

FALL
REGISTRATION
OPENS
AUGUST 16
@ 6:00 AM



your playbook

Opening Day
Registration Tips
page 5

youth & adult recreation
registration opens
august 16

online edition

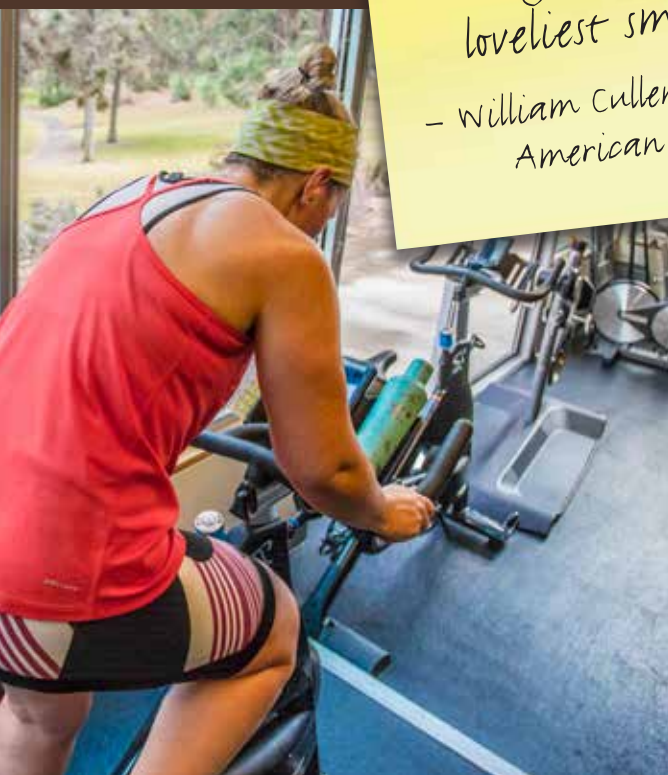
includes: Art Station,
The Pavilion, Bend Senior Center
Juniper Swim & Fitness Center
& Larkspur Community Center

play for life



what's inside

*"Autumn...
the year's last,
loveliest smile."
- William Cullen Bryant,
American poet*



INTRODUCTION

Table of Contents.....	2
Letter from Executive Director	3
Contact Us	4

REGISTRATION, REFUND/CANCELLATION POLICY & SCHOLARSHIPS

Opening Day Registration Tips.....	5
How to Register	6
Refund & Cancellation Policy	7
Recreation Scholarships	7
Discover Nature Festival	8

ADULT RECREATION

Adult Activities.....	9 - 14
Adult Art	15 - 18
Adult Sports.....	19 - 21
Adult Swimming.....	22

THERAPEUTIC RECREATION

Youth & Adult.....	23 - 26
--------------------	---------

YOUTH RECREATION

Young Children.....	27 - 28
Youth Activities.....	29 - 33
Youth Art	34 - 38
Youth Sports.....	39 - 47
Youth Swimming & Fitness	48 - 51

RECREATION CENTER DROP-IN ACTIVITIES

Fees & Passes	54 - 55
Ice and Roller Skating,.....	56
Skateboarding & Scootering	
Open Recreation & Lap Swim.....	57
Fitness Classes.....	58 - 59
& Fitness Center Use	
Older Adult Social Activities.....	60

RECREATION CENTERS

Juniper Swim & Fitness Center	61
Larkspur Community Center.....	62
The Pavilion	63

LOCATIONS & PARKS

Program Locations	64
Rentals.....	65
Park Features & Locations.....	66 - 67

COVER: Photo credit Kayla Mackenzie.

Larkspur Community Center glows on a fall evening. Home of the Bend Senior Center, Larkspur offers fitness, swim and enrichment activities for all ages. More on pages 53 - 63.

fall for fun.



Here's to welcoming the fall season! Shoulder seasons are great in Central Oregon and offer many opportunities to explore and enjoy favorite activities.

Many of us are getting back into daily and weekly routines, while others are looking for experiences and opportunities that might be new. The good news is that our recreation offerings have a little of everything with activities for all ages and abilities.

One program we're pleased to offer again is Kids' Corner childcare at Juniper Swim & Fitness Center. On hiatus since the pandemic's beginning, Kids' Corner features an enriching environment for little ones ages six months to six years while their parents/guardians get in a workout or swim. You can learn more about Kids' Corner and its new registration options on page 28. Kids' Corner's return is a sign of improved staffing stability at our recreation centers, a trend we're focused on continuing through the seasons ahead.

You may wonder why we've continued to only deliver "Your Playbook" in this digital format – a modification that was necessitated by the pandemic's lightning fast changes. The online Playbook is a shopping tool to help with recreation program registration and it works well for most community members. But we miss sharing district news in all community households' mailboxes and plan to resume that printed connection with you in the months ahead. Thanks for your patience as we prepare a new magazine-style edition of district happenings. We look forward to sharing more stories about our volunteers, partners, parks and trails, and efforts to expand access and inclusion in our programs.

Please enjoy reviewing this season's recreation programs, and thanks for being part of Bend's recreation community. May the final weeks of your summer be filled with memories to last through fall and beyond.


Best,


Don Horton, Executive Director
don@bendparksandrec.org


*"Life starts all over again when it gets crisp in the fall."
- F. Scott Fitzgerald,
American author*



CONTACT US

 phone: (541) 389-7275

 email: info@bendparksandrec.org

 website: bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

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

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

ART STATION

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

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

p. (541) 389-7275

JUNIPER SWIM & FITNESS CENTER

800 NE 6th St. • p. (541) 389-7665

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

Facility details on page 61.

LARKSPUR COMMUNITY CENTER HOME OF THE BEND SENIOR CENTER

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

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

Facility details on page 62.

PARK SERVICES

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

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

THE PAVILION

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

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

Facility details on page 63.



fall 2022 | online edition

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

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

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

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

BOARD OF DIRECTORS:

Debra Schoen, Board Chair • Nathan Hovekamp, Vice-Chair • Xavier Borja • Jason Kropf • Ariel Méndez

BUDGET COMMITTEE:

Larry Kimmel • Joanne Mathews • Donna Owens • Daryl Parrish

EXECUTIVE DIRECTOR:

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

DEPUTY EXECUTIVE DIRECTOR:

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

ADMINISTRATION SERVICES DIRECTOR:

Kristin Donald • (541) 706-6109
kristind@bendparksandrec.org

RECREATION SERVICES DIRECTOR:

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

FOLLOW US:

Facebook - Bend Park & Recreation District, Servicios en Español de Bend Park and Recreation District, Juniper Swim & Fitness Center, Larkspur Community Center, The Pavilion, Bend Whitewater Park, Art Station and Bend Senior Center.

Instagram - bendparks, juniperswimandfitness and larkspurcommunitycenter

Twitter - Bend Park & Rec (@bendparksandrec)

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

SERVICIOS DISPONIBLES PARA LA COMUNIDAD LATINA | LATINO OUTREACH SERVICES:

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

tips for

REGISTERING ON OPENING DAY

for an efficient & successful registration

Registration opening days are by far the busiest transaction days of the year at Bend Park & Recreation District. As our community grows, so has the amount of registration activity during the first hours a season's programs are made available. Sometimes that large rush of activity can overwhelm our systems and cause issues with your registration process. And we're working on improvements to change that.

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

REVIEW YOUR ACCOUNT

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

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

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

SET UP FOR SUCCESS

A few important recommendations:

1. Create a list of your priority activities and programs. More on that below.
2. Registration works best on a desktop computer or laptop. While you can use a mobile device, it's not the most efficient and some mobile devices with older apps or operating systems can have conflicts.
3. Keep only one web browser window with only one tab open during registration. That one window and tab should be on the registration page. Close all other windows and tabs when it's time to register.
4. Be patient. If during registration your screen slows down dramatically or you see the spinning circle, it means the system is processing your request. Do not refresh your screen nor open another window, tab or computer - you will disrupt that process and likely lose your transaction.
5. Have program Activity numbers (first 6 digits) ready when registration begins. Most of the Activity numbers are published in the online Playbook and are all available in the online program preview.

BEFORE OPENING DAY

- View the programs in the online Playbook or linked to the registration website homepage and make a note of the Activity numbers for the programs you want. One exception in Playbook is Youth Swim Lessons - click the link in the online Playbook to view the offerings and Activity numbers.
- Whether your list is on paper or digital, keep that list handy for August 16 registration opening.
- If you choose to add the programs you want to your "Wishlist" in your account, take a screenshot of all the items and their Activity numbers. This screenshot can act as your list.
- Note programs that are a priority to you and your household.

REGISTER ONLINE:

<https://register.bendparksandrec.org>

ON OPENING DAY

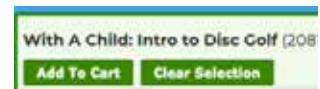
1. Log into your account. Registration opens at 6:00 a.m., Tuesday, August 16.
2. Starting with your priority programs, type the Activity number in the search bar and click Search.



3. Click the + icon on the left to select the Activity.



4. Note the green bar at the bottom of the screen and click "Add To Cart."



5. Confirm details/waivers/etc. for each of the participants.
6. If you have other priority programs you'd like to enroll in, click on the "Continue Shopping" button. Repeat above steps from entering in Activity number to adding the program into your cart. You can have multiple programs in your cart.
7. Once your priority activity or activities are in your cart, check out promptly to you get into the programs you want and your session isn't accidentally timed out due to inactivity. Important: your transaction must be completed before your enrollment is confirmed.
8. Look for your confirmation email.
9. After you've registered for your priority programs, now is the time to go back and shop for the programs that weren't your top priority, repeating the above steps.

how to register

REGISTER
ONLINE:

<https://register.bendparksandrec.org>



Fall 2022 Registration

September through December program registration begins **Tuesday, August 16 at 6:00 a.m.** and is ongoing throughout the season.

Registration Options

If you are not able to register online, you can register in person at Juniper Swim & Fitness Center, Larkspur Community Center, The Pavilion or the BPRD District Office. If you need further assistance, call Customer Service at (541) 389-7275.

New Accounts

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

Out-of-District Fee Policy

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

Online Registration Instructions

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

REGISTER

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

2. Make sure all family members are added with correct birth dates and genders.
3. You can select/search for activities in one of three ways:
 - > **Activity Number** (Fastest) - Enter the activity number (first six digits) in the box. Click on the Search button. The activity numbers are printed in this guide.

Keyword Search - Enter ONE word for the activity, such as part of the name or something about it. For example: Art, Lacrosse, Guitar, etc. Click on Search. Scroll down to view a list of programs linked to 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 week, age, gender and month.



Waitlists

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

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

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

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

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

Mark Your
Calendar:

Fall 2022
registration
begins Tuesday,
August 16
at 6:00 a.m.

Refund & Cancellation Policy

You may cancel a program at any time and are encouraged to do so as soon as possible to make space available for others. As of April 5, 2022, credits and refunds will be granted as follows:

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

Online Cancellations

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

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

Refund & Cancellation Policy

Bend Park and Recreation District updated its program refund and cancellation policy last spring. The policy below has been in effect since April 5, 2022.

REFUND & CANCELLATION POLICY:

You may cancel a program at any time and are encouraged to do so as soon as possible to make space available for others. As of April 5, 2022, credits and refunds will be granted as follows:

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

FREQUENTLY ASKED QUESTIONS:

Q: Why is the cancellation policy changed?

A: BPRD programs are highly sought after and often fill up quickly. Cancellations, especially those that occur closer to the start of the program, often result in program spaces going unfilled. There are also administrative costs associated with cancellations.

The policy provides more equitable access to registration programs by encouraging patrons to sign up for only those programs they are certain to participate in, providing opportunities for others to register.

Q: How do I cancel online once I have been through the checkout process?

A: We know that situations and plans can change and we encourage you to cancel as soon as you can to avoid additional costs and to free up program space for others. Cancellations can be made online through your BPRD registration website account, or by talking to customer service staff by phone or in person at any district facility. The online capability provides more flexibility if an individual or household's situation necessitates a change or cancellation.



Recreation Scholarships

We believe that everyone should have the opportunity to participate in recreation activities. Financial need-based scholarship assistance is available to qualifying individuals for many recreation programs.

The goal is to remove financial barriers for community members with limited financial resources. In the past year, approximately 900 individuals and families have participated in programs with support that provides safe, enriching activities and contribute to a physically active community.

ABOUT SCHOLARSHIPS:

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



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

CLICK TO
LEARN MORE ABOUT
& APPLY FOR
RECREATION
SCHOLARSHIPS



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

How to register, helpful tips and refund/cancellation policy on pages 5 - 7. • Program locations on page 64. • Park lists on pages 66 - 67.

DISCOVER NATURE FESTIVAL

SATURDAY,
SEPTEMBER 17
11 AM - 3 PM
ALPENGLOW PARK,
BEND



FREE!

PRESENTING SPONSOR



OUTDOOR RECREATION
NATURE EDUCATION
ART AND COMMUNITY
ALL ARE WELCOME!

CHILDREN'S
FOREST



CENTRAL
OREGON

CHILDRENSFORESTCO.ORG





make your play



Cooking & Baking

Meal in One: Fall Salads NEW

Ages: All Adults

Larkspur Community Center

Tired of lettuce salads that are not filling by themselves? Using the hearty nuttiness of whole grains, legumes, fresh vegetables and fruit, you'll create a salad that contain loads of protein, fiber and flavor enough to satisfy as a hearty main meal. These ingredients also support vibrant health and vitality for you and your family. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [302214](#)

W: 5:00 - 7:30 pm

Session: 9/28

Learn to Make Goat Cheese

Ages: All Adults

Larkspur Community Center

Chèvre (pronounced "SHEV-ruh" or sometimes simply "SHEV") is the French word for a female goat, but in the culinary arts, it refers to cheese made from goat's milk. In this class you will learn how to make soft goat cheese using pasteurized goat's milk. The simplicity of making soft, fresh chèvre cheese cannot be underemphasized. You will learn the ins and outs of choosing the appropriate dairy source, flavorings, cultures and rennet. This process will take you from start to finish in a fun-filled and informative class setting. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [302221](#)

Sa: 1:00 - 3:00 pm

Session: 10/8



Autumn Sweet Harvest NEW

Ages: All Adults

Larkspur Community Center

When you think of autumn, think of pumpkin in quick breads and warm juicy apples in pie. Here are some great ideas on using both of these delicious ingredients. The bonus is that they will be gluten free. Using a variety of cooking techniques and food prep, we will include these in salads, entrees and of course desserts! Stuffed baked apples, pumpkin coconut curry over brown rice and apple streusel coffee cake. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [302216](#)

W: 5:00 - 7:30 pm

Session: 10/19

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?



Flavorful ^{NEW} Quickbreads

Ages: 18 & up

Larkspur Community Center

Not your ordinary pound cake but extraordinary flavorful and some gluten-free options. Delicious enough for a quick breakfast, snack or even dessert. Italian Lemon Pound cake, Grain-free Banana Bread. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD

Activity: [302227](#)

W: 5:00 - 7:30 pm

Session: 11/2

Vegetarian ^{NEW} Holiday Buffet

Ages: 18 & up

Larkspur Community Center

No turkey? You will not miss it with these mouth-watering recipes for a mostly plant-based holiday celebration (some egg). We will highlight all the wonderful fall flavors and twists on old familiar dishes too. Instructor: Suzanne Landry

\$69.00 ID \$82.80 OD

Activity: [302229](#)

W: 5:00 - 7:30 pm

Session: 11/16

Cooking & Baking: ^{NEW} The Cookbook Club Series

Ages: 18 & up

Larkspur Community Center

The Cookbook Club is a monthly dinner series in Bend, founded by Jill Goatcher. Every month we pick a recipe from the same cookbook and come together for a potluck-style dinner at a local venue. This lets us give each other tips and tricks on how to approach and adapt recipes, and we make friends and pick up some cooking skills along the way. Jill's cooking classes feature menus and techniques that are from the cookbook of that month. Jill hopes you will join her for her cooking classes, The Cookbook Club, to make cooking a relaxing, fun and exciting way to build community through food! Learn more at www.thecookbookclub.net.

Take one, take all - you choose!

Weeknight ^{NEW} Comfort from Half Baked Harvest: Everyday

In the mood for a fun comfort meal? Come learn how to make two fantastic recipes from the cookbook Half Baked Harvest: Every Day with The Cookbook Club - Spicy Pretzel Chicken Fingers and Kale Caesar Salad. You will learn how to make chicken fingers that are electric with their crunch and flavor, french fries that you make in the oven, and a stunning and healthy side salad with homemade dressing. Most importantly, we will teach you how to manage your time in the kitchen so you can have a wonderful meal pulled together in under an hour. Instructor: Jill Goatcher.

\$79.00 ID \$94.80 OD

Activity: [302278](#)

F: 5:30 - 7:30 pm

Session: 9/23



Techniques: ^{NEW} Apple Cider Caramels

Every fall, Jill makes these caramels to give to her friends, family and coworkers because they are, truly, fall wrapped in a package. Learn how to reduce apple cider into a dense flavor-filled base for creamy, chewy caramels topped with sea salt. You will master the (shockingly easy) art of making caramel with local apple cider and learn how to package them up to spread the love all around. Instructor: Jill Goatcher.

\$69.00 ID \$82.80 OD

Activity: [302279](#)

Th: 5:30 - 7:30 pm

Session: 9/29



Cold Weather ^{NEW} Italian Feast from Essentials of Italian Cooking

Fall is upon us, and all we want to do is curl up with a comforting bowl of steaming rice with mushrooms and cheese, topped with a wonderfully juicy chicken. Come join us as we learn to cook two recipes from Marcella Hazan's famous Italian cookbook, Essentials of Italian Cooking - Mushroom Risotto and Pan-Roasted Chicken with garlic and rosemary. You will learn how to roast a chicken in the oven using rosemary and garlic to season it, basting it with its own fat to make the juiciest, most flavorful chicken you've ever had. While the chicken is roasting, you will make a rich and creamy Italian rice dish, called risotto, that is filled with earthy mushrooms and Parmesan. Come learn some essential Italian techniques so you can throw together a wonderful feast in no time at all. Instructor: Jill Goatcher.

\$79.00 ID \$94.80 OD

Activity: [302280](#)

F: 5:30 - 7:30 pm

Session: 10/21





Techniques: **NEW** Focaccia Bread

Focaccia bread, a pillowy bread from Italy that is cooked with olive oil and herbs, is a very easy bread to master. Learn how to make a dough that requires two rises, and Jill's technique to fit this into a busy day. You will also learn how to pick fun flavors for your bread that will complement anything you are making to serve with it. (It can even be good enough for a dinner on its own with a nice glass of wine.) Instructor: Jill Goatcher.

\$69.00 ID \$82.80 OD

Activity: [302281](#)

Th: 5:30 - 7:30 pm

Session: 10/27

A Family Supper **NEW** from Simple by Yotam Ottolenghi

Pasta with red sauce, while wonderful, can get a little tiring sometimes. Come switch it up and cook from Yotam Ottolenghi's wonderful book, Simple! You will learn how to make an easy, wonderful family-style supper of Gnocchi alla Romana, ricotta and oregano meatballs, and a cucumber and lettuce salad. These recipes are super easy to scale up or down depending on how many people you are cooking for - and we will teach you how to do just that! You will also learn how to make gnocchi in under 10 minutes, how to make super tender meatballs, and how to make your own salad dressing from scratch. Instructor: Jill Goatcher.

