER | PLAYGROUND | RESTROOMS (YEAR-ROUND) | RESTROOMS (SEASONAL) | RIVER ACCESS | SKATEBOARDING | TENNIS |
|---------------------------------|-------------------------|-------------|------------|-----------|---------------------|------------------|---------|------------|---------------|------------|----------------|------------|------------------------|----------------------|--------------|---------------|--------|
| Al Moody Park | 2225 NE Daggett Ln | | • | | | | | | | | • | • | • | | | | |
| Alpine Park | 19500 Century Dr | | | | | | | | • | | | | | | | | |
| Awbrey Village Park | 3015 NW Merchant Way | | | | | | | | | | | • | | | | | |
| Bend Park & Recreation District | 799 SW Columbia St | | | | | • | | | | | | | • | | | | |
| BPRD Park Services | 1675 SW Simpson Ave | | | | | | | | | | | | | | | | |
| Bend Senior Center | 1600 SE Reed Market Rd | | | | | • | | • | | | | | • | | | | |
| Bend Whitewater Park | 166 SW Shevlin Hixon Dr | | | | | | | | | | | | | | | • | |
| Big Sky Park | 21690 NE Neff Rd | • | | | • | | | | • | | • | • | • | | | | |
| Blakely Park | 1155 SW Brookwood Blvd | | • | | | | | | | | | • | • | | | | |
| Boyd Park | 20750 NE Comet Ln | | • | | | | | | | | • | • | | • | | | |
| Brooks Park | 35 NW Drake Rd | | | | | | • | | | | | | | | | • | |
| Columbia Park | 264 NW Columbia St | | | | | | | • | | | • | • | • | | | • | |
| Compass Park | 2500 NW Crossing Dr | | | | | | | | • | | • | • | • | | | | |
| Discovery Park | 1315 NW Discovery Drive | | | | • | | | | • | | • | • | • | | | | |
| Dohema River Access | 35 NW Drake Rd | | | | | | | | | | | | | | | • | |
| Drake Park | 777 NW Riverside Blvd | | | | | | • | | | | | | • | | | • | |
| Farewell Bend Park | 1000 SW Reed Market Rd | | | | | | • | • | | | • | • | • | | | • | |
| First Street Rapids Park | 1980 NW First St | | | | | | • | • | | | | | • | | | • | |
| Foxborough Park | 61308 Sunflower Ln | | • | | | | | | | | | • | | • | | | |
| Gardenside Park | 61750 Darla Pl | | | | | | | | | | • | • | • | | | | |
| Genna Stadium | 401 SE Roosevelt Ave | | | | | | | | | | | | | | | | |
| Harmon Park | 1100 NW Harmon Rd | • | | | | | | | | | • | • | • | | | • | |
| Harvest Park | 63240 NW Lavacrest St | | | | | | | | | | | • | | • | | | |
| High Desert Park | 60895 27th St | | | | | | | | • | | | | | | | | |
| Hillside I Park | 2050 NW 12th St | | • | | | | | | | | | • | • | | | | |
| Hillside II Park | 910 NW Saginaw Ave | | | | • | | | | | | | | | | | | |
| Hixon Park | 125 SW Crowell Way | | | | | | | | | | | | | | | | |
| Hollinshead Park | 1235 NE Jones Rd | | | | • | • | | | | | | | • | | | | |
| Hollygrape Park | 19489 SW Hollygrape St | | | | | | | | | | | • | • | | | | |
| Jaycee Park | 478 Railroad St | | • | | | | | | | | | • | | • | | | |
| Juniper Park | 800 NE 6th St | • | | | | | | • | • | | • | • | • | | | | • |
| Juniper Swim & Fitness Center | 800 NE 6th St | | | | | • | | | | | | | • | | | | |
| Kiwanis Park | 800 SE Centennial Blvd | • | • | | | | | | | | • | • | • | | | | |
| Larkspur Park | 1700 SE Reed Market Rd | | • | | | | | • | • | • | • | • | • | | | | |