\$79.00 ID \$94.80 OD

Activity: [302282](#)

Th: 5:30 - 7:30 pm

Session: 11/3

Techniques: **NEW** Spatchcocking a Turkey

Dry turkey that takes up your oven space all day on Thanksgiving? That's a thing of the past when you master this easy technique! Come join us to learn how to cook a turkey in no time at all, with crispy, aromatic skin and super tender, juicy meat. This technique is called "spatchcocking," which involves removing the spine of the turkey (easier than you think!) to flatten the bird to achieve the best turkey you've ever had. We will practice the technique on both a chicken and turkey to get you all ready for Thanksgiving dinner! Instructor: Jill Goatcher

\$69.00 ID \$82.80 OD

Activity: [302283](#)

F: 5:30 - 7:30 pm

Session: 11/11



Korean-American Family Feast **NEW** by Eric Kim

Learn how to make mac-and-corn cheese with jalapeno bread crumbs with a Korean pear falette for dessert. The mac-and-corn cheese is an awesome mash up of your favorite boxed mac and cheese and the sizzling corn cheese that you get at a Korean restaurant - telling the story of Eric Kim's childhood as the son of Korean immigrants. The Korean pear galette is a wonderful open-faced pie that is easy to throw together and will surely be a dessert favorite for your special celebrations to come. Instructor: Jill Goatcher.

\$79.00 ID \$94.80 OD

Activity: [302284](#)

F: 5:30 - 7:30 pm

Session: 12/2



Techniques: **NEW** Cranberry Candy Cane Pastries

From our very own The Cookbook Club cookbook we present a wonderful holiday morning treat, cranberry candy canes. Learn how to make these adorable breakfast pastries that feature nuts, cranberries, a wonderful pastry dough with an orange glaze. You will learn how to master an easy pastry dough that rises overnight, and how to assemble, shape, and bake pastries for a delightful holiday morning treat that you'll want to make every year. Instructor: Jill Goatcher.

\$69.00 ID \$82.80 OD

Activity: [302285](#)

F: 5:30 - 7:30 pm

Session: 12/9





With A Child: Cooking & Baking

With A Child: Kids Can Cook! NEW

Ages: 6 & up with Adult
Larkspur Community Center

Learn about kitchen safety while you construct some healthy and delicious snacks the whole family is sure to enjoy. Both the child and adult registers. Please call to add additional child or adult. Instructor: Suzanne Landry.

\$69.00 ID \$82.80 OD /pair

Activity: [302230](#)

W: 5:00 - 7:30 pm

Session: 9/21

Participation in

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

With A Child: Pizza with a Partner

Ages: 8 & up with Adult
Larkspur Community Center

Grab your partner and we will start from the bottom up creating your very own pizza. In this class, Elizabeth Guerin, artisan bread baking instructor, will walk you through each step to the perfect pizza dough. Then you will put the finishing touches on your pizza creation just the way you like it. We will learn the dough basics from thick to thin crusts and how to achieve that authentic flavor we all love. Bring an apron, rolling pin and pizza pan or cookie sheet along with your appetite and let's make some pizza. Both the child and adult registers. Please call to add additional child or adult. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD / pair

Activity: [302241](#)

Sa: 1:00 - 3:00 pm

Session: 9/24

With A Child: Hand Pie Perfection

Ages: 8 & up with Adult
Larkspur Community Center

Spend some quality time with your child and learn to make the perfect hand pie just in time for the holidays. We will learn the fundamentals of making pie crust dough as well as delicious fillings. You and your child will be on your way to hand pie perfection. Both the child and adult registers. Please call to add additional child or adult. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD / pair

Activity: [302256](#)

Sa: 1:00 - 3:00 pm

Session: 11/19

More “With A Child” classes

Art on pages 15 - 18,



With A Child: Japanese Cooking

Ages: 7 & up with Adult
Cascade Middle School

Learn to make traditional Japanese potstickers and sauce! Both the child and adult registers. Please call to add additional child or adult. Instructor: Chieko Saito.

\$69.00 ID \$82.80 OD / pair

Activity: [306125](#)

F: 10:00 am - 12:00 pm

- OR - 1:00 - 3:00 pm

Session: 11/11

With A Child: Gingerbread House Holiday Workshop

Ages: 4 - 10 with Adult
Larkspur Community Center

Our Gingerbread House Holiday Workshop allows adult/child pairs to work together to create a holiday tradition. Each team will make, design and decorate a gingerbread house and make a holiday ornament. Skip the prep and mess at home, and enjoy spending time with your child creating holiday memories. Both the child and adult registers. Please call to add additional child or adult. Instructor: Diane Burns.

\$49.00 ID \$58.80 OD / pair

Activity: [302253](#)

Sa: 9:30 - 10:30 am

- OR - 11:00 am - 12:00 pm

Session: 12/10

Music

Beginning Ukulele I

Ages: 16 & up
Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [302100](#)

M: 5:30 - 6:30 pm

Session: 10/3 - 24 11/7 - 28

Beginning Guitar I

Ages: 16 & up
Larkspur Community Center

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

\$49.00 ID \$58.80 OD

Activity: [302106](#)

Tu: 5:30 - 6:30 pm

Session: 10/4 - 25 11/8 - 29





Online Voice-overs... Now is Your Time

Ages: 18 & up

Online

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

\$20.00 ID \$24.00 OD

Activity: [302162](#)

M – Su: At your convenience

Session: 9/1 - 12/31

Specialized Fitness & Wellness

Go-Go Gadget Octagon Workout

Ages: 16 & up

Larkspur Community Center

Come get a great functional workout using all the exercise gadgets that you've always been curious about. Learn how to perform various exercises using TRX Straps, kettlebells, medicine balls, sand bags, core bags, etc. You will get a workout plan on Wednesday, then your homework assignment will be to perform that plan on your own that same week. You'll get a different workout plan with different equipment each week. Get personalized instruction from Monica McClain-Smith.

\$59.00 ID \$70.80 OD

Activity: [315610](#)

W: 10:45 - 11:45 am

Session: 9/7 - 28 10/5 - 26

Winter Sports Conditioning

Ages: 16 & up

Juniper Swim & Fitness Center

Prepare for the snow season! This dynamic small group training session will include ample amounts of muscle strengthening, core, balance and power work. Using functional training tools, you can expect to take your downhill and Nordic skiing and snowshoeing to the next level with the strength you gain during these conditioning sessions. Get personalized instruction from Monica McClain-Smith.

\$59.00 ID \$70.80 OD

Activity: [305633](#)

W: 4:20 - 5:20 pm

Session: 9/21 - 10/12 10/26 - 11/16



Nordic Walking

Ages: 18 & up

Larkspur Community Center

One of the main benefits of Nordic walking is that it's a year-round activity you can do anywhere on a variety of terrain, including asphalt, grass and dirt. You'll build strength in your upper body and core and burn 46% more calories than regular walking. Improve your posture and build strength in your upper body, and core. Poles take weight off the joints, increases coordination and stabilization. Bring your poles or borrow ours.

\$14.00 ID \$16.80 OD

Activity: [315620](#)

Th: 10:30 - 11:30 am

Session: 9/29 10/13
11/10

Fit & Happy Feet

Ages: 18 & up

Larkspur Community Center

You will be coached on a series of exercises targeted to strengthen your feet, ankles, and legs over three separate 45-minute sessions. Our feet are our foundation. Giving them the attention they deserve will help in avoiding injury from the long-term stress they receive. Space is limited to 12. Register early. Instructor: Cinda Strauch.

\$28.00 ID \$33.60 OD

Activity: [315600](#)

W: 11:15 am - 12:00 pm

Session: 10/5 - 19 11/2 - 16

Yoga for NEW Rock Climbers

Ages: 18 & up

Juniper Swim & Fitness Center

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

\$18.00 ID \$21.60 OD

Activity: [305650](#)

W: 5:30 - 7:00 pm

Session: 9/14

Sa: 9:30 - 11:00 am

Session: 9/17

7 Chakra Yoga NEW

Ages: 18 & up

Juniper Swim & Fitness Center

This is a two-part class. The first class explores and demystifies the ancient map of the chakras through the spiritual and sacred language of yoga. The explorative second class will take you deeper in your study of chakras, and include discussion, visual and physical exercises, song, Vinyasa Yoga, contemplation and meditation. All levels are encouraged! Instructor: Jes Scheel.

\$42.00 ID \$50.40 OD

Activity: [305660](#)

Su: 3:30 - 5:30 pm

Session: 10/9 - 16



26/2 Ghosh Yoga NEW

Ages: 18 & up

Juniper Swim & Fitness Center

An introductory class to a 26 and 2 format. This class includes 26 postures plus two breathing exercises based on the teachings of Bishnu Ghosh. Instructor: Jes Scheel.

\$20.00 ID \$24.00 OD

Activity: [305670](#)

Su: 3:30 - 5:30 pm

Session: 11/13

Better Brains

Ages: 50 & up

Bend Senior Center

This class is designed for mature adults wanting to improve their lives by keeping a sharp and active mind. Special activities and lessons will help participants enhance the functioning of major areas of the brain, fostering increased confidence and independence. Instructor: Alice Staley, MEd.

\$59.00 ID \$70.80 OD

Activity: [302781](#)

Th: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 10/13 - 11/17

Travel

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

San Antonio Holiday

Ages: All Adults

Settle into your hotel right on the banks of San Antonio's River Walk for a wonderful 4-night stay. Visit the Alamo, the birthplace of Texas, and learn the history of this unique monument. Take a cruise on the beautiful River Walk and get acquainted with this one-of-a-kind city. Visit the artist community of Fredericksburg located in the heart of Texas' hill country and visit the LBJ Ranch, the birthplace of our 36th president. We return to San Antonio's River Walk where you will take in Las Luminarias, the festival of lights, where the entire city is lit up by candlelight and Christmas displays.

\$2,175.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 11/30 - 12/4, 2022



New Orleans & Cajun Country NEW

Ages: All Adults

Take in the culinary treats and architecture of New Orleans, while enjoying a 3-night stay in the French Quarter. See the beautiful antebellum mansions of Natchez, Mississippi and enjoy a bayou cruise to see local wildlife. This 7-day, 6-night tour will take in the sights of New Orleans, Natchez and Lafayette.

\$2,995.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 3/19 - 3/25, 2023

Washington DC Cherry Blossoms NEW

Ages: All Adults

Spend 5-nights at the incomparable Gaylord National Resort, an ideal setting for a one hotel stay! The hotel features every imaginable amenity including multiple dining options, an excellent spa, and the location on the banks of the Potomac at National Harbor cannot be beat. Our DC sightseeing includes a visit to Arlington National Cemetery for the changing of the guard, a visit to the Smithsonian Museums, the many war and presidential memorials and so much more. Also take a trip to Annapolis, Maryland to visit the US Naval Academy and enjoy a cruise on the Potomac for spectacular cherry blossom views.

\$3,049.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 4/10 - 4/16, 2023

Great Canadian Cities NEW

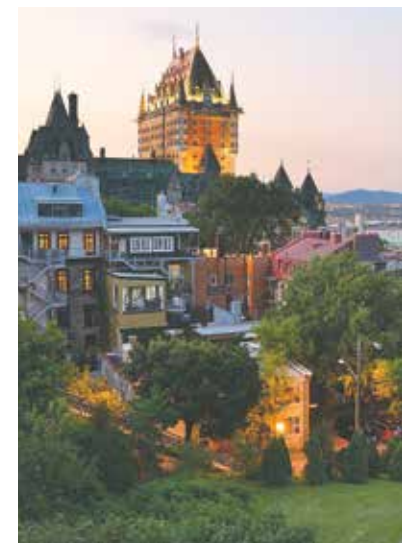
Ages: All Adults

A visit to beautiful Quebec & Montreal is as close to traveling to Europe as you can get without leaving North America. Visit the Capital of Canada, Ottawa, and the world-class city of Toronto. Spend 2 nights in Niagara Falls, Canada and explore one the natural wonders of the world

\$3,849.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 4/9 - 4/17, 2023



New England Rails & Trails NEW

Ages: All Adults

Explore the beautiful fall colors of New England on this special 8-day tour. Take in the history of Boston and the beautiful White Mountains of New Hampshire. Enjoy two scenic rail journeys and highlight visits to Portland, Maine and Burlington Vermont.

\$3,695.00 each

(dbl. occupancy, land/air/ tax from Portland)

Dates: 9/30 - 10/7, 2023

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

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



Clay

Day Clay

Ages: 16 & up

Harmon Park Clay Studio

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

\$205.00 ID \$246.00 OD

Activity: [311100](#)

W: 11:00 am - 2:00 pm

Session: 9/7 - 10/12
10/26 - 12/7 (no class 11/23)

Th: 11:00 am - 2:00 pm

Session: 9/8 - 10/13
10/27 - 12/15 (no class 11/24)

F: 11:00 am - 2:00 pm

Session: 9/9 - 10/14
10/28 - 12/9 (no class 11/25)



All Skills Pottery

Ages: 16 & up

Harmon Park Clay Studio

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

\$205.00 ID \$246.00 OD

Activity: [311102](#)

W: 6:00 - 9:00 pm

Session: 9/7 - 10/12
10/26 - 12/7 (no class 11/23)

Wheel Experience

Ages: 15 & up

Harmon Park Clay Studio

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

\$205.00 ID \$246.00 OD

Activity: [311103](#)

Tu: 9:00 am - 12:00 pm

Session: 9/13 - 10/18
11/1 - 12/13 (no class 11/22)

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

create yourself.

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

Multimedia

ADULT ART

Printmaking

Ages: All Adults

Larkspur Community Center

Learn how to make your own printed designs for cards, t-shirts, and more using items you can find in your house. You will learn how to create fun marks, mix colors, and unique patterns that will wow your family. Instructor: Kaia Sieffert.

\$99.00 ID \$118.80 OD

Activity: [311130](#)

M: 1:00 - 3:00 pm

Session: 9/12 - 26 10/10 - 24
11/28 - 12/12



DIY: Mosaic Garden Gnomes NEW

Ages: All Adults

Larkspur Community Center

Join us as we create some magic for your garden by applying the basics of mosaics. In this class you will create a design to make your own unique Garden Gnome. All supplies are included. Watch a demo on grouting and we will send you home with the supplies to complete your project. Magical indeed! Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302428](#)

Sa: 11:30 am - 3:30 pm

Session: 9/24

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

DIY: Mosaic Glass Spinners NEW

Ages: All Adults

Larkspur Community Center

Get the look of stained glass without the soldering. We'll start with a basic shape and apply colorful stained glass in a simple design. After watching a demo on how to grout, you'll take home your project to complete, a handmade piece to hang in a window. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302429](#)

Th: 11:30 am - 3:30 pm

Session: 10/6



DIY: Fused Glass Suncatcher Workshop

Ages: All Adults

Larkspur Community Center

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

\$79.00 ID \$94.80 OD

Activity: [302407](#)

Th: 1:00 - 3:00 pm

Session: 10/20



DIY: Wet Felting Woolen Dryer Balls

Ages: 16 & up

Larkspur Community Center

Ditch the dryer sheets and join us for a hands-on lesson in wet felting wool. In this 2-hour class you will learn the terms and techniques to make your own wool dryer balls. Wool dryer balls are an eco-friendly way to shorten your drying time and eliminate static from your laundry. Add a drop or two of your own essential oils and you have a scented solution to your laundry drying task. You will leave class with a set of dryer balls for your personal use. Instructor: Elizabeth Guerin.

\$69.00 ID \$82.80 OD

Activity: [302434](#)

Sa: 1:00 - 3:00 pm

Session: 10/22

DIY: Glass on Glass

Ages: All Adults

Larkspur Community Center

Get the look of stained glass without the soldering. We'll start with a basic picture frame, apply colorful stained glass in a simple design. After watching a demo on how to grout, you will take home your project to complete; a handmade masterpiece to hang in your window. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302431](#)

Sa: 11:30 am - 3:30 pm

Session: 10/29

DIY: Mosaic Mini Hearts NEW

Ages: All Adults

Larkspur Community Center

Bling for your garden! Not a stepping stone, but a mini cement heart, will be your base. You'll decorate it with stained glass pieces - lines, circles, swirls - let your creativity flow. Learn the basics of mosaic while creating a one-of-a-kind piece of outdoor art to adorn your own yard, or to give as a gift. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302432](#)

Th: 1:00 - 3:30 pm

Session: 11/3

DIY: Mosaic Luminaries

Ages: All Adults

Larkspur Community Center

Learn the basics of mosaic art, while making a one-of-a-kind luminary (or night light) using a glass block and stained glass pieces. We will create your design, as well as apply the materials. Watch a demo on how to grout and finish your project at home. All materials, aprons, gloves and safety glasses provided, including a 4' light string to put inside once completed. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302418](#)

Sa: 11:30 am - 3:30 pm

Session: 11/5

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

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



DIY: Holiday Fused Glass Cards

Ages: All Adults

Larkspur Community Center

Join us in this DIY class to create one-of-a-kind holiday cards. Use your skills in card making and lettering and then apply the fun of glass fusing to create a special framed keepsake. All materials provided. Instructor: Diane Burns

\$79.00 ID \$94.80 OD

Activity: [302413](#)

Th: 1:00 - 3:00 pm

Session: 11/10

DIY: Mosaic NEW Ornaments & Suncatchers

Ages: All Adults

Larkspur Community Center

Let's make some ornaments to adorn your home. You'll decorate basic shapes with stained glass pieces - lines, circles, swirls - let your creativity flow. Learn the basics of mosaic while creating one-of-a-kind art. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302433](#)

Sa: 10:00 am - 12:00 pm

Session: 12/3

Painting

Acrylic Pouring

Ages: 12 & up

Larkspur Community Center

Try the latest craze, acrylic pouring. Learn about the materials you need to create this fluid painting technique while completing finished pieces to take home. Instructor: Stephen Teater.

\$119.00 ID \$142.80 OD

Activity: [311145](#)

Th: 6:00 - 8:00 pm

Session: 9/1 - 22

Fun With Acrylics

Ages: All Adults

Larkspur Community Center

Learn the basics of acrylic painting in just an afternoon. All skill levels welcome as we focus on the techniques of color, lighting, composition, texture and layering. Take home a finished, ready-to-frame painting. Take one or all four classes. \$20 supply fee due to instructor at each class. Instructor: Carol Picknell.

\$20.00 ID \$24.00 OD

Activity: [302409](#)

Th: 1:00 - 3:30 pm

Session: 9/23 - Monkey Face Rock
10/27 - Field of Poppies
11/17 - Christmas Balls
12/8 - Poinsettias



Ease into Watercolor Painting

Ages: 14 & up

Larkspur Community Center

Have you always wanted to watercolor paint, but wondered how to begin? Or did you try it long ago, and hoped to start again? This class is for you and anyone wanting to paint more independently. We will begin with the basics, creating fun images as well as representational paintings while practicing wash techniques, texture methods, and design principles. Instructor: Kathleen Branch.

\$135.00 ID \$162.00 OD

Activity: [311123](#)

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

Session: 9/13 - 22 11/1 - 10

Beginning Watercolor

Ages: All Adults

Larkspur Community Center

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

\$25.00 ID \$30.00 OD

Activity: [302400](#)

Th: 1:00 - 3:30 pm

Session: 10/13

Intro to Chinese Brush Painting

Ages: All Adults

Larkspur Community Center

No experience necessary. Take the first step to learning this age old painting style with brush and ink. We will have fun using the brush to make a simple painting. \$10 supply fee due to instructor at class. Instructor: Michelle Oberg.

\$25.00 ID \$30.00 OD

Activity: [302406](#)

Th: 1:00 - 3:30 pm

Session: 10/20



Art Station's on the move

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

CLAY CLASSES

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

MULTIMEDIA CLASSES

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

ART PARTIES

Art parties are back for fall! Clay parties are available on Sundays at Harmon Clay Studio. Visit bendparksandrec.org/artstation to learn more.

Pet Portraits

Ages: 14 & up

Larkspur Community Center

Design and develop a pet portrait in oil utilizing unexpected luminous color, abstract shapes and layered creative brushstrokes. Students will explore form through light and shadow, color balance and temperature, and paint with a variety of layered brushstrokes. Instructor will demonstrate how to fine tune and finesse painting allowing plenty of time for individual assistance and painting. Instructor: Stephen Teater.

\$119.00 ID \$142.80 OD

Activity: [311242](#)

Th: 6:00 - 8:00 pm

Session: 11/3 - 12/1 (no class 11/24)

Paint Central Oregon Landscapes

Ages: 14 & Up

Larkspur Community Center

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

\$119.00 ID \$142.80 OD

Activity: [311112](#)

Th: 6:00 - 8:00 pm

Session: 12/8 - 29

More "With A Child" classes
Cooking on page 12.

With A Child: Art

With A Child: Clay

Ages: 5 & up with Adult

Harmon Park Clay Studio

Create something new each class including animals, imaginative creatures, bowls and so much more. Learn hand-building skills and techniques, and glaze your pieces with bright colors. Both the child and adult registers. Please call to add additional child or adult.

\$69.00 ID \$82.80 OD / pair

Activity: [311500](#)

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

Sessions: 9/3 9/10
9/17 9/24
10/1 10/8
10/15 10/22
10/29 11/5
11/19 12/3
12/10 12/17

With A Child: Mixed Media

Ages: 7 & up with Adult

Larkspur Community Center

Discover unconventional and exploratory techniques while you experiment new approaches to art. Try various painting, drawing and collage techniques. Both the child and adult registers. Please call to add additional child or adult.

\$69.00 ID \$82.80 OD / pair

Activity: [311543](#)

Sa: 9:00 - 11:00 am
- OR - 11:30 am - 1:30 pm

Sessions:
9/17 Fall Fun
9/24 Acrylic Painting:
Believe in Sasquatch
10/15 Acrylic Painting:
Great Harvest
10/29 Halloween Hauntings
11/5 Holiday Print Making
(9:00 - 11:30 am, 12:00 - 2:30 pm)
11/12 Acrylic Painting:
Sunset in the Mountains
12/3 Holiday Jewelry Gifts
(9:00 - 11:30 am, 12:00 - 2:30 pm)
12/10 Acrylic Painting: Polar Bears
12/17 Winter Wonderland



With A Child: Paint Night

Ages: 6 & up with Adult

Larkspur Community Center

Come create a two sided painting with your child. Each child /adult team will each paint their own canvas. When put together will make a beautiful painting. The design is traced onto the canvas before you arrive and the instructor will guide you through the process of creating the painting. Both the child and adult registers. Please call to add additional child or adult. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD / pair

Activity: [302416](#)

Th: 5:30 - 7:00 pm

Session: 10/13 - Fall Trees
11/10 - Tommy Turkey
12/8 - Snowman

With A Child: Fun with Fused Glass

Ages: 6 & up with Adult

Larkspur Community Center

Come enjoy the evening with your child and make fused glass ornaments. Try your creativity in designing with different shapes and color pieces to make the most of your holiday décor. Both the child and adult registers. Please call to add additional child or adult. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD / pair

Activity: [302438](#)

F: 5:30 - 7:00 pm

Session: 10/7 - Jack 'O Lantern
11/11 - Turkey
12/2 - Holiday Ornaments

With A Child: Ceramic Ornament Paint Night

Ages: 6 & up with Adult

Larkspur Community Center

Enjoy a fun night with your child painting ceramic holiday ornaments. Select from an assortment of unfinished shapes and designs. Let your creativity shine. Both the child and adult registers. Please call to add additional child or adult. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD / pair

Activity: [302417](#)

Th: 5:30 - 7:00 pm

Session: 11/17



With A Child: Gingerbread House Holiday Workshop

Ages: 4 - 10 with Adult

Larkspur Community Center

Our Gingerbread House Holiday Workshop allows adult/child pairs to work together to create a holiday tradition. Each team will make, design and decorate a gingerbread house and make a holiday ornament. Skip the prep and mess at home, and enjoy spending time with your child creating holiday memories. Both the child and adult registers. Please call to add additional child or adult. Instructor: Diane Burns.

\$49.00 ID \$58.80 OD / pair

Activity: [302253](#)

Sa: 9:30 - 10:30 am
- OR - 11:00 am - 12:00 pm

Session: 12/10



get sporty

Curling

Learn to Curl

Ages: All Adults

The Pavilion

Want to improve your curling skills or learn the much-loved sport of curling? Our experienced instructor will help you hone in your curling skills. Registration is required; sorry, no drop-ins.

\$35.00 ID \$42.00 OD

Activity: [310334](tel:310334)

F: 9:00 - 11:00 am

Sessions:	10/21	10/28
	11/4	11/11
	11/18	12/2
	12/9	12/16

Adaptive Equipment

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



Adult Curling League

Ages: All Adults

The Pavilion

Open to all levels of experience, this league gives you a chance to compete alongside your friends. We supply stones, brooms and all necessary equipment. Games are played on Sunday afternoons and evenings for a seven-game season. Games will run until a team has won or for a maximum of 80 minutes. Curling League is very popular, so register early. One person registers on behalf of your team of 4 to 6 players. Email completed rosters to DavidC@bendparksandrec.org.

\$450.00 / team

Activity: [310331](tel:310331)

Su: 3:00 - 10:00 pm
Game time varies

Session: 10/30 - 12/18 (no games 11/27)

Drop-in Basketball & Skatepark

All ages for \$5.00 person

W: 5:30 - 7:30 pm

Dates: 8/31, 9/7, 9/14,
9/21, 9/28

Come in and enjoy the covered basketball courts or ride the skatepark. We have one full court available for basketball, balls available to use at the facility. Skatepark is open to roller skates, roller blades, scooters and skateboards. Helmets are required in the skatepark.

Schedules at
thepavilioninbend.com.

Game time.

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

Specialized Ice Times

Adult: \$13.50 / session
Youth: \$11.00 / session

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get the fifth session for FREE!

Registration: Opens 72 hours prior to scheduled session. You must check-in with the front desk before the session.

Drop-in: If space is available. Check activity # status online prior to arrival.

Sessions: Times and days will vary. Check online schedule.

Stick Time

Think "Open Gym," but for hockey. Bring your sticks, skates and gear and work on your skating, stick handling and shooting in these no pressure hockey-only sessions. Nets and pucks provided.

Activity: [410402](#) - Adult
[410401](#) - Youth

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. Bring light and dark jerseys.

Activity: [410403](#) - Adult

Curling Time

Come and practice your curling skills during these pick-up sessions. All equipment is provided.

Activity: [410332](#) - Adult

Freestyle

Freestyle is a practice session designed for intermediate and advanced figure skaters to take advantage of the full ice surface to work on edgework, jumps, spins and choreography.

Activity: [410160](#) - Adult/Youth

Hockey

Adult Hockey Chalk Talk

NEW

Ages: All adults

The Pavilion

Get a jump on the ice season with stick-handling skills refinement and chalk talk tactics. Refine your understanding of positioning, the breakout, and where to be when you don't have the puck, among other wise advice. With an active component incorporated, this is the perfect way to get ready for the upcoming ice hockey season. Hockey sticks required.

\$15.00 ID \$18.00 OD

Activity: [310300](#)

W: 7:30 - 8:45 pm

Sessions: 9/7 9/14
9/21 9/28

Adult Hockey Lunch League

Ages: All Adults

The Pavilion

Looking for some hockey in your mid-day schedule? Come join us during your lunch break for an adult hockey league. Everyone is welcome because teams are comprised of a wide variety of skill levels. Register as an individual; BPRD will draft balanced teams for an eight-game schedule. Game times will start at either 11:45 am or 1:00 pm. Full gear required.

Registration deadline: 10/7 or until full

\$160.00 ID \$192.00 OD

Activity: [310325](#)

F: 11:45 a.m. - 12:45 p.m.

- OR - 1:00 p.m. - 2:00 pm
Game times vary

Season: 10/21 - 12/16 (no games 11/25)

Required Hockey Gear

PLAYERS: Helmet, mouth guard, elbow pads, hockey pants, shin pads, hockey socks and hockey stick. Shoulder pads recommended but optional.

GOALIES: Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove and goalie stick.



Adult Skills & Drills

Ages: All Adults

The Pavilion

Let's get together, learn something new and play hockey. These sessions are designed to develop the fundamentals of the game, hone in on particular skills, promote physical fitness and above all else have fun. This program focuses on skill progression. Drills focus on skating, puck handling and passing. Coaching includes hockey fundamentals such as positioning, shifts and rules.

\$120.00 ID \$144.00 OD

Activity: [310321](#)

F: 8:15 - 9:15 pm
- OR - 9:30 - 10:30 pm

Session: 10/28 - 12/16 (no class 11/25)

Adult Hockey League

Ages: All Adults

The Pavilion

Join BPRD's popular Adult Hockey League for hockey action, camaraderie and fun! Players register individually in one of four divisions (A, B, C or D); BPRD will facilitate team drafts. Registration includes twelve regular season games plus at least two playoff games; each game includes three 17-minute periods with a 3-minute warm-up. Full gear required.

Evaluations will take place 10/24 - 27 as needed. Only required for new players to the league and players on the "bubble" between divisions.

For more information, email DavidC@bendparksandrec.org.

Registration deadline: 10/17 or until full

\$336.00 ID \$403.20 OD

Activity: [310320](#)

M-Th: 6:30 - 11:15 pm
Game times vary

Season: 11/14 - 3/16
(no games 11/21 - 24, 12/19 - 1/5)

Ice Skating

Learn to Skate: Adult Levels 1 - 3

Ages: All Adults

The Pavilion

Welcome to Skate School where you'll learn the fundamentals of ice skating! Depending on your experience and ability, we may practice falling and recovery, marching forward, two-foot glide, forward swizzles, snowplow stop, one-foot glides, two-foot turns in place, backward snowplow stop, switching directions and more. No prerequisite skills required.

\$58.00 ID \$69.60 OD

Activity: [310141](#)

Tu: 6:15 - 6:45 pm

Session: 10/25 - 11/15 11/29 - 12/13

Th: 5:40 - 6:10 pm

Session: 10/27 - 11/17 12/1 - 15

Skate Lesson Assessment **FREE**

Unsure which class to register yourself or your child in? Take the guesswork out - come for a free skate skill assessment on Thursdays at 3:00 - 4:15 pm (excluding 11/24, 12/22 & 12/29) to ensure your child is in the right class. Inquire at the front desk or call (541) 389-7588 to arrange an appointment.

Skating Practice **FREE**

Registered Learn to Skate participants skate for free at public skate sessions Mondays through Thursdays within enrolled dates (rental skates not included).

Schedules at
thepavilioninbend.com.

Learn to Skate: Adult Levels 4 - 6

Ages: All Adults

The Pavilion

Depending on your experience and ability, we may practice forward and backward inside/outside edges, hockey stop, T-stop, two-foot spins, one-foot spins, lunges and more. Suggested prerequisite: Completion of Level 3.

\$58.00 ID \$69.60 OD

Activity: [310143](#)

Th: 5:40 - 6:10 pm

Session: 10/27 - 11/17 12/1 - 15



Learn to Skate: Levels 7 - 8

Ages: All ages

The Pavilion

In this relatively advanced class, we will practice a variety of techniques such as forward Mohawk position, backward crossover to backward outside edge glides, one-foot upright spins, Mazuka jump, Waltz jump and more. Suggested prerequisite: Completion of Level 6. Open to all age groups.

\$58.00 ID \$69.60 OD

Activity: [310117](#)

Th: 5:40 - 6:10 pm

Session: 10/27 - 11/17 12/1 - 15



Learn to Skate: Family

Ages: 6 - 11 with Adult

The Pavilion

Welcome to Skate School to learn the fundamentals of ice skating! Young skaters - grab a parent, relative or other adult in your life and learn to skate together! We will practice sitting and standing up on ice, forward swizzles, snowplow stop on two feet, two-foot hops and more. Please register under the child's name; one adult is included. No prerequisite. Please sign up on waitlists if needed as we may be able to add sessions.

\$116.00 ID \$139.20 OD

Activity: [310110](#)

Click on activity link for available dates and times.

Skaters Levels 4 & Up

For skaters Level 4 and above, we recommend Bend Ice Figure Skating Club to help continue with progressive development.

More on page 43.

Soccer

Fall 2022 Adult Coed Recreational Soccer League

Ages: All Adults

Pine Nursery Sports Complex -
Timbers Turf Fields

Run by Bend FC Timbers, this 7-v-7 coed recreational soccer league provides soccer game opportunities emphasizing camaraderie, fitness and fun. Put your team together and get registered. Must play three men and three women on the field at all times. Roster maximum is 18 players; game day rosters may only have a maximum of 14 players. Each team will play a minimum of seven games. Space is limited with a maximum of 16 teams, so register early.

Registration deadline: 9/6
or until full.

\$875.00 ID/OD per team

Activity: [Click here](#)

Su: 4:00 - 9:00 pm
Game time varies

Season: 9/11 - 10/30



Save the date for Winter 2023 Sports

Make plans for:

CURLING LEAGUE
MORE HOCKEY & SKATE
LESSONS

Winter program registration is scheduled for early December. Watch for updates.



IT'S A
GREAT TIME
TO LEARN
TO SWIM
.....
SEE BELOW

swim on

Liquid benefits.

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

DID YOU KNOW? Why you should learn to swim for your safety:

More than a third of adults in the United States can't swim the length of a pool, according to the Centers for Disease Control and Prevention, which puts them at risk of being one of the 10 people who drown every day in this country.

Adult Swimming

Level 1 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

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

Activity: [305554](#)

\$75.00 ID \$90.00 OD

M: 6:45- 7:30 pm

Session: 10/17 - 11/14 11/28 - 12/14

Sa: 9:00 - 9:45 am

Session: 9/17 - 10/15 10/22 - 11/19

Level 2 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

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

\$75.00 ID \$90.00 OD

Activity: [305555](#)

Tu: 5:30 - 6:15 pm

Sessions: 10/18 - 11/15

Level 3 Adult Swim Instruction

Ages: 16 & up

Juniper Swim & Fitness Center

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 15-meters but not much more.

Activity: [305556](#)

\$75.00 ID \$90.00 OD

Th: 5:30 - 6:15 pm

Session: 10/20 - 11/17



Masters Swimming: Bend's Adult Swim Program

Ages: 18 & up

Juniper Swim & Fitness Center

Improve your skills and enjoy training in structured practices with experienced coaches. Masters Swimming emphasizes fitness, fellowship and fun for various ages and abilities. Participants must be able to swim comfortably for 500 meters (20 lengths). Although not required, many choose to race.

Fitness/Swim Pass or drop-in fee.

Oct. 8 - Dec. 31 / [Check schedule](#)

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

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

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

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

CLICK TO LEARN
MORE ABOUT
MASTERS SWIMMING
& LAP SWIMMING



Enjoy the water?
Be a lifeguard.

Learn more at
bendparksandrec.org/jobs

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

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

**YOUTH
THERAPEUTIC
RECREATION**
.....
PAGES 23 - 24

play away



YOUTH & TEEN THERAPEUTIC RECREATION

Youth Swimming Night

Ages: 7 - 17

Larkspur Community Center

Splash, Splash! Come enjoy a night at the pool with your friends! This program is for youth and teens with special needs, but friends and siblings are welcome to join. Time may change based on Rec Swim times.

\$25.00 ID \$30.00 OD

Activity: [304801](#)

F: 5:00 - 7:00 pm

Session: 9/9 10/14
12/2

Youth Game & Activity Night

Ages: 8 - 17

District Office

Join us for an evening of games and activities. Weather dependent, we will walk to park followed by crafts and activities inside.

\$30.00 ID \$36.00 OD

Activity: [304803](#)

F: 6:00 - 8:00 pm

Session: 9/30 11/4

Kids' Adventure Days

Ages: 6 - 12

Harmon Park

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

\$45.00 ID \$54.00 OD

Activity: [304810](#)

Sa: 1:30 - 5:00 pm

Session: 9/24 10/8
11/12 12/10

**With inclusion,
everybody
benefits!**

If you or your child has a disability and are interested in participating in a general program, we will help make it happen. When people with disabilities participate in general programs EVERYBODY benefits! To ensure successful inclusion, we encourage you to check the box on the registration form that says "check here if you want an assessment team to contact you about disability accommodations." Someone from the Therapeutic Recreation Department will contact you to discuss what we can do to make your experience a success!

*"It's not our
disabilities,
it's our abilities
that count."
~ Chris Burke*



Teen Adventure Club

Ages: 13 - 21

Harmon Park

Looking for an exciting and active morning of adventure and fun with your friends? Join the Teen Adventure Club. Come enjoy games, field trips around Central Oregon, community events and much more. This program is for teens with special needs but friends and siblings are welcome.

\$45.00 ID \$54.00 OD

Activity: [304820](#)

Sa: 9:30 am - 1:00 pm

Session: 9/24 10/8
11/12 12/10

Adaptive Equipment

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

ADULT THERAPEUTIC RECREATION

Day Program: NEW Community Outing

Ages: All Adults
Norton Avenue Apts.

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

\$100.00 ID \$120.00 OD

Activity: [304505](#)

Tu: 9:30 am - 12:30 pm

Session: 9/6 - 20 10/4 - 25
11/1 - 29 (no class 11/22)
12/6 - 13 (two weeks -
adj. fee \$55.00 ID \$66.00 OD)

Community Contributions

Ages: All Adults
Norton Avenue Apts.

Let's take some time to give back to the Bend community. We will either volunteer at a local business, or use our artistic skills to create gifts to donate somewhere in need.

\$45.00 ID \$54.00 OD

Activity: [304100](#)

Sa: 10:00 am - 1:00 pm

Session: 9/17 10/22
11/19

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.



Arts & Crafts

Oregon Art Projects

Ages: All Adults

Twin Knolls Transitions

Let's explore the landscape around us. Art projects will focus on themes related to Oregon.

\$80.00 ID \$96.00 OD

Activity: [304221](#)

W: 6:30 - 8:00 pm

Session: 9/7 - 28

Fall Colors Creations

Ages: All Adults

Twin Knolls Transitions

The leaves are changing colors and the air is crisp. In this art class we will focus on the beauty of fall and changing seasons.