| PARK NAME | ADDRESS | BALL FIELDS | BASKETBALL | DISC GOLF | DOG OFF-LEASH AREAS | FACILITY RENTALS | FISHING | HORSESHOES | NATURAL AREAS | PICKLEBALL | PICNIC SHELTER | PLAYGROUND | RESTROOMS (YEAR-ROUND) | RESTROOMS (SEASONAL) | RIVER ACCESS | SKATEBOARDING | TENNIS |
|-------------------------------|--------------------------|-------------------------|------------|-----------|---------------------|------------------|---------|------------|---------------|------------|----------------|------------|------------------------|----------------------|--------------|---------------|--------|
| Lewis & Clark Park | 2520 NW Lemhi Pass Dr | • | | | | | | | | | | • | | | | | |
| McKay Park | 166 SW Shevlin Hixon Dr | Closed for construction | | | | | | | | | | | | | | | |
| Miller's Landing Park | 55 NW Riverside Blvd | | | | | | • | | | | • | | • | | • | | |
| Mountain View Park | 1975 NE Providence Dr | • | | | | | | | | | | • | | • | | | |
| Orchard Park | 2001 NE 6th St | • | | | | | | | | | • | • | | • | | | |
| Overturf Park | 475 NW 17th St | | | • | | | | • | • | | | • | | | | | |
| Pacific Park | 200 NW Pacific Park Ln | | | | | | | • | | | | | | | | | |
| Pageant Park | 691 NW Drake Rd | | | | | | | • | | | | | | | | • | |
| The Pavilion | 1001 SW Bradbury Way | • | | | • | | | | | • | | • | | | | | |
| Pilot Butte Neighborhood Park | 1310 NE Highway 20 | | | | | | | | | | | • | | | | | |
| Pine Nursery Park | 3750 NE Purcell Blvd | • | • | • | | | • | | • | • | • | | • | | | | |
| Pine Ridge Park | 61250 Linfield Ct | | | | | | | | | | | • | • | | • | | |
| Pioneer Park | 1525 NW Wall St | | | | | | • | | | | | • | • | | | | |
| Ponderosa Park | 225 SE 15th St | • | • | | • | | | | | • | • | • | • | | | | • |
| Providence Park | 1055 NE Providence Dr | | • | | | | | | | | | • | | • | | | |
| Quail Park | 2755 NW Regency St | | • | | | | | | • | • | • | • | | • | | | |
| River Canyon Park | 61005 Snowbrush Dr | | | | | | | | | | | | | | | | |
| River Rim Park | 19400 Charleswood Ln | | | | | | | | | | | | | | | | • |
| Riverbend Park | 799 SW Columbia St | | | | | | • | | | | • | | • | | • | | |
| Riverview Park | 225 NE Division St | | | | | | | | • | | | | | • | | | |
| Rockridge Park | NE 18th St & Egypt Dr | | | | | | | | • | | | | | | | | |
| Sawyer Park | 62999 O.B. Riley Rd | | | | | | • | | • | | | | • | | • | | |
| Sawyer Uplands Park | 700 NW Yosemite Dr | | | | | | | | • | | | • | | | | | |
| Shevlin Park | 18920 NW Shevlin Park Rd | | | | • | • | | • | | • | | • | • | | | | |
| Skyline Sports Complex Park | 19617 Mountaineer Way | • | | | | | | | | | • | • | • | | | | |
| Stover Park | 1650 NE Watson Dr | • | | | | | | | | | | • | • | | | | |
| Summit Park | 1150 NW Promontory Dr | | • | | | | | • | | | | | | | | | • |
| Sun Meadow Park | 61150 Dayspring Dr | | • | | | | | | | | • | • | | • | | | |
| Sunset View Park | 990 NW Stannium Rd | | | | | | | | • | | | | | | | | |
| Sylvan Park | 2996 NW Three Sisters Dr | | | | | | | • | | | | • | | | | | • |
| Three Pines Park | 19089 Mt Hood Pl | | | | | | | | | | | • | | | | | |
| Wildflower Park | 60955 River Rim Dr | | | | | | | | | | • | • | | | | | |
| Woodriver Park | 61690 Woodriver Dr | • | | | | | | | | | | • | | • | | | |



Deschutes River at Sawyer Park



Wildflower Park playground and shelter



Off-Leash Area at Big Sky Park