\$80.00 ID \$96.00 OD

Activity: [304400](#)

W: 6:30 - 8:00 pm

Session: 10/5 - 26

Creativity Galore

Ages: All Adults

Twin Knolls Transitions

This art class will encourage you to use creativity and imagination! We'll try a variety of projects.

\$80.00 ID \$96.00 OD

Activity: [304420](#)

W: 6:30 - 8:00 pm

Session: 11/2 - 30 (no class 11/23)

Holiday Gifts

Ages: All Adults

Twin Knolls Transitions

Come create holiday gifts for your friends and loved ones.

\$45.00 ID \$54.00 OD

Activity: [304421](#)

W: 6:30 - 8:00 pm

Session: 12/7 - 14



Cooking & Baking

Fresh Fall Recipes

Ages: All Adults

Twin Knolls Transitions

Let's get together to try out some fresh and healthy fall recipes that can easily be repeated at home.

\$100.00 ID \$120.00 OD

Activity: [304314](#)

W: 4:30 - 6:30 pm

Session: 9/7 - 28

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

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



Cozy Fall Foods

Ages: All Adults

Twin Knolls Transitions

Temperatures are cooling off and it's time to make some cozy comfort food. Join us as we explore new recipe that will be great for a chilly night.

\$100.00 ID \$120.00 OD

Activity: [304301](#)

W: 4:30 - 6:30 pm

Session: 10/5 - 26

Savor the Season Cooking

Ages: All Adults

Twin Knolls Transitions

November is full of savory treats and meals. Let's practice Thanksgiving meal prep with a twist!

\$100.00 ID \$120.00 OD

Activity: [304315](#)

W: 4:30 - 6:30 pm

Session: 11/2 - 30 (no class 11/23)

Flavorful Feasts

Ages: All Adults

Twin Knolls Transitions

Let's use all the spices and create flavorful hearty meals.

\$55.00 ID \$66.00 OD

Activity: [304316](#)

W: 4:30 - 6:30 pm

Session: 12/7 - 14

Fun & Games

Night at the Pool

Ages: 17 & up

Norton Avenue Apts.

We will enjoy an evening of open recreation swim and games at the pool. Times may vary slightly with pool schedules.

\$25.00 ID \$30.00 OD

Activity: [304503](#)

F: 5:00 - 7:00 pm

Session: 9/16 10/7

Game Nights

Ages: All Adults

Norton Avenue Apts.

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, Bunco and more.

\$25.00 ID \$30.00 OD

Activity: [304508](#)

F: 5:30 - 7:30 pm

Session: 9/23 10/21

Fall Scavenger Hunt

Ages: All Adults

Norton Avenue Apts. NEW

Let's go on an adventure finding fall related items around Bend. We will start at Norton and head out to local parks following clues.

\$30.00 ID \$36.00 OD

Activity: [304513](#)

Tu: 4:30 - 7:30 pm

Session: 10/4

Howlin' Halloween Dance

Ages: All Adults

Hollinshead Barn

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.

\$35.00 ID \$42.00 OD

Activity: [304511](#)

F: 6:00 - 9:00 pm

Session: 10/28

Movie Night

Ages: All Adults

Norton Avenue Apts.

Let's go see a movie on the big screen! Movie will be determined based on what is showing at the time. Time to be determined with movie,

\$55.00 ID \$66.00 OD

Activity: [304507](#)

F: 5:30 - 9:00 pm

Session: 11/18

Christmas Parade

Ages: All Adults

Norton Avenue Apts.

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

\$35.00 ID \$42.00 OD

Activity: [304517](#)

Sa: 10:00 am - 2:00 pm

Session: 12/3

Day at the Museum

Ages: All Adults

Norton Avenue Apts.

Come spend the day exploring the High Desert Museum. From the river otters to rotating exhibits there's always something new and exciting to see.

\$40.00 ID \$48.00 OD

Activity: [304422](#)

Sa: 10:00 am - 1:00 pm

Session: 12/17



Overnight Trips

Oregon Coast Trip

Ages: All Adults

Norton Avenue Apts.

It's been a while since we've ventured to the beach! We're ready to take a trip to Beverly Beach State Park. We will be spending two nights in yurts, eating delicious seafood, hiking trails in the coastal mountains, and playing on the beach. What a fun two days!

\$350.00 ID \$420.00 OD

Activity: [304601](#)

Su/M/Tu: 7:00 am depart
4:00 pm return

Session: 9/25 - 27





Outdoors

Hiking Central Oregon

Ages: All Adults
Norton Avenue Apts.

Explore hiking trails in and around town with friends. This group will take on some tougher terrain while enjoying the beautiful Central Oregon scenery.

\$55.00 ID \$66.00 OD

Activity: [304706](#)

Th: 5:30 - 7:30 pm

Session: 9/8 - 29

Day Program: NEW Outdoor Adventure

Ages: All Adults
Norton Avenue Apts.

This is a new day program designed for those adults not working at this time of day. We will go out on adventures in and around town. Activities will include hikes, exploring state parks, and sightseeing. Must be able to walk 2 miles unassisted.

\$100.00 ID \$120.00 OD

Activity: [304506](#)

Th: 9:30 am - 12:30 pm

Session: 9/8 - 29 10/6 - 27
11/3 - 12/1 (no class 11/24)
12/8 - 15 (two weeks -
adj. fee \$55.00 ID \$66.00 OD)

Saturday Adventure

Ages: All Adults
Norton Avenue Apts.

Let's get out on an adventure before we get snowed in. Adventures will be determined based on weather, but will be out exploring Central Oregon. Participants should be able to walk 2 miles unassisted.

\$55.00 ID \$66.00 OD

Activity: [304104](#)

Sa: 10:00 am - 4:00 pm

Session: 9/10 10/15
11/5

Walking & Jogging Club

Ages: All Adults
Norton Avenue Apts.

Enjoy walking or jogging with friends on accessible trails close to town! This group will explore trails with very little elevation gain or obstacles. Let's get out for some exercise and enjoy the fresh air.

\$50.00 ID \$60.00 OD

Activity: [304140](#)

Th: 4:30 - 6:30 pm

Session: 10/6 - 27

Intro to Fishing NEW

Ages: All Adults
Norton Avenue Apts.

Let's go fishing and see what we can catch! All experience levels are welcome and encouraged. We will try our luck at a couple of local ponds.

\$45.00 ID \$54.00 OD

Activity: [304132](#)

Tu: 5:00 - 7:00 pm

Session: 10/11 - 25

Sports & Fitness

Disc Golf

Ages: All Adults
Norton Avenue Apts.

Fall is the perfect season for disc golf so let's try some new courses and improve our skills. All experience levels welcome.

\$50.00 ID \$60.00 OD

Activity: [304107](#)

Tu: 5:30 - 7:30 pm

Session: 9/6 - 20

Wheelchair Basketball

Ages: 14 & up
The Pavilion

Let's get out on the courts and play some basketball again. No longer a drop-in program, this six-week program requires registration in advance.

\$50.00 ID \$60.00 OD

Activity: [304500](#)

W: 6:00 - 8:00 pm

Session: 9/7 - 10/12



Get Fit

Ages: All Adults
Norton Avenue Apts.

You will be challenged to reach your personal fitness goals and to live a healthier lifestyle. We'll use a variety of training methods to increase your strength, flexibility, and endurance. If weather permits we may use outdoor space otherwise we will use one of our fitness centers.

\$75.00 ID \$90.00 OD

Activity: [304101](#)

Tu: 5:30 - 7:30 pm

Session: 11/1 - 12/13 (no class 11/22)

Moving to Music

Ages: All Adults
Norton Avenue Apts.

Get ready to shake, shimmy, and salsa your way to a healthier you! Dance away the fall with a fun, energetic blend of dance music. This is an easy and fun way to workout on your own or with friends.

\$90.00 ID \$108.00 OD

Activity: [304105](#)

Th: 5:30 - 7:15 pm

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





ACTIVITIES FOR
LITTLE HANDS
.....
**ART
CLASSES**
.....
SEE BELOW

are you kiddin'?

Art & Clay

Art Play Group

Ages: 2 - 5 with Adult
Larkspur Community Center
Parents, grandparents, family, nannies get to connect with their child with the Art Station! Each session will have different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. Child must be accompanied by adult. Instructor: Anne Rustand.

\$25.00 ID \$30.00 OD

Activity: [311302](#)

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

Session: 9/9 9/23
10/7 10/21
11/4 11/18
12/2 12/16

Art StART

Ages: 2 - 5 with Adult
Larkspur Community Center
Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Join us for play-based art explorations inspired by child friendly themes. Children ages 2-3 must be accompanied by an adult. Instructor: Anne Rustand.

\$85.00 ID \$102.00 OD

Activity: [311301](#)

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

Session: 9/13 - 10/4 10/25 - 11/15
11/29 - 12/13

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

Session: 9/14 - 10/5 10/26 - 11/16
11/30 - 12/14

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

Session: 9/15 - 10/6 10/27 - 11/17
12/1 - 15

Dance

Born to Dance

Ages: 3
Academie De Ballet
Little boys and girls will be traveling to the zoo, a beach, or maybe the moon! It could be anywhere! Budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement.

\$174.00 ID \$208.80 OD

Activity: [306573](#)

Sa: 9:30 - 10:00 am

Session: 9/17 - 12/10 (no class 11/26)

**More
With A Child
classes:**

Art, page 38

Cooking, page 12

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.

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



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

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

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

**Registration
 Childcare**

TODDLER

Ages: 6 - 29 months.
 Limited availability

\$30.00 ID \$36.00 OD / session

Activity: [405650](#)

PRESCHOOL

Ages: 30 months
 - 6 years old

\$25.00 ID \$30.00 OD / session

Activity: [405651](#)

Days/Times:

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

Sessions: 9/12 - 26*, 10/3 - 31
 11/7 - 28, 12/5 - 19*

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

Sessions: 9/14 - 28*, 10/5 - 26,
 11/2 - 30*, 12/7 - 21*

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

Sessions: 9/16 - 30*, 10/7 - 28,
 11/4 - 18, 12/2 - 16*

Drop-in Childcare

*Available if space allows.
 Please view online for availability.*

TODDLER

Ages: 6 - 29 months.
 Limited availability

\$9.00 ID \$10.80 OD

75 minutes maximum.

PRESCHOOLER

Ages: 30 months
 - 6 years old

\$7.50 ID \$9.00 OD

75 minutes maximum.

Days/Times:

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

**Sync up to Adult
 Fitness Classes**

Juniper features a great lineup of fitness classes during childcare.

9:15 - 10:05 am

• FIT (M/W/F)

• PiYo (M/W)

• Cycle (M/W/F)

10:30 - 11:20 am

• Fitness Center Circuit Workout (M/W)

• Restorative Flow Yoga (M/W/F)

• Vinyasa Yoga (M/W/F)

• Cycle (M/W/F)



**Come Dance
 With Me!**

Ages: 4

Academie De Ballet

Little boys and girls budding ballet dancers leap with stronger legs and arms each lesson and their confidence rises as they explore freedom of movement. Learn jumps, leaps, and feet movement in an imaginary setting.

\$216.00 ID \$259.20 OD

Activity: [306580](#)

Sa: 10:10 - 10:45 am

Session: 9/17 - 12/10 (no class 11/26)

Martial Arts

Lil' Dragons

Ages: 4 - 6

Odyssey Martial Arts

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

\$79.00 ID \$94.80 OD

Activity: [306750](#)

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

Session: 10/3 - 26
 11/2 - 12/5 (no class 11/21 & 11/23)
 1/9 - 2/1

Preschool Play

**Busy Buddies
 Preschool
 Includes weekly swim
 lessons & yoga!**

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee:

2 sessions/week:

\$220.00 ID \$264.00 OD

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

Registration is available now.

Registration fee: \$20.00 non-refundable registration fee is due at the time of enrollment. This registration will hold your spot until the program begins in September. Monthly fees begin in September.

Activity: [405601](#)

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

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

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

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

Dates: 9/12/22 - 6/15/23

**More programs for
 little guys & gals at:**

Art, pages 34 - 38

Sports, pages 39 - 47

Swimming, pages 48 - 51



AFTERSCHOOL
& NO-SCHOOL
ACTIVITIES
PAGES 29 - 33

busy bodies

ENRICHMENT WEDNESDAYS

At Your School:

Grades: K - 5

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

\$80.00 ID \$96.00 OD / session

W: 12:45 - 2:15 pm

Sessions: 9/14 - 10/26 (no class 10/19)

11/2 - 12/14 (no class 11/23)

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.

ELK MEADOW ELEMENTARY

All Programs: [406603](#)

Grades: K - 5

Experiment with Art

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

Session: 9/14 - 10/26 (no class 10/19)

Intro to STEM LEGO® with Funworks Engineering

Children are introduced to Engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 11/2 - 12/14 (no class 11/23)

HIGH LAKES ELEMENTARY

All Programs: [406605](#)

Grades: K - 5

Nature Club

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

Session: 9/14 - 10/26 (no class 10/19)

Experiment with Art

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

Session: 11/2 - 12/14 (no class 11/23)

Learn + play.

“Play is often talked about as it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.”
- Fred Rogers, aka Mister Rogers

Play is the focus of youth activities whether it's crafts, dance or science. Because if you're having fun, then discovery and development come easy!



No School Days

Grades: K - 5

North Star, Silver Rail & Lava Ridge elementary schools



Activity: [307400](#)

Daily: 7:30 am – 5:30 pm

When school isn't in session, it's time to get the Operation going! Operation Recreation, that is!

Serious fun that meets the serious needs of the working parent and the fun-seeking child, this program operates on non-school days for Kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips. Open to all elementary school children throughout the school district.

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

Fees and Sessions:

\$52.00 ID \$62.40 OD / session

W: 10/19

Th: 10/20

F: 10/21

\$156.00 ID \$187.20 OD / session

M-W: 11/21 - 23 (No Lava Ridge)

\$260.00 ID \$312.00 OD / session

M-F: 12/19 - 23 (No Lava Ridge)

\$208.00 ID \$249.60 OD/ session

Tu-F: 12/27 - 30 (No Lava Ridge)

ENRICHMENT
WEDNESDAYS

HIGHLAND ELEMENTARY

All Programs: [406606](#)

Grades: K - 5

Ready To Thrive

A combination of Spanish, STEM (Math, Science, Aerospace), and survival skills (finance, social enrichment, problem solving, self-defense) which provide the tools to enrich the overall development of your child in a fun and creative environment.

Session: 9/14 - 10/26 (no class 10/19)

Nature Club

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

Session: 11/2 - 12/14 (no class 11/23)

JEWELL ELEMENTARY

All Programs: [406607](#)

Grades: K - 5

Fun, Funky Fresh Dance

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

Session: 9/14 - 10/26 (no class 10/19)

Intro to Japanese Culture

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

Session: 11/2 - 12/14 (no class 11/23)

MILLER ELEMENTARY

All Programs: [406610](#)

Grades: K - 5

Intro to STEM LEGO® with Funworks Engineering

Children are introduced to Engineering concepts and focus on building skills and techniques. Every project built is modified and customized by students and makes fun number one! LEGO motorized gear drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 9/14 - 10/26 (no class 10/19)

Ready To Thrive

A combination of Spanish, STEM (Math, Science, Aerospace), and survival skills (finance, social enrichment, problem solving, self-defense) which provide the tools to enrich the overall development of your child in a fun and creative environment.

Session: 11/2 - 12/14 (no class 11/23)

PINE RIDGE ELEMENTARY

All Programs: [406611](#)

Grades: K - 5

Intro to Japanese Culture

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

Session: 9/14 - 10/26 (no class 10/19)

Fun, Funky Fresh Dance

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

Session: 11/2 - 12/14 (no class 11/23)

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

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

Cooking & Baking

Japanese Festival Foods

NO SCHOOL

Ages: 10 - 14

Cascade Middle School

Enjoy and learn how to make "yakisoba" (stir fried noodles), crepes and other popular dishes sold by street vendors at Japanese festivals.

\$150.00 ID \$180.00 OD

Activity: [306229](#)

W-F: 9:00 am - 1:00 pm

Session: 10/19 - 21

M-W: 9:00 am - 1:00 pm

Session: 11/21 - 23

With A Child:

NEW

Japanese Cooking

NO SCHOOL

Ages: 7 & up with Adult

Cascade Middle School

Learn to make traditional Japanese potstickers and sauce. Each registration includes adult and child. Instructor: Chieko Saito

\$69.00 ID \$82.80 OD

Activity: [306125](#)

F: 10:00 am - 12:00 pm

- OR - 1:00 - 3:00 pm

Session: 11/11

Dance

Fantasy Ballet

Ages: 5 - 6

Academie De Ballet

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

\$216.00 ID \$259.20 OD

Activity: [306582](#)

Sa: 10:55 - 11:40 am

Session: 9/17 - 12/10 (no class 11/26)



Happy Hip Hop

Ages: 5 - 7

Academie De Ballet

Come and learn the latest dance style of today's top choreographers. Utilizing moves from street dance, breaking, popping, locking and freestyle and incorporating them into a vibrant dance combination that expresses your individuality.

\$198.00 ID \$206.75 OD

Activity: [306570](#)

W: 2:10 - 2:55 pm

Session: 9/14 - 12/7 (no class 11/23)

DIY & Crafts

Kids' Welding

Ages: 10 - 17

DIYcave

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

\$79.00 ID \$94.80 OD

Activity: [306151](#)

Tu: 5:30 - 7:30 pm

Session: 9/20 10/18

11/15 12/13

3D Printing

Ages: 9 - 17

DIYcave

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

\$89.00 ID \$106.80 OD

Activity: [306153](#)

W: 3:30 - 6:30 pm

Session: 9/14 9/28

10/12 10/26

11/9 11/30

12/7 12/14

Archery & Martial Arts

in Youth Sports,
on pages 39 - 47.



Westside Village Camp

NO SCHOOL

Ages: 6 - 14

Westside Village

Packed with adventures and creative arts! Get moving with outdoor activities such as walking adventures within 2 miles of WVMS, team building games, and playing at nearby parks. Tap into your creative side with drama, music, dancing, drumming, ukulele and art projects.

Activity: [306401](#)

\$159.00 ID \$190.80 OD

W-F: 7:45 am - 5:00 pm

Session: 10/19 - 21

\$55.00 ID \$66.00 OD

F: 7:45 am - 5:00 pm

Session: 11/11

\$159.00 ID \$190.80 OD

M-W: 7:45 am - 5:00 pm

Session: 11/21 - 23

\$259.00 ID \$310.80 OD

M-F: 7:45 am - 5:00 pm

Session: 12/19 - 23

M-F: 7:45 am - 5:00 pm

Session: 12/26 - 30

KIDS INC

Afterschool Programs

Grades: K - 5

Located at your school

KIDS Inc. is currently accepting applications for the waitlist.

Look for more information at bendparksandrec.org/childcare.



Sheet Metal Art

Ages: 10 - 17

DIYcave

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

\$79.00 ID \$94.80 OD

Activity: [306155](#)

Tu: 5:30 - 7:30 pm

Session: 9/13 10/11
11/8 12/6



Kids' Woodworking

Ages: 11 - 17

DIYcave

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

\$179.00 ID \$214.80 OD

Activity: [306156](#)

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

Session: 9/27 - 28 10/25 - 26
11/29 - 30

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.

Science & Technology

Ready to Thrive NEW

Ages: 10 - 15

Larkspur Community Center

A combination of SPANISH, STEM (Math, Science, Aerospace), and SURVIVAL SKILLS (finance, social enrichment, problem solving, self defense) which provide the tools to enrich the overall development of your child in a fun and creative environment.

Activity: [306226](#)

\$99.00 ID \$118.80 OD

M: 4:00 - 5:30 pm

Session: 9/12 - 10/3 10/10 - 31
11/7 - 12/5

Tu: 4:00 - 5:30 pm

Session: 9/13 - 10/4 10/11 - 11/1
11/8 - 12/6

Th: 4:00 - 5:30 pm

Session: 9/15 - 10/6
11/3 - 12/1 (no class 11/24)

\$198.00 ID \$237.60 OD

Sa: 10:00 am - 1:00 pm

Session: 9/10 - 10/1 10/8 - 29
11/5 - 12/3 (no class 11/26)

Engineering Lab 100/200

NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center Northwest Crossing

Use your engineering brain while planning, designing, building, and testing simple machines and complex bridge structures in this one-day workshop. Join us on a non-school day to explore the STEM world and discover the mechanics behind the machines we use every day! New design challenges at every session! Bring lunch for 12:00 - 12:30 pm if enrolling in both Bot Lab and Engineering Lab.

\$49.00 ID \$58.80 OD

Activity: [306653](#)

M: 12:30 - 2:30 pm

Session: 11/21

T: 12:30 - 2:30 pm

Session: 11/22

W: 12:30 - 2:30 pm

Session: 10/19

Th: 12:30 - 2:30 pm

Session: 10/20

F: 12:30 - 2:30 pm

Session: 12/23 12/30



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

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



Fun Works NO SCHOOL Intro to Engineering/STEAM with LEGO®

Ages: 5 - 7

Aspen Hall

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

Activity: [306660](#)

Bot Lab 100/200 NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center Northwest Crossing

These one-day workshops scheduled on no-school days are designed to promote STEM education, keep learning fun, encourage creativity, and challenge students to problem-solve and work logically! Students work with LEGO® technology to build themed robots and use computer software to program them to come to life! All new robots at every session! Bring lunch for 12:00 - 12:30 pm if enrolling in both Bot Lab and Engineering Lab.

\$49.00 ID \$58.80 OD

Activity: [306656](#)

M: 10:00 am - 12:00 pm

Session: 11/21

Tu: 10:00 am - 12:00 pm

Session: 11/22

W: 10:00 am - 12:00 pm

Session: 10/19

Th: 10:00 am - 12:00 pm

Session: 10/20

F: 10:00 am - 12:00 pm

Session: 12/23 12/30

With A Child classes:

Art, pages 34 - 38

Cooking, page 12

Volunteer with kids!

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

\$110.00 ID \$132.00 OD

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

Session: 10/19 - 21

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

Session: 11/21 - 23

\$180.00 ID \$216.00 OD

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

Session: 12/19 - 23

\$145.00 ID \$174.00 OD

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

Session: 12/27 - 30



Fun Works NO SCHOOL Engineering/STEAM with LEGO®

Ages: 8 - 11

Aspen Hall

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

Activity: [306661](#)

\$110.00 ID \$132.00 OD

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

Session: 10/19 - 21

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

Session: 11/21 - 23

\$180.00 ID \$216.00 OD

M-F: 1:00 - 4:00 pm

Session: 12/19 - 23

\$145.00 ID \$174.00 OD

Tu-F: 1:00 - 4:00 pm

Session: 12/27 - 30

LET'S
GET ARTY!
.....
**ART-RAGEOUS
CAMP**
.....
PAGE 35

play in color

creativity equals expression

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

"I don't say
everything, but I
paint everything."
~ Pablo Picasso

Clay

Kooky Clay Creations

Ages: 6 - 10

Harmon Park

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

\$109.00 ID \$130.80 OD

Activity: [311200](#)

F: 3:30 - 5:30 pm

Session: 9/9 - 30 10/14 - 11/4
11/11 - 12/9 (no class 11/25)



Youth Wheel Throwing

Ages: 7 - 13

Harmon Park

All levels are welcome to learn how to throw pots on the wheel. Follow the process of basic wheel throwing practice, trimming and glazing. Small class sizes will allow more one on one time with students to improve their skills. Instructor: Hunter Teig/ Amanda Krammes.

\$139.00 ID \$166.80 OD

Activity: [311203](#)

M: 3:30 - 5:30 pm

Session: 9/12 - 10/3 10/17 - 11/7
11/28 - 12/19

Tu: 3:30 - 5:30 pm

Session: 9/13 - 10/4 10/18 - 11/8
11/29 - 12/20

Th: 3:30 - 5:30 pm

Session: 9/15 - 10/6 10/20 - 11/10
12/1 - 22



Teen NEW Hand Building

Ages: 12 - 17

Harmon Park Clay Studio

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

\$139.00 ID \$166.80 OD

Activity: [311202](#)

M: 6:00 - 8:00 pm

Session: 9/12 - 10/3 10/17 - 11/7
11/28 - 12/19



Fun with Clay

Ages: 6 - 12

Harmon Park

Create something new each class! Including animals, imaginative creatures, bowls and so much more. Learn hand building skills and techniques, and glaze your pieces with bright colors. Instructor: Amanda Krammes/Cat Melone.

\$109.00 ID \$130.80 OD

Activity: [311208](#)

W: 3:30 - 5:30 pm

Session: 9/14 - 10/5 10/19 - 11/9
11/30 - 12/21

Sa: 3:30 - 5:30 pm

Session: 9/17 - 10/8 10/22 - 11/12
11/19 - 12/17 (no class 11/26)

Wheel Experience

Ages: 15 & up

Harmon Park Clay Studio

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

\$205.00 ID \$246.00 OD

Activity: [311103](#)

Tu: 9:00 am - 12:00 pm

Session: 9/13 - 10/18
11/1 - 12/13 (no class 11/22)

Work for play!

View BPRD jobs available at bendparksandrec.org/jobs.

Jewelry-making

Young Jewelers

Ages: 8 - 13

Larkspur Community Center

Learn beginner jewelry skills and make some razzle-dazzle to wear or share with friends. This class is designed for children that are interested in basic beading skills and jewelry design. Instructor: Kaia Seiffert.

\$99.00 ID \$118.80 OD

Activity: [311249](#)

M: 3:30 - 5:30 pm

Session: 9/12 - 26 11/7 - 21



Intermediate Young Jewelers

NEW

Ages: 8 - 13

Larkspur Community Center

Do you want to take your jewelry making skills to the next level? You will be learning how to create jewelry out of polymer clay, leather, and more! This class is geared toward students who have taken Beginning Young Jewelry or have a good foundation of making jewelry before the class. Instructor Kaia Seiffert.

\$99.00 ID \$118.80 OD

Activity: [311250](#)

M: 3:30 - 5:30 pm

Session: 10/10 - 24 12/5 - 19



Multimedia

Art-rageous Camp

NO SCHOOL

Ages: 6 - 12

Larkspur Community Center

Discover your creative side! Each class may offer painting, pastels, drawing, clay, sculpture and mixed media, the possibilities are endless! Let's play and create in the studio. Instructor: Art Station Staff.

\$149.00 ID \$178.80 OD

Activity: [311402](#)

W-F: 9:00 am - 3:00 pm

Session: 10/20 - 22

M-W: 9:00 am - 3:00 pm

Session: 11/22 - 24

T-Th: 9:00 am - 3:00 pm

Session: 12/27 - 29

\$209.00 ID \$250.80 OD

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

Session: 12/19 - 22



Art Station's on the move

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

CLAY CLASSES

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

MULTIMEDIA CLASSES

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

ART PARTIES

Art parties are back for fall! Clay parties are available on Sundays at Harmon Clay Studio. Visit bendparksandrec.org/artstation to learn more.



Printmaking NEW

Ages: 8 - 13

Larkspur Community Center

Learn how to make your own printed designs for cards, t-shirts, and more using items you can find in your house. You will learn how to create fun marks, mix colors, and unique patterns that will wow your family. Instructor: Kaia Seiffert.

\$99.00 ID \$118.80 OD

Activity: [311130](#)

M: 1:00 - 3:00 pm

Session: 9/12 - 26 10/10 - 24
11/28 - 12/12

Cartooning

Ages: 8 - 14

Larkspur Community Center

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

\$99.00 ID \$118.80 OD

Activity: [311225](#)

Tu: 3:30 - 5:30 pm

Session: 9/20 - 10/11 10/25 - 11/15
11/29 - 12/20

Central Oregon Wilderness Scene NEW

Ages: 10 - 12

Larkspur Community Center

Drawing inspiration from Japan to the Pacific Northwest, young artists will learn about texture, style and expression as they creatively compose a wilderness scene using mixed-media such as paper, markers and watercolor. Instructor: Colleen Wadeson.

\$119.00 ID \$142.80 OD

Activity: [311116](#)

Sa: 9:00 am - 12:00 pm

Session: 9/24

Youth Collage

Ages: 6 - 10

Larkspur Community Center

Create original experimental forms of expression using a variety of materials from specialty papers to found items. Learn the elements and principals of design used in this art form. Instructor: Kathleen Branch.

\$99.00 ID \$118.80 OD

Activity: [311243](#)

Th: 3:30 - 5:30 pm

Session: 10/7 - 28

Mini Masters NEW

Ages: 8 - 12

Larkspur Community Center

Be Inspired, and you too can draw and paint in the same technique similar to our Great Masters in Art History. Each student will be able to create their own compact masterpiece each week Instructor : Kathleen Branch.

\$129.00 ID \$154.80 OD

Activity: [311124](#)

F: 3:30 - 5:30 pm

Session: 10/7 - 28

Fanciful Floating Flower Garden NEW

Ages: 10 - 12

Larkspur Community Center

A contemporary approach to Claude Monet's gardens of impressionism, young artists will "sculpt" a 3-D flower using various materials including acrylic paint to form an artistic centerpiece for any table. Instructor: Colleen Wadeson.

\$119.00 ID \$142.80 OD

Activity: [311113](#)

Sa: 9:00 am - 12:00 pm

Session: 10/8

Scissor-Snipped Sea Creatures NEW

Ages: 10 - 12

Larkspur Community Center

Through an introduction to the principles of design, young artists will enjoy "drawing with scissors" to create an abstract panel of sea life with paper, scissors, and a few extra items for emphasis! Instructor: Colleen Wadeson.

\$119.00 ID \$142.80 OD

Activity: [311114](#)

Sa: 9:00 am - 12:00 pm

Session: 11/5



Colorful, Imaginative Landscapes NEW

Ages: 10 - 12

Larkspur Community Center

Incorporating the elements of art in whimsical, unconventional ways, young artists will be exposed to the complements and contradictions of color in a unique landscape using markers and pastels. Instructor: Colleen Wadeson.

\$119.00 ID \$142.80 OD

Activity: [311115](#)

Sa: 9:00 am - 12:00 pm

Session: 11/19

ADULTS CAN GET ARTSY TOO!

Adult Art classes
on pages 15 - 18.



Painting

Acrylic Pouring

Ages: 12 & up

Larkspur Community Center

Try the acrylic pouring craze! Learn about the materials you need to create this fluid painting technique while completing finished pieces to take home. Instructor: Stephen Teater.

\$119.00 ID \$142.80 OD

Activity: [311145](#)

Th: 6:00 - 8:00 pm

Session: 9/1 - 22

Watercolor Techniques

Ages: 8 - 12

Larkspur Community Center

There are many techniques that are used to create watercolor paintings. Young artists will be introduced to the basics of watercolor that can be applied to their own pieces. Practice washes, value scale, wet on wet and dry brush techniques. Instructor: Kathleen Branch.

\$95.00 ID \$114.00 OD

Activity: [311222](#)

F: 3:30 - 5:30 pm

Session: 9/9 - 30

Ease into Watercolor Painting

Ages: 14 & up

Larkspur Community Center

Have you always wanted to watercolor paint, but wondered how to begin? Or did you try it long ago, and hoped to start again? This class is for you and anyone wanting to paint more independently. We will begin with the basics, creating fun images as well as representational paintings while practicing wash techniques, texture methods, and design principles. Instructor: Kathleen Branch.

\$135.00 ID \$162.00 OD

Activity: [311123](#)

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

Session: 9/13 - 22 11/1 - 10

Pet Portraits

Ages: 14 & Up

Larkspur Community Center

Design and develop a pet portrait in oil utilizing unexpected luminous color, abstract shapes and layered creative brushstrokes. Students will explore form through light and shadow, color balance and temperature, and paint with a variety of layered brushstrokes. Instructor will demonstrate how to fine tune and finesse painting allowing plenty of time for individual assistance and painting. Instructor: Stephen Teater.

\$119.00 ID \$142.80 OD

Activity: [311242](#)

Th: 6:00 - 8:00 pm

Session: 11/3 - 12/1 (no class 11/24)



Paint Central Oregon Landscapes

NEW

Ages: 14 & Up

Larkspur Community Center

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

\$119.00 ID \$142.80 OD

Activity: [311112](#)

Th: 6:00 - 8:00 pm

Session: 12/8 - 29

Art & The Young Child

Art Play Group

Ages: 2 - 5 with Adult

Larkspur Community Center

Parents, grandparents, family, nannies get to connect with their child with the Art Station! Each session will have different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. Child must be accompanied by adult. Instructor: Anne Rustand.

\$25.00 ID \$30.00 OD

Activity: [311302](#)

F: 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 9/9 9/23

10/7 10/21

11/4 11/18

12/2 12/16



Art StART

Ages: 2 - 5 with Adult

Larkspur Community Center

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Join us for play-based art explorations inspired by child friendly themes. Children ages 2-3 must be accompanied by an adult. Instructor: Anne Rustand.

\$85.00 ID \$102.00 OD

Activity: [311301](#)

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

Session: 9/13 - 10/4 10/25 - 11/15
11/29 - 12/13

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

Session: 9/14 - 10/5 10/26 - 11/16
11/30 - 12/14

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

Session: 9/15 - 10/6 10/27 - 11/17
12/1 - 15

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

With A Child: Art

With A Child: Clay

Ages: 5 & up with Adult

Harmon Park Clay Studio

Create something new each class including animals, imaginative creatures, bowls and so much more. Learn hand-building skills and techniques, and glaze your pieces with bright colors. Both the child and adult registers. Please call to add additional child or adult.

\$69.00 ID \$82.80 OD / pair

Activity: [311500](#)

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

Sessions: 9/3 9/10
9/17 9/24
10/1 10/8
10/15 10/22
10/29 11/5
11/19 12/3
12/10 12/17



With A Child: Mixed Media

Ages: 7 & up with Adult

Larkspur Community Center

Discover unconventional and exploratory techniques while you experiment new approaches to art. Try various painting, drawing and collage techniques. Both the child and adult registers. Please call to add additional child or adult.

\$69.00 ID \$82.80 OD / pair

Activity: [311543](#)

Sa: 9:00 - 11:00 am
- OR - 11:30 am - 1:30 pm

Sessions: 9/17 Fall Fun

9/24 Acrylic Painting: Believe in Sasquatch

10/15 Acrylic Painting: Great Harvest

10/29 Halloween Hauntings

11/5 Holiday Print Making (9:00 - 11:30 am, 12:00 - 2:30 pm)

11/12 Acrylic Painting: Sunset in the Mountains

12/3 Holiday Jewelry Gifts (9:00 - 11:30 am, 12:00 - 2:30 pm)

12/10 Acrylic Painting: Polar Bears

12/17 Winter Wonderland



With A Child: Paint Night

Ages: 6 & up with Adult

Larkspur Community Center

Come create a two sided painting with your child. Each child /adult team will each paint their own canvas. When put together will make a beautiful painting. The design is traced onto the canvas before you arrive and the instructor will guide you through the process of creating the painting. Both the child and adult registers. Please call to add additional child or adult. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD / pair

Activity: [302416](#)

Th: 5:30 - 7:00 pm

Session: 10/13 - Fall Trees
11/10 - Tommy Turkey
12/8 - Snowman



With A Child: Fun with Fused Glass

Ages: 6 & up with Adult

Larkspur Community Center

Come enjoy the evening with your child and make fused glass ornaments. Try your creativity in designing with different shapes and color pieces to make the most of your holiday décor. Both the child and adult registers. Please call to add additional child or adult. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD / pair

Activity: [302438](#)

F: 5:30 - 7:00 pm

Session: 10/7 - Jack 'O Lantern
11/11 - Turkey
12/2 - Holiday Ornaments

With A Child: Ceramic Ornament Paint Night

Ages: 6 & up with Adult

Larkspur Community Center

Enjoy a fun night with your child painting ceramic holiday ornaments. Select from an assortment of unfinished shapes and designs. Let your creativity shine. Both the child and adult registers. Please call to add additional child or adult. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD / pair

Activity: [302417](#)

Th: 5:30 - 7:00 pm

Session: 11/17



.....
**LEARN
 TO PLAY
 HOCKEY**

 PAGE 44

score some fun

All-Sports Camps

Moment Athletics Friday Night Court Sports

Ages: 8 - 13

Highland Elementary

Music, games, friends and fun... perfect for a First Friday night! Find some friends and come play! Moment Athletics will provide a fun and active game night with fair play and meaningful competition. We will play dodgeball, indoor soccer, kickball and basketball. Moment Athletics is locally-owned and operated by veteran teacher and coach, CJ Colt. Bring a water bottle.

\$32.00 ID \$38.40 OD

Activity: [303051](#)

F: 6:00 - 9:00 pm

Session: 10/7 11/4
 12/2

Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs.



Moment Athletics NO SCHOOL Multi-Sport Camp

Ages: 8 - 11

Highland Elementary

Get out of the house and come play! Participants will practice skills and play games; such as indoor soccer, basketball, indoor kickball, and various inclusive PE-style games. Suited for the athletic-minded kid looking to play and improve more of the sports they love, while also learning new sports and games. Moment Athletics is locally owned and operated by veteran teacher and coach, CJ Colt. Bring a lunch and water bottle.

\$79.00 ID \$94.80 OD

Activity: [303053](#)

Th-F: 9:00 am - 1:00 pm

Session: 10/20 - 21

Archery

Youth & Teen Archery

Ages: 8 - 17

Shevlin Park Aspen Meadow

Learn the 10,000-year-old art of shooting bows and arrows. Participants will learn safety, etiquette, and gain useful tips to improve archery skills using recurve bows on an outdoor range. No previous experience necessary, but all skill levels are welcome. All archery equipment will be provided. Archery meets at Shevlin Park at the home across from Aspen Meadow Shelter. Please note: This program is outdoors, so dress for the weather.

\$33.00 ID \$39.60 OD

Activity: [307710](#)

Ages: 8 - 12

Sa: 10:00 am - 12:00 pm

Session: 9/10 9/24
 10/1 10/8
 10/22 10/29

Sa: 12:30 - 2:30 pm

Session: 9/10 9/24
 10/8 10/29

Ages: 13 - 17

Sa: 12:30 - 2:30 pm

Session: 10/1 10/22

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

Moment Athletics

HoopFest NO SCHOOL

Ages: 9 - 14

Pacific Crest Middle School

Music, hoops, friends and fun... perfect for a non-school day! Come play some basketball. Moment Athletics will provide a fun and active tournament structure, with fair play and meaningful competition. Bring a water bottle.

\$39.00 ID \$46.80 OD

Activity: [303052](#)

F: 1:00 - 4:00 pm

Session: 11/11

COBO Advanced Basketball Skills & Drills Training

Grades: 5 - 8

Highland Elementary

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. Lead by COBO basketball's Craig Reid.

\$154.00 ID \$184.80 OD

Activity: [303055](#)

Grades: 5 - 6

Tu/Th: 6:00 - 7:20 pm

Session: 9/13 - 29 10/4 - 20

Grades: 7 - 8

Tu/Th: 7:30 - 8:50 pm

Session: 9/13 - 29 10/4 - 20



Caldera Pre-Season Girls' Basketball Clinics

Grades: 4 - 8

Caldera High School

Girls, get ready for the coming basketball season and tryouts! All clinics will be held at the new Caldera High School Gym. Our clinics will focus on skill development and court awareness. These Clinics are under the direction of Caldera High School girls basketball coach Pam Bradbury and her staff. Space is limited.

\$79.00 ID \$94.80 OD

Activity: [303061](#)

Su: 3:30 - 5:00 pm

Session: 10/2 - 23

Caldera Pre-Season Boys' Basketball Clinics

Grades: 4 - 8

Caldera High School

Get ready for the coming basketball season and tryouts! All clinics will be held at the new Caldera High School Gym. Clinics will enhance and strengthen your skills as you prepare for the coming season. These Clinics are under the direction of Caldera High School boys basketball coach Ryan Cruz and his staff. Space is limited.

\$89.00 ID \$106.80 OD

Activity: [303059](#)

Su: 5:00 - 7:00 pm

Session: 10/9 - 23



COBO Pre-Season Basketball Clinics

Grades: 5 - 8

Mountain View High School

COBO will help you get ready for the coming basketball season and tryouts! Designed to enhance and strengthen your skills, all COBO camps are under the direction of former Mtn. View High School basketball coach Craig Reid and his staff. Space is limited.

\$69.00 ID \$82.80 OD

Activity: [303056](#)

Su: 6:00 - 8:00 pm

Session: 10/9 - 23

COBO Basketball Skills Days NO SCHOOL

Grades: 3 - 8

Pilot Butte Middle School

Get ready for the season or just come play some hoops. Join us to work on your passing, dribbling, shooting and defensive skills. Includes fun drills and lots of games. Bring a water bottle and snack. This camp occurs on no school day. Space is limited!

\$30.00 ID \$36.00 OD

Activity: [303060](#)

Grades: 6 - 8

Th: 9:00 - 11:45 am

Session: 10/20

Grades: 3 - 5

F: 9:00 - 11:45 am

Session: 10/21 11/11



Bitty Ball Basketball League

Grades: K - 2

Cascade Middle School

A good introduction for the younger player, this league focuses on skill development, teamwork and fun. Teams practice and scrimmage every Saturday. Team t-shirt included. This program is dependent on volunteer coaches. Anyone interested in coaching, please head to our website to complete a Volunteer Application.

Registration deadline: 10/7 or until full

\$79.00 ID \$94.80 OD

Grade: Activity:

Coed - Grade K [303400](#)

Coed - Grade 1 [303402](#)

Boys - Grade 2 [303403](#)

Girls - Grade 2 [303404](#)

Sa: 8:30 am - 4:00 pm

60-minute program
time varies

Session: 11/5 - 12/17 (no program 11/26)

Youth Basketball League

Grades: 3 - 5

Local schools

This recreational league emphasizes skill development, maximum participation, good sportsmanship and fun. Teams will practice twice during the week after 6:00 pm (coaches will select time and location). All games will be played on Saturday. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a volunteer application.

Registration deadline: 11/11

\$90.00 ID \$108.00 OD / season

Grade: Activity:

Boys - Grade 3 [303405](#)

Girls - Grade 3 [303406](#)

Boys - Grade 4 [303407](#)

Girls - Grade 4 [303408](#)

Boys - Grade 5 [303409](#)

Girls - Grade 5 [303410](#)

Season: 1/3 - 3/4

Middle School Basketball League

Grades: 6 - 8

This joint program between the Bend-La Pine School District and BPRD emphasizes individual and team skill development, maximum participation, good sportsmanship and fun. Teams practice during the week; games played on weeknights. Uniform tops provided for the season. This program is open to all grades 6 - 8 youth for 2022 - 23 school year that live in Bend-La Pine School District. If your school doesn't have a team, register for nearest school. Space is limited. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a volunteer application.

\$75.00 ID/OD / season

Boys' registration deadline: 10/9 or until full

Boys' season: 11/1 - 12/15

Girls' registration deadline: 12/20 or until full

Girls' season: 1/10 - 3/2

Cascade Middle School

#: [303412](#) - Boys [303431](#) - Girls

High Desert Middle School

#: [303413](#) - Boys [303432](#) - Girls

Pacific Crest Middle School

#: [303414](#) - Boys [303433](#) - Girls

Pilot Butte Middle School

#: [303415](#) - Boys [303434](#) - Girls

Sky View Middle School

#: [303416](#) - Boys [303435](#) - Girls

Three Rivers School

#: [303420](#) - Boys [303440](#) - Girls

La Pine Middle School

#: [303421](#) - Boys [303441](#) - Girls

Seven Peaks School

#: [303422](#) - Boys

St. Francis School

#: [303424](#) - Boys [303444](#) - Girls

Bend International School

#: [303426](#) - Boys [303446](#) - Girls

Westside School

#: [303427](#) - Boys [303447](#) - Girls

Cascades Academy

#: [303428](#) - Boys [303445](#) - Girls

High School Basketball League

Grades: 9 - 12

Cascade Middle School

Open to any high school student who is not playing on a high school basketball team. This is a recreational league where players serve as team captains. Officials, scorekeepers and team t-shirts are provided. We keep league standings and have playoffs to end the season.

Registration deadline: 11/15 or until full.

\$79.00 ID \$94.80 OD

Grades: Activity:

Grades 9 - 10 [303500](#)

Grades 11 - 12 [303502](#)

Su: 4:00 - 9:00 pm

Session: 11/27 - 2/19
(no games 12/18 & 12/29)



Volunteer with youth sports and adaptive programs.

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



Learn to Skate: Youth

Ages: 4 - 17

The Pavilion

Welcome to Skate School, where you will learn the FUNdamentals of ice skating!

This program offers progressive classes designed to increase your recreational skating experience and develop the basic skills that are fundamental to figure skating. Note: skaters may be moved by coaches during the session to a level that is most appropriate. Rental skates included.

Our ice skating lessons are...

- **Age Appropriate:** Most classes grouped by ages 4 - 5, 6 - 11 and 12 - 17.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

\$58.00 ID \$69.60 OD per 4-class session

Session dates and times vary - check Activity link for schedules.

REGISTRATION TIP: Pre-requisites for each class are listed in the class description here and [online](#). We encourage skaters to master each skill level before progressing to the next level.

For more information, call (541) 389-7588.

Skate Lesson Assessment **FREE**

Unsure which class to register your child in? Take the guesswork out - come for a free skate skill assessment on Thursdays 3:00 - 4:15 pm (excluding 11/24, 12/22 & 12/29) to ensure your child is in the right class. Inquire at the front desk or call (541) 389-7588 to arrange an appointment.

Skating Practice **FREE**

Registered Learn to Skate participants skate for free at public skate sessions Mondays through Thursdays withing enrolled dates (rental skates not included).

Schedules at thepavilioninbend.com.

KinderSkate 1

Ages: 4 - 5

In this true beginner class, we will practice sitting and standing on ice, marching in place, forward march, forward swizzles and more. No prerequisite. Protective headgear required - bring a helmet or use ours for free.

Activity: [310101](#) - Click to see sessions

KinderSkate 2 - 3

Ages: 4 - 5

In this class, we will practice backward marching, backward wiggles, two-foot hops, two-foot turns and more. Suggested prerequisite: Completion of KinderSkate 1. Protective headgear required - bring a helmet or use ours for free.

Activity: [310102](#) - Click to see sessions



Learn to Skate: Youth Level 1

Ages: 6 - 11

In this true beginner class, we will practice sitting and standing up on ice, forward swizzles, snowplow stop on two feet, two-foot hops and more. No prerequisite.

Activity: [310111](#) - Click to see sessions

Learn to Skate: Youth Level 2

Ages: 6 - 11

We will practice one-foot glides, backward two-foot glides, backward swizzles, two-foot turns, faster snowplow stops and more. Suggested prerequisite: Completion of Level 1 or the ability to move forward without assistance.

Activity: [310112](#) - Click to see sessions

Learn to Skate: Youth Level 3

Ages: 6 - 11

We'll work on forward stroking on either side of blade, backward one-foot glides, backward snowplow stop, forward half swizzle pumps and more. Suggested prerequisite: Completion of Level 2.

Activity: [310113](#) - Click to see sessions

Learn to Skate: Youth Level 4

Ages: 6 - 11

Here, we'll work on forward and outside edge around a circle, forward crossovers, two-foot spins, backward half-swizzle pumps and more. Suggested prerequisite: Completion of Level 3.

Activity: [310114](#) - Click to see sessions

Learn to Skate: Youth Levels 5 - 6

Ages: 6 - 11

You'll practice backward inside and outside edge around a circle, backward crossovers, advanced two-foot spin, hockey stops, T-stops, bunny hop, forward spiral on a straight line and more. Suggested prerequisite: Completion of Level 4.

Activity: [310115](#) - Click to see sessions

Learn to Skate: Levels 7 - 8

All Ages

In this relatively advanced class, we will practice a variety of techniques such as forward mohawk position, backward crossover to backward outside edge glides, one-foot upright spins, Mazuka jump, Waltz jump and more. Suggested prerequisite: Completion of Level 6. Open to all age groups.

Activity: [310117](#) - Click to see sessions

Learn to Skate: Teen Levels 1 - 3

Ages: 12 - 17

Depending on your experience and ability, we may practice falling and recovery, marching forward, two-foot glide, forward swizzles, snowplow stop, one-foot glides, two-foot turns in place, backward snowplow stop, switching directions and more. No prerequisite.

Activity: [310131](#) - Click to see sessions



Learn to Skate: Teen Levels 4 - 6

Ages: 12 - 17

Depending on your experience and ability, we may practice forward and backward inside/outside edges, hockey stop, T-stop, two-foot spins, one-foot spins, lunges and more. Suggested prerequisite: Completion of Level 3.

Activity: [310133](#) - Click to see sessions

Learn to Skate: Hockey 1

Ages: 6 - 11

In this class, you will learn and practice falling and recovery, hockey stance forward and backward, snowplow stop, backward swizzles, forward C-cuts and more. Wearing hockey gear is optional. No sticks or pucks on ice. Prerequisite: Basic ice skating experience prior to the first class - should be able to stand and skate forward without help.

Activity: [310120](#) - Click to see sessions

Learn to Skate: Hockey 2

Ages: 6 - 11

Take your hockey skating skills to the next level! In this class, we will practice forward and backward outside/inside edges around a circle, quick starts, forward and backward cross-overs, hockey stops and more. Wearing hockey gear is optional. No sticks or pucks on ice. Suggested prerequisite: Completion of Learn to Skate: Hockey Level 1.

Activity: [310122](#) - Click to see sessions

Learn to Skate: Family

Ages: 6 - 11 with Adult
The Pavilion

Welcome to Skate School to learn the FUNdamentals of ice skating! Young skaters - grab a parent, relative or other adult in your life and learn to skate together! We will practice sitting and standing up on ice, forward swizzles, snowplow stop on two feet, two-foot hops and more. Please register under the child's name; one adult is included. No prerequisite. Please sign up on waitlists if needed as we may be able to add sessions.

\$116.00 ID \$139.20 OD

Activity: [310110](#) - Click to see sessions

Guided Skating with Your NEW Preschooler

Ages: 3 - 5 with Adult

New this season during Tuesday morning Parent/Tot Open Skates, free instructor support will be available from 10:00 - 11:15 a.m. Drop-in skating fees apply and direct supervision of your child on the ice is required.

Schedules at
thepavilioninbend.com.



About Bend Ice

Bend Ice is Bend Park & Recreation District's community partner in helping promote and develop ice sports available at The Pavilion including hockey, curling and figure skating. Founded in 2010, Bend Ice traces its roots to a small group of ice sports enthusiasts dedicated to creating a culture of ice sports in Central Oregon. A non-profit, community-supported organization, Bend Ice has seven active Board members and a team of dedicated volunteers.

Bend Ice Figure Skating Club

Come meet new friends, develop your skating skills and have a blast! The Bend Ice Figure Skating Club is perfect for skaters who have mastered basic skating skills equivalent to level 4 and above. Club members get access to exclusive practice ice time to skate as a team and prepare for testing, competition and exhibition events. Joining the club helps take an individual sport to a team sport and gives skaters the opportunity to skate with like-minded athletes.

Website: www.bendicefigureskatingclub.org

Bend Rapids Hockey Club

The mission of the Bend Rapids Hockey Club is to provide travel teams an instructional and competitive environment aimed at developing hockey players. The club's philosophy is to provide both on-and-off-ice training using USA Hockey trained coaches for U8, U10, U12, U14 and high school teams. Adhering to USA Hockey safe sport policies, the club offers a competitive travel schedule designed to stretch players as they develop into excellent athletes and young people.

Website: www.bendrapidsyouthhockey.org

Bend Ice Curling Club

Bend Curling Club, a member of USA Curling, is dedicated to growing the understanding of the sport of curling including ice preparation, game strategy and skills. Bend Curling Club hosts curling leagues for all abilities on Saturday evenings, including pairing new curlers with experienced coaches to further their skills and understanding of the game, as well as a competitive league for the most serious curlers. The club also hosts a Bonspiel in November and promotes teams playing in regional competitions.

Website: sites.google.com/site/bendcurlingcluborg/home



Specialized Ice Sessions

Youth Fees: \$11.00 / session

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get your fifth session for FREE!

Registration: Opens 72 hours prior to scheduled session. You must check-in with the front desk before the beginning of the session.

Drop-in: If space available. Check activity # status online prior to arrival.

Sessions: Times and days will vary. Check online schedule.

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.

Activity: [410401](#) - Youth

Freestyle

Take your skating to the next level. Freestyle is a practice session designed for intermediate and advanced figure skaters to take advantage of the full ice surface to work on edgework, jumps, spins and choreography.

Activity: [410160](#)

Hockey

Learn to Play Hockey: Level 1

Ages: 5.5 - 14

The Pavilion

Our "Learn to Play" program is designed to introduce players with little experience to the sport of ice hockey. We'll develop the fundamentals of the game, promote physical fitness and above all else have fun. Participants should be able to skate on their own before enrolling in this class. Rental gear is available for \$50.00 ID \$60.00 OD.

\$87.00 ID \$104.40 OD

Activity: [310201](#)

W: 4:00 - 5:00 pm

Session: 10/26 - 12/14 (no class 11/23)

Ice skating lessons on previous pages.

Need to learn to skate before you can pick up a hockey stick?

See page 43 for Hockey Skate Lessons.

Rental Hockey Gear

Protective equipment is required for each participant including: helmet with full face mask, mouth guard, shoulder pads, elbow pads, hockey pants, athletic supporter, shin pads, gloves, skates and hockey stick.

Optional rental gear includes a hockey bag and all necessary gear except mouth guard and athletic supporter.

Learn to Play Hockey includes a jersey and hockey socks for all participants to keep. Rental skates are also available at no extra charge.



Learn to Play Hockey: Level 2

Ages: 5.5 - 14

The Pavilion

Continue your progression of hockey to the next level. One to three years of hockey/skating experience required and participants must have participated in a previous session of Learn to Play Hockey. Participants will continue to refine their fundamental hockey skills as well as start to transfer their practice skills into fun game-like scrimmages. Rental gear is available for \$50.00 ID \$60.00 OD.

\$87.00 ID \$104.40 OD

Activity: [310201](#)

W: 5:15 - 6:15 pm

Session: 10/26 - 12/14 (no class 11/23)

WINTER-SPRING 2023 ICE SPORTS

Registration Opens in Early December.

Make plans for:

YOUTH HOCKEY LEAGUE
YOUTH SKATE LESSONS
LEARN TO SKATE/PLAY

Martial Arts

Lil' Dragons

Ages: 4 - 6

Odyssey Martial Arts

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

\$79.00 ID \$94.80 OD

Activity: [306750](#)

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

Session: 10/3 - 26

11/2 - 12/5 (no class 11/21 & 11/23)

1/9 - 2/1

Beginning White Belt Karate

Ages: 6.5 - 12

Odyssey Martial Arts

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

\$99.00 ID \$118.80 OD

Activity: [306751](#)

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

Session: 10/3 - 26

11/2 - 12/5 (no class 11/21 & 11/23)

1/9 - 2/1



Pickleball

Moment Athletics Competitive Pickleball

Ages: 12 - 18

Pine Nursery Park

Attention competitive youth pickleball players. Come compete in our three week challenge program against other like minded, experienced pickleball players. We will practice skills and compete in various small competitions and tournaments within the group. This offering is new and will fill up fast, so sign up now! Equipment will be provided. Please remember to bring a water bottle. Moment Athletics is locally owned and operated by veteran teacher and coach, CJ Colt.

\$99.00 ID \$118.80 OD

Activity: [303054](#)

M/W: 5:15 - 6:30 pm

Session: 9/12 - 28

SoccerJrs

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence.

SoccerJrs - Teddies

Ages: 18 months - 3 years with Adult

Cascade Indoor Sports Center

Parents participate with the child as they learn soccer basics and fun activities.

\$115.00 ID \$138.00 OD

Activity: [303310](#)

Tu: 10:00 - 10:55 am

Session: 9/6 - 10/18

W: 11:00 - 11:55 am

Session: 9/7 - 10/19

Th: 5:00 - 5:55 pm

Session: 9/8 - 10/20

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 9/10 - 10/22

Activity: [303314](#)

Tu: 10:00 - 10:55 am

Session: 10/25 - 12/13 (no class 11/22)

W: 11:00 - 11:55 am

Session: 10/26 - 12/14 (no class 11/23)

Th: 5:00 - 5:55 pm

Session: 10/27 - 12/15 (no class 11/24)

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 10/29 - 12/17 (no class 11/26)



SoccerJrs - Cubs

Ages: 3 - 4

Cascade Indoor Sports Center

This introductory class teaches the basics to kicking, dribbling, foot-eye coordination and balance, as well as listening and following directions. There are no competitive games.

\$115.00 ID \$138.00 OD

Activity: [303311](#)

M: 5:00 - 5:55 pm

Session: 9/5 - 10/17

Tu: 11:00 - 11:55 am

- OR - 4:00 - 4:55 pm

Session: 9/6 - 10/18

W: 10:00 - 10:55 am

- OR - 4:00 - 4:55 pm

Session: 9/7 - 10/19

Th: 4:00 - 4:55 pm

- OR - 5:00 - 5:55 pm

Session: 9/8 - 10/20

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 9/10 - 10/22

Activity: [303315](#)

M: 5:00 - 5:55 pm

Session: 10/24 - 12/12 (no class 11/21)

Tu: 11:00 - 11:55 am

- OR - 4:00 - 4:55 pm

Session: 10/25 - 12/13 (no class 11/22)

W: 10:00 - 10:55 am

- OR - 4:00 - 4:55 pm

Session: 10/26 - 12/14 (no class 11/23)

Th: 4:00 - 4:55 pm

- OR - 5:00 - 5:55 pm

Session: 10/27 - 12/15 (no class 11/24)

Sa: 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 10/29 - 12/17 (no class 11/26)

SoccerJrs - Bears

Ages: 5 - 6

Cascade Indoor Sports Center

Designed for kids with little or no soccer experience to learn the basics of this fun, fast-paced game.

\$115.00 ID \$138.00 OD

Activity: [303312](#)

M: 4:00 - 4:55 pm

Session: 9/5 - 10/17

Tu: 5:00 - 5:55 pm

Session: 9/6 - 10/18

W: 3:00 - 3:55 pm

Session: 9/7 - 10/19

Th: 4:00 - 4:55 pm

Session: 9/8 - 10/20

Activity: [303316](#)

M: 4:00 - 4:55 pm

Session: 10/24 - 12/12 (no class 11/21)

Tu: 5:00 - 5:55 pm

Session: 10/25 - 12/13 (no class 11/22)

W: 3:00 - 3:55 pm

Session: 10/26 - 12/14 (no class 11/23)

Th: 4:00 - 4:55 pm

Session: 10/27 - 12/15 (no class 11/24)

Work for play at BPRD.

Learn more at bendparksandrec.org/jobs.

Soccer

Youth Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports Center

Get out of the cold weather and join a youth indoor soccer league this winter! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All players receive a team shirt. League games are played on Saturdays with no practices. Space is limited.

SESSION 1 - 6 WEEKS

\$100.00 ID \$120.00 OD

Activity: [303340](#)

Grade: K

Sa: 11:00 am - 12:00 pm

Grade: 1 - 2

Sa: 12:00 - 2:00 pm

Grade: 3 - 5

Sa: 2:00 - 4:00 pm

Grade: 6 - 8

Sa: 5:00 - 7:00 pm

Session: 9/10 - 10/15

SESSION 2 - 8 WEEKS

\$115.00 ID \$138.00 OD

Activity: [303345](#)

Grade: K

Sa: 11:00 am - 12:00 pm

Grade: 1 - 2

Sa: 12:00 - 2:00 pm

Grade: 3 - 5

Sa: 2:00 - 5:00 pm

Grade: 6 - 8

Sa: 5:00 - 8:00 pm

Session: 10/22 - 12/17 (no class 11/26)

Volunteer with youth sports.

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



Volleyball

NPJ Fall Volleyball Clinics

Grades: 3 - 6

Cascade Middle School

Improve your game and have fun with your friends as we get ready for the upcoming volleyball season.

\$49.00 ID \$58.80 OD

Activity: [303126](#)

Grades: 3 - 4

Su: 5:00 - 6:15 pm

Grades: 5 - 6

Su: 6:30 - 7:45 pm

Session: 10/9 - 23



Youth Volleyball Leagues

Grades: 3 - 6

Local schools

This league emphasizes individual and team skill development, maximum court time, good sportsmanship and fun. Teams will practice and play games on Saturdays. Practice/game times will vary each week and last 90 minutes. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

Registration deadline: 9/26 or until full

\$80.00 ID \$96.00 OD

Grade: Activity:

Grade 3: [303553](#)

Grade 4: [303554](#)

Grade 5: [303555](#)

Grade 6: [303556](#)

Sa: 9:00 am - 6:00 pm
Times vary

Season: 11/5 - 12/17 (no games 11/26)



give a little, get a lot

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



Thanks, Coach!

Thanks, Coach! Cheers to the volunteers that gave their time and heart as coaches for these spring & summer sport programs. You made it a great season for the young players and their families and we can't thank you enough!

- Youth lacrosse
- Girls softball
- Youth roller hockey



Thanks, Sponsors!

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

KRUEGER & LENOX ORAL & MAXILLOFACIAL SURGERY

Sponsor for tackle football and youth volleyball

THE CENTER

Sponsor for youth soccer and flag football

**Ready to Coach
Youth Team Sports?**

We need you!

Youth sport programs rely on fabulous volunteers to coach teams and support players. If you enjoy sports and spending time with great kids, consider being a coach. Registration in sport programs is at an all-time high and the opportunity to play is more important than ever. We make it easy and we know it will be rewarding and fun! We are currently seeking volunteer coaches for:

- Youth fall soccer
- Flag football
- Youth volleyball
- Middle School basketball – boys & girls leagues
- Youth basketball
- Youth ice hockey

Sport experience preferred, but mostly need to enjoy working with kids. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@ bendparksandrec.org.

KIDS' SWIM LESSONS
PAGES 50 - 51

make waves

Dive into fitness and swimming.

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

Youth & Teen Fitness

Teen Fitness

Ages: 11 - 17

Juniper Swim & Fitness Center & Larkspur Community Center

FITNESS CENTER USE: Improve strength and conditioning in our state-of-the-art fitness center. 16 - 17 year-olds may use the fitness center without restriction; although, a Fitness Center Orientation is recommended. 11 - 15 year-olds may workout in the fitness center under parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Orientations are free and offered weekly. See details [online](#).

GROUP FITNESS CLASSES: Get fit and have fun with our many group exercise class options. 16 - 17 year-olds are welcome in all of our regular group exercise classes. 11 - 15 year-olds may attend some classes under parent/guardian supervision.

[See classes and schedules available online.](#)

Youth Swimming

Busy Buddies Preschool Includes weekly swim lessons & yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

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

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

Monthly Fee: 2 sessions/week: \$220.00 ID \$264.00 OD

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

Registration is available now.

Registration fee: \$20.00 non-refundable registration fee is due at the time of enrollment. This registration will hold your spot until the program begins in September. Monthly fees begin in September.

Activity: [405601](#)

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

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

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

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

Dates: 9/12/22 - 6/15/23

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

Learn more at
bendparksandrec.org/jobs.

Youth Novice Swim Team

Entering Grades: 1 - 5

Juniper Swim & Fitness Center

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

Activity: [305540](#)

\$244.00 ID \$292.80 OD - 3 days

M/W/F: 3:15 - 4:10 pm

\$163.00 ID \$195.60 OD - 2 days

T/Th: 3:15 - 4:10 pm

Session: 10/17 - 12/15

Middle School Novice Swim Team

Grades: 6 - 8

Juniper Swim & Fitness Center

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

\$163.00 ID \$195.60 OD

Activity: [305541](#)

T/Th: 7:25 - 8:20 am

Session: 10/18 - 11/10

Swim Squad

Entering Grades: 9 - 12

Juniper Swim & Fitness Center

This class is for teens looking to refine their stroke technique, improve endurance and develop lifelong skills. Coaches will teach swimmers how to create workout plans, improve swimming skills and share the long-term health benefits of swimming.

\$81.00 ID \$97.20 OD

Activity: [305542](#)

Tu/Th: 6:25 - 7:20 am

Session: 9/14 - 11/18

Springboard Diving

Ages: 9 - 12

Juniper Swim & Fitness Center

Learn the basics of how to dive from the 1-meter board. An instructor will lead you through the specifics of how to do an approach, front dive, back approach and back dive as well as many other skills to make you become a confident and successful diver. Pre-requisite: Ability to comfortably swim two widths of the pool in the deep-end.

\$54.00 ID \$64.80 OD

Activity: [305570](#)

W: 1:35 - 2:25 pm

Sessions: 10/19 - 11/16

F: 4:10 - 5:00 pm
- OR - 5:00 - 5:50 pm

Sessions: 10/21 - 11/18

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

Ages: 3 - adult

Juniper Swim & Fitness Center

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

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

\$66.00 ID \$79.20 OD / session

Activity: [305260](#)

Sa: 12:25 - 12:55 pm

Session: 10/22 - 11/19

Register in advance to
sync with your workout

Kids' Corner Childcare NEW

Ages: 6 months - 6 years

Juniper Swim & Fitness Center

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

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



Registration Childcare

TODDLER

Ages: 6 - 29 months.
Limited availability

\$30.00 ID \$36.00 OD / session

Activity: [405650](#)

PRESCHOOL

Ages: 30 months
- 6 years old

\$25.00 ID \$30.00 OD / session

Activity: [405651](#)

Days/Times:

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

Sessions: 9/12 - 26*, 10/3 - 31
11/7 - 28, 12/5 - 19*

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

Sessions: 9/14 - 28*, 10/5 - 26,
11/2 - 30*, 12/7 - 21*

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

Sessions: 9/16 - 30*, 10/7 - 28,
11/4 - 18, 12/2 - 16*

Drop-in Childcare

Available if space allows.

Please view online for availability.

TODDLER

Ages: 6 - 29 months.
Limited availability

\$9.00 ID \$10.80 OD

75 minutes maximum.

PRESCHOOLER

Ages: 30 months
- 6 years old

\$7.50 ID \$9.00 OD

75 minutes maximum.

Days/Times:

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

Sync up to Adult Fitness Classes

Juniper features a great lineup of fitness classes during childcare.

9:15 - 10:05 am

- FIT (M/W/F)
- PiYo (M/W)
- Cycle (M/W/F)

10:30 - 11:20 am

- Fitness Center Circuit Workout (M/W)
- Restorative Flow Yoga (M/W/F)
- Vinyasa Yoga (M/W/F)
- Cycle (M/W/F)



Youth Swim Lessons

Our year-round youth swim lessons are...

- **Age-Appropriate:** Offered for infants, preschoolers, youth and teens.
- **Skill-Appropriate:** Based on progressively learned swim skills.
- **Safe:** Lifeguards are always on duty to provide extra protection.
- **Small:** Maximum class size of five for preschoolers and six for other levels.
- **Professional:** All instructors are trained in our own best practices program.
- **Fun:** We believe learning to swim should be a positive, fun experience!

For more information, call (541) 389-7665



Swim lessons fill fast! How to register:

1. **Based on your child's age, select a lesson group:**
 - 0 - 36 months: Parent-Tot
 - 30 - 36 months: Sea Stars
 - 3 - 5 years: Journey
 - 6 - 12 years: Level
 - 12 - 16 years: Teen Level
2. **Review lesson descriptions and select level for your child's skills and required class pre-requisites. Still not sure? Schedule a swim assessment (below right).**
3. **Determine preferred location.**
4. **Click on blue "View" hyperlinks to see offerings. Fees vary with session lengths.**
5. **Register for the class that matches your child's level.**
6. **If the appropriate lessons are full, be sure to sign up on the waitlist.**

Parent Tot Swim Lessons

Ages: 6 - 36 months

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

Parent Tot 1: (6 - 18 months) Hands-on work, skill-oriented games and songs emphasize water adjustment and enjoyment.

Parent Tot 2: (19 - 36 months) More skill-building fun and games with an increased emphasis placed on basic swim skills and independence.

Fees: \$54.00- \$77.00 ID
\$64.80 - \$92.40 OD

Frequency: 1- , 2-days- and 4-days-a-week

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

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



Sea Stars Swim Lessons

Age: 2 1/2 - 3

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

Fees: \$54.00- \$77.00 ID
\$64.80 - \$92.40 OD

Frequency: 1- , 2-days- and 4-days-a-week

Juniper Swim & Fitness Center
[View Sea Stars at Juniper](#)

Larkspur Community Center
[View Sea Stars at Larkspur](#)

Journey Swim Lessons

Ages: 3 - 5

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

Journey 1: Water adjustment, underwater exploration, floating on front, flutter kicking. Prerequisite: Ability to participate in a class environment.

Journey 2: Front and back floats, glides, kicks. Prerequisite: Float on front with face in water for 3-5 seconds.

Journey 3: Front crawl stroke and backstroke with big pool exposure. Prerequisite: Float and kick on front and back for 5 seconds.

Journey 4: Crawl stroke with side breathing, back crawl stroke and increased endurance with extensive work in the big pool. Prerequisite: Completion of Journey 3.



Journey 5: More advanced stroke work including technique and endurance with both crawl stroke and backstroke. Prerequisite: Front crawl with side breathing 20 feet and backstroke for 20 feet.

Fees: \$54.00- \$77.00 ID
\$64.80 - \$92.40 OD

Frequency: 1- , 2-days- and 4-days-a-week

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

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

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

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

Level Swim Lessons

Ages: 6 - 12

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

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

Level 2: Streamline kicking on front, back and side, basic crawl stroke, into back crawl stroke, deep water exposure. Prerequisite: Float, glide and kick comfortably on front and back for 5 seconds.

Level 3: Crawl stroke with side breathing and back crawl stroke for 45 feet.
Prerequisite: Strong kick on front and back in proper body position for 10 seconds.

Level 4: Crawl stroke with rhythmic side breathing and back crawl stroke for 25 meters with increased emphasis on proper technique. Elementary backstroke and breast stroke and dolphin kick introduced. Prerequisite: Comfortably swim crawl stroke with side breathing and backstroke for 45 feet. Level 4 students are in the water with the instructor teaching from the deck.

Level 5: Refinement of crawl stroke, back stroke and elementary backstroke; introduce breast stroke, butterfly and open turns. Prerequisite: Comfortably swim crawl stroke with rhythmic side breathing, back stroke and elementary backstroke for 25 meters.

Level 6: Increased endurance and technique in all previously learned strokes including butterfly and breast stroke; flips turns and diving from starting blocks. Prerequisite: Completion of Level 5. Students are in the water with the instructor teaching from the deck.

Fees: \$54.00- \$77.00 ID | \$64.80 - \$92.40 OD

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

Juniper Swim & Fitness Center

[View Level 1 - 6 at Juniper](#)

Larkspur Community Center

[View Level 1 - 6 at Larkspur](#)

Teen Level Swim Lessons

Ages: 12 - 16

Designed to teach teens basic swim skills: kicking in an arrow, front crawl stroke, backstroke and exposure to deep water. There are Levels 1 through 6 for your progression.

Levels 1 - 6 descriptions available above.

Fees: \$54.00- \$77.00 ID
\$64.80 - \$92.40 OD

Frequency: 2-day-a-week lessons available.

Juniper Swim & Fitness Center

[View Teen Level 1 - 6 at Juniper](#)

Swim Lesson Assessment

Not sure where to start? Take the guesswork out with a free swim assessment to ensure your child is in the right class. Come by the pools at:

Larkspur Community Ctr.:

T/Th: 3:45 pm & 6:15 pm

Sa: 3:00 pm

Dates: 9/13 - 12/15

Juniper Swim & Fitness Ctr.:

M-Th: 10:45 am

Dates: 9/12 - 12/15

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

Dates: 10/17 - 12/15

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

Frequently Asked Questions

When does registration begin?

Registration opens Tuesday, August 16 at 6:00 a.m. and is ongoing.

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

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

I am on a waitlist, what should I do?

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

What lesson level is my child is signed up for?

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

I don't remember what facility my lesson is at?

When you registered, you should have received an e-mail receipt with your class location listed with the activity.

You can also look up your registration information on the registration site, <https://register.bendparksandrec.org>. Once logged in, select "my account" in the top menu and select "Household Calendar" under "Reports". Select one or all fields in the "Select Output" field and the applicable months in the "Select Months" field. Then, select "Yes" in the "Print Location/Extra Information Line:" field. You will then receive a report in your household's e-mail account. If you still need assistance, customer service can assist you by e-mail or phone.

What do I do if I signed my child up for the wrong level?

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

I have multiple children and would like them in lessons at the same time.

Most of our lessons have the opportunity to occur at the same time. If you weren't able to sign up for the same time due to the class being full, we encourage you to place your child on the waitlist for the time you like and sign up for the class closest to that time. If the class has an opening, you will have the opportunity to transfer.

My child is signed up for a level they already passed.

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

THIS PAGE INTENTIONALLY BLANK

Larkspur Community Center



Bend Senior Center



places to play

recreation centers



Juniper Swim & Fitness Center



The Pavilion



LET'S GO!

Facility Fee & Pass Information

Bend Park & Recreation District offers three unique recreation centers with multiple fee options and activities.

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

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

- **No initiation or start up fees.**
- **No contracts.**

With our monthly and annual passes you can enjoy:

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

Pass Types

10-Visit Passes

10-visit passes may be used for facility access at all locations of equal or lesser value. Patrons may use visits for themselves or guests at the same entrance fee. This pass doesn't expire.

Monthly & Annual Passes

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

Out-Of-District Fee Policy

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

Annual Pass Discount

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

Family Pass Special

Family passes include any adult, youth or senior family members living in the same household. Three member minimum required.

Partner Discount

Save 10% off monthly and annual passes when two people in the same household purchase a pass at the same time. Includes adults, youth and senior family members in the same household. Not applicable to Social Activities pass.

CLICK TO
LEARN MORE ABOUT
& PURCHASE
PASSES



FACILITY STANDARD IN-DISTRICT FEES & PASSES

JUNIPER SWIM & FITNESS CENTER & LARKSPUR COMMUNITY CENTER

ONE PASS - TWO FACILITIES

Unlimited access to over 100 weekly group fitness classes & full facility use, including use of pools, fitness center, hot features, masters swim practices and Bend Senior Center.

See facility details on pages 61 - 62.

BEND SENIOR CENTER

Social Pass

Includes participation in ongoing social activities, including games, billiards & Senior Center events.

THE PAVILION: ICE SEASON

Without Skates

Admission to all public skate sessions.

Ice Season: November - March

Skate rental: \$3.00

THE PAVILION: ROLLER SEASON

Without Skates

Admission to all public skate sessions.

Roller Season: April - September

Skate rental: \$1.00

Pass Type	Age Group / Category	Juniper & Larkspur	Bend Senior Center	The Pavilion: Ice Season	The Pavilion: Roller Season
Single Visit Admission	Adult (19-60)	\$8.00	\$3.50	\$9.00	\$7.00
	Older Adult* (61-79)	\$7.00	\$1.50	\$8.00	\$6.00
	Youth (3-18)/Honored Citizens (80+)	\$6.00	\$1.25	\$7.00	\$5.00
	Children under 3 with paying adult	Free	N/A	Free	Free
10-Visit Pass Save an average of 15%	Adult (19-60)	\$68.00	\$29.00	\$72.00	
	Older Adult* (61-79)	\$59.00	\$12.00	\$64.00	
	Youth (3-18)/Honored Citizens (80+)	\$51.00	\$10.00	\$56.00	
Monthly Pass Unlimited Visits!	Adult (19-60)	\$59.00	\$24.00		\$298.00
	Older Adult* (61-79)	\$46.00	\$16.00		\$259.00
	Youth (3-18)/Honored Citizens (80+)	\$32.00	\$13.00		\$220.00
Monthly Family Pass	Any mix of three or more household members	\$110.00	N/A		\$555.00

ICE SEASON PASSES: OCTOBER - APRIL

Unlimited drop-in skate sessions (without skates)

Save 10% if purchased Oct. 1 - 31

*Effective Jan. 1, 2022, the Older Adult age for recreation facility access passes begins at 61. Each year, the beginning age will increase one year until 2026 when the minimum age requirement reaches 65. Individuals born on or before December 31, 1961 will qualify as older adults throughout the transition.



MONTHLY & ANNUAL FITNESS/SWIM PASS GOOD FOR \$3 OFF ICE SKATING AT THE PAVILION

Got a monthly or annual Fitness/Swim Pass? Save \$3 at Open Skate sessions.



Drop-in Basketball

The Pavilion

- Facility information on page 63.
- Fees: Special \$5 drop-in fee.

From August 31 to September 28, come in and enjoy the covered basketball courts at The Pavilion. Drop-in sessions feature one full court available for pick-up basketball games and balls available to use at the Pavilion's other half courts and baskets.

Bonus: The Pavilion Skatepark is open during drop-in basketball sessions. See Open Skate - Roller Season for more information.

More at: bendparksandrec.org/pavilion

CLICK FOR
BASKETBALL
SCHEDULES



Drop-in Ice & Roller Skate Sessions

The Pavilion

- Facility information on page 63.
- Fees: Drop-in fee. Ice Season Pass available for ice skating.
- Rental skates available.
- See pages 54 - 55.

Open Skate

ROLLER & ICE SKATING

All ages

Regular drop-in fees

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

ICE SEASON:

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

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

ROLLER SEASON:

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

More at: bendparksandrec.org/pavilion

Friday Night Roller Dance

ROLLER SKATING

All ages

Open Skate with those Friday night dance vibes. Complete with good music, special mini-sessions such as backward skate, the limbo, and roller dancing.

More at: bendparksandrec.org/pavilion

Saturday Night Adult Roller Skate

ROLLER SKATING

Ages: 21 & over

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

More at: bendparksandrec.org/pavilion

Sunday Family Skate

ROLLER & ICE SKATING

All ages with adult

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

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

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

More at: bendparksandrec.org/pavilion



Cheap Skates

ICE SKATING

All ages

Open Skate at a special discount fee.

More at: bendparksandrec.org/pavilion

Parent-Tot Skate & Play

ROLLER & ICE SKATING

Ages: 5 & under with adult

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

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

More at: bendparksandrec.org/pavilion

CLICK FOR
SKATING
SCHEDULES





Drop-in Swim Sessions

Juniper Swim & Fitness Center
and Larkspur Community
Center

- Facility information on pages 61 - 62 .
- Fee: Pass or drop-in fee. See pages 54 - 55.

Open Recreation Swim

All ages

Recreation swim is open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older.

More at: bendparksandrec.org/recswim

Family Swim

All ages with adult

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

More at: bendparksandrec.org/recswim

RECREATION SWIM SPECIAL

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

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

Parent-Child Swim

Ages: 6 & under with adult

A special time in the pool for parents and their young kids to explore the wonderful world of water and practice swimming skills. Adult supervision in the water is required. Swim diapers are required for those who are not toilet trained.

More at: bendparksandrec.org/recswim

CLICK FOR
RECREATION SWIM
SCHEDULES



Lap Swimming & Water Work Out on Your Own

Ages: 16 & up; 11 - 15 with adult

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

More at: bendparksandrec.org/lapswim

CLICK FOR
LAP SWIMMING &
CURRENT CHANNEL
SCHEDULES



Masters Swimming Bend's Adult Swim Program

Ages: 18 & up

Improve your skills and enjoy training in structured practices with experienced coaches. Masters Swimming emphasizes fitness, fellowship and fun for all adults and abilities, who can swim comfortably for 500 meters (20 lengths).

More at: bendparksandrec.org/lapswim

Current Channel Work Out on Your Own

Ages: 16 & up; 11 - 15 with adult

Uninstructed, drop-in times at Larkspur Community Center with moderate levels of resistance for you to walk, stabilize, stretch and tone for all abilities and levels. No swimming.

More at: bendparksandrec.org/lapswim

Hot Tub, Sauna & Steam Room Use

Ages: 16 & up

The coed hot features are available when Juniper's indoor pool is open.

NEW

MONTHLY & ANNUAL
FITNESS/SWIM PASS
GOOD FOR \$3 OFF
ICE SKATING
AT THE PAVILION

Save \$3 at Open Skate sessions.

POOL PARTIES NOW AVAILABLE

Make waves at your next celebration with a pool party.

Both Juniper and Larkspur pools are available for pool parties during Recreation Swim.

Details at: bendparksandrec.org/poolparty

One pass - two facilities & hundreds of sessions

The fitness and swim full-access pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to more than 180 weekly group exercise programs at both Juniper and Larkspur.

Learn more at bendparksandrec.org



One pass - two facilities & hundreds of classes

The fitness and swim full-access pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to more than 180 weekly group exercise programs at both Juniper and Larkspur.

Details at bendparksandrec.org



MONTHLY & **NEW** ANNUAL FITNESS/SWIM PASS GOOD FOR \$3 OFF ICE SKATING AT THE PAVILION

Got a monthly or annual Fitness/Swim Pass? Save \$3 at Open Skate sessions.

Drop-in Fitness Classes

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 61 - 62 .
- Fee: Pass or drop-in fee. See pages 54 - 55.

Ages: 16 & up; 11 - 15 with adult

DROP-IN CLASSES & SCHEDULES:

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

DROP-IN PASSES / FEES:

Numerous pass options are available to suit your needs and one pass grants access to both facilities. Check out the monthly, quarterly and annual passes to take advantage of great savings along with great workouts! Pass information on pages 60- 61.

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

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

CLICK FOR
FITNESS
SCHEDULES



Cardio Fitness & Dance

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

More at: bendparksandrec.org/cardio

Indoor Cycling

Features: Experience the Ride! Based on a road cycling experience, indoor cycling is an individually paced, non-impact cardio workout. Classes are held in our theater-style indoor cycle studio with beautiful park views. New, state-of-the-art, Spinner® Chrono™ Power bikes use accurate power measurements and watts-based training, giving you the ability to customize the ride to meet your goals.

More at: bendparksandrec.org/indoor-cycling/

Mind & Body

Features: Rooted in traditional practices, Mind & Body classes aim to improve your overall health and well-being through stretching, focused breathing, relaxation techniques, movements and poses that bring flexibility and strength together to develop joint mobility. Yoga, Pilates, Tai Chi, meditation and other practices are known to support both physical and mental awareness and wellness.

More at: bendparksandrec.org/mind-and-body

Fitness passes through health insurance

Those over 65 and enrolled in a Medicare Supplemental Health Plan may be eligible for no-cost or low-cost fitness passes at Juniper Swim and Fitness Center and Larkspur Community Center.

More at: bendparksandrec.org/medicare



Strength & Conditioning

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

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



Water Fitness

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

More at: bendparksandrec.org/water-fitness



Virtual Fitness Classes

Online

- Fee: Pass or \$4.00 fee.

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

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

Advance registration is required.

More at: bendparksandrec.org/virtualfitness/



Drop-in Fitness Center Use

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 61 - 62.
- Fee: Pass or drop-in fee. See pages 54 - 55.

Ages: 16 & up; 11 - 15 with adult

BPRD Fitness App

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

Fitness Center Orientation

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

Fitness Center & Under 18 Use

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

More at: bendparksandrec.org/fitness-centers

Personal Training

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 61 - 62 .

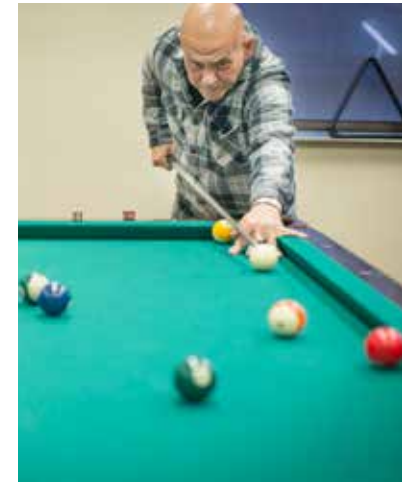
A BPRD personal trainer can help you:

- Focus on your personal goals.
- Prepare for an adventure, race or event.
- Make your fitness routine fresh and interesting.
- Meet your desired activity and fitness level.
- Take the next step in your recovery from an injury or surgery.
- Train as an individual or group.

BPRD has a diverse group of trainers and services to meet your needs.

Personal training requires advanced registration and separate fees.

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



Drop-in Older Adult Social Activities & Community Connections

Larkspur Community Center - Home of the Bend Senior Center

- Facility information on page 62. Adult Activity programs on pages 9 - 14.
- Fee: Social pass, Fitness/Swim pass or drop-in fee. See pages 54 - 55.

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

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

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

Afternoon at the Movies FREE

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

Crochet, Knitting, Quilting, Rug Hooking & Stitching Groups

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

Pool/Billiards

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

Cards & Games

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

The ABC & D's of Medicare FREE

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

Medicare 101 FREE

New to Medicare or enrolling soon? Come learn the basics. Check online schedules or call for next session.

AARP Smart Driver Class

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

Adult Activities & Specialized Fitness Programs

on pages 9 - 12

Adult Art Programs

on page 19

Adult Swim Programs

on pages 54 - 58



juniper swim & fitness center

Juniper Swim & Fitness Center

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



Location

800 NE 6th Street
Bend, OR 97701



Phone

p. (541) 389-7665 (POOL)



Hours, Fees, Schedules & Information

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

Fees on pages 54 - 55.



Social Media

facebook.com/JuniperSwimandFitnessCenter
instagram.com/juniperswimandfitness

Activities

Childcare & Preschool (page 27)
Fitness Classes
Fitness Center
Hot Features: Spa & Sauna
Personal Training
Swim Lessons
Swimming

How to Get There

Juniper Swim & Fitness Center is centrally located in Bend within Juniper Park.

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

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

PUBLIC & ALTERNATIVE TRANSPORTATION:

Bike racks are located at each entrance. For public transportation, JSFC is located two blocks from the Hawthorne Street transit center of Cascade East Transit and a bus stop is located on Franklin Avenue.

Adult Swim Programs

on page 22.

Youth Swim Programs

on pages 48 - 51.

CLICK FOR
SWIM
SCHEDULES



Swimming Pools & Aquatic Facilities

Indoor/Outdoor Olympic 50-Meter Pool

With 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, the Indoor Pool features 83-degree water, 4' - 12' depth, soft-touch flooring, water basketball hoops and two one-meter diving boards.

Indoor Children's Pool

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

Outdoor Activity Pool

Open June to early September.

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

Hot Tub / Steam Room / Dry Sauna

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

CLICK FOR
FITNESS
SCHEDULES



Fitness Center, Studios & Equipment

Fitness Center & Fit Studio

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

BPRD Fitness App

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

Fitness Studios and Classes

Filled with natural light and offering more than 100 weekly classes, Juniper's studios include three Group Exercise Rooms - Cardio, Mind/Body and Indoor Cycling.

Drop-in Swim

on page 57.

Drop-in Fitness

on pages 58 - 59.



Larkspur Community Center

Larkspur is a vibrant place where people of all ages, interests and abilities can gather for lifelong fitness, learning and recreation. Larkspur is Home of the Bend Senior Center.



Location

[1600 SE Reed Market Road
Bend, OR 97702](#)



Phone

p. (541) 388-1133



Hours, Fees, Schedules & Information

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

Fees on pages 54 - 55.



Social Media

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

Drop-in Swim

on page 57.

Drop-in Fitness

on pages 58 - 59.

Activities

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

How to Get There

Larkspur Community Center - Home of the Bend Senior Center is located in southeast Bend within Larkspur Park. From 3rd Street, go east on Reed Market Road. After crossing 15th Street, turn left into the Bend Senior Center/Larkspur Park entrance.

PUBLIC & ALTERNATIVE

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

Adult Activities Programs

on pages 9 - 14.

Adult Swim Programs

on page 22.

Youth Swim Programs

on pages 48 - 51.

CLICK FOR
SWIM
SCHEDULES



Swimming Pool & Aquatic Facilities

4,000-Square-Foot Indoor Aquatics Center

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

135,000-Gallon Recreation & Leisure Pool

Set at 87 to 89 degrees, the pool depth ranges from 2' 6" to 6' 3" with soft-touch flooring.

Current Channel with Hydro Feature

The Current Channel is the perfect setting for therapeutic water fitness or a fun relaxing float. It's great for exercise and play!

Accessible, ADA-friendly Features

ADA upgrades including accessible showers, grades, a chair lift and an elevator-style wheelchair lift for independent control.

Hot Tub, On-Deck Shower and More

The aquatic center has hot tub for relaxation and an on-deck shower for a quick rinse before your swim.

CLICK FOR
FITNESS
SCHEDULES



Fitness Center, Walk/Jog Track, Studios & Equipment

Larkspur features two dedicated group fitness rooms, a 5,000-square-foot fitness center and walk/jog track with alcoves for functional workouts. The building's multi-purpose rooms are used for fitness classes too.

The fitness center includes:

- Precor fitness cardio equipment
- Three SciFit bikes with removable seats and wheelchair ramps.
- The Precor Resolute line of easy-to-use selectorized equipment.
- Free weights, balance equipment and cable-cross machines.
- BPRD fitness app integration.

CLICK FOR
OLDER ADULT
ACTIVITIES
INFORMATION



Bend Senior Center

3,500-sq.-ft. Event Room and Kitchen
Senior Social Lounge and Billiards Room
Free Wi-Fi

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

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



The Pavilion

Two kinds of play - The Pavilion has distinct personalities! Cold and fresh for ice sports and skating. Bright, active and ever-evolving for roller sports, kids camps and other activities. No matter the season, come join in all that's offered and get to know the amazing and oh-so chill versatility of The Pavilion.



Location

[1001 SW Bradbury Way, Bend Oregon 97702](#)



Phone

p. (541) 389-7588 (SK8T)



Hours, Fees, Schedules & Information

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

Fees on pages 54 - 55.



Social Media

facebook.com/ThePavilioninBend

CLICK FOR
DROP-IN SKATING
SCHEDULES



Activities

April - September

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

October 17 (tentative) - April

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

How to Get There

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

PUBLIC & ALTERNATIVE TRANSPORTATION:

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



Facility Features

Roller Sports Flooring (April - September)

In June 2019, the Bend Bullets Roller Hockey club donated brand new roller sports surfacing for The Pavilion. Through their volunteer efforts, they provided a more skateable surface that is also multipurpose for other activities. Each summer, The Pavilion also hosts a popular all-day summer camp.

Skatepark (April - September)

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

The Ice Sheet (October 17 (tentative) - April)

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

Skate Parties

Learn more online at bendparksandrec.org/skateparties



Drop-in Ice Skating, Roller Skating, Skateboarding and Scootering Sessions

page 56

Roller Hockey

Adult Sports on pages 19 - 21
Youth Sports on pages 39 - 47



Fall 2022 Program Locations

Locations of all seasonal programs are in alphabetical order below.

Academie De Ballet Classique
162 NW Greenwood Ave, Bend, OR
97701

Aspen Hall
18920 Shevlin Park Rd, Bend, OR
97703

**Bend Senior Center
at Larkspur Community Center**
1600 SE Reed Market Rd, Bend, OR
97702

BPRD District Office
799 SW Columbia St, Bend, OR 97702

Caldera High School
60925 SE 15th St, Bend, OR 97702

Cascade Indoor Sports Center
20775 NE High Desert Ln, Bend, OR
97701

Cascade Middle School
19619 Mountaineer Way, Bend, OR
97702

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

Elk Meadow Elementary School
60880 Brookwood Blvd, Bend, OR
97702

**Harmon Park, Hobby Hut & Clay
Studio**
1100 NW Harmon Blvd, Bend, OR
97701

High Lakes Elementary School
2500 NW High Lakes Lp, Bend, OR
97701

Highland Magnet School
701 NW Newport Ave, Bend, OR 97703

Hollinshead Park & Barn
1235 NE Jones Rd, Bend, OR 97701

Jewell Elementary School
20550 Murphy Rd, Bend, OR 97702

Juniper Park
800 NE 6th St, Bend, OR 97701

Juniper Swim & Fitness Center
800 NE 6th St, Bend, OR 97701

**Larkspur Community Center -
Home of the Bend Senior Center**
1600 SE Reed Market Rd, Bend, OR
97702

Mountain View High School
2755 NE 27th St, Bend, OR 97701

North Star Elementary School
63567 Brownrigg Ln, Bend, OR 97703

Norton Ave Apartments
415 NE Norton Ave, Bend, OR 97701

Odyssey Martial Arts
924 B SE Wilson Ave, Bend, OR 97702

Pacific Crest Middle School
3030 NW Elwood Ln, Bend, OR 97703

The Pavilion
1001 SW Bradbury Way, Bend, OR
97702

Pilot Butte Middle School
1501 NE Neff Rd, Bend, OR 97701

**Pine Nursery Park & Sports
Complex**
3750 NE Purcell Blvd, Bend, OR 97701

Pine Ridge Elementary School
19840 Hollygrape St, Bend, OR 97702

**Riverbend Community Room -
BPRD District Office**
799 SW Columbia St, Bend, OR 97702

Shevlin Park - Aspen Meadow
18920 NW Shevlin Park Rd, Bend, OR
97701

Silver Rail Elementary School
61530 SE Stone Creek St, Bend, OR
97702

**Sylvan Learning Center -
Northwest Crossing**
2754 NW Crossing Dr #101, Bend, OR
97701

The Pavilion
1001 SW Bradbury Way, Bend, OR
97702

Twin Knolls Transition Co-op
2500 NE Twin Knolls Dr, Bend, OR
97702

Westside Village School
1101 NW 12th St, Bend, OR 97703

Park & Facility Rentals:

For Your Next Event



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

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

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

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

THE PAVILION welcomes groups for birthday parties and other special events. Bring the gang for open skate and rent the party room. In addition, the entire facility is available in the non-ice season.

PARKS & SPORTS FIELDS are available for rent. Fees are based on the size of your group, park amenities, type of function and duration of your event. Sports fields are available for rent seasonally from April 1 to October 31.

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

ART, SKATE & POOL PARTIES can be great options for birthday parties and other celebrations. Held at recreation centers, activity-based parties are available for children and adults.

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



Aspen Hall



Hollinshead Barn



The Pavilion



Picnic Shelter at Larkspur Park

Park Features & Amenities

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

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

Park & Trail Rules & Regulations:

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

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

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

For emergencies, dial 911.

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

Trail Use:

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



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•	•				
Alpenglow Park	61049 SE 15th St				•	•			•		•	•	•				
Alpine Park	61355 SW Swarens Ave								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Senior Center	1600 SE Reed Market Rd					•			•				•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr														•		
Big Sky Park	21690 NE Neff Rd	•			•				•		•	•	•				
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•									•	
Canal Row Park	1630 NE Butler Market Rd								•		•	•		•			
Columbia Park	264 NW Columbia St							•			•	•	•		•		
Compass Park	2500 NW Crossing Dr								•		•	•	•				
Discovery Park	1315 NW Discovery Dr				•				•		•	•	•				
Dohema River Access	35 NW Drake Rd															•	
Drake Park	777 NW Riverside Blvd						•						•		•		
Eagle Park	62891 NE Nolan St										•	•		•			
Farewell Bend Park	1000 SW Reed Market Rd						•	•		•	•	•		•			
First Street Rapids Park	1980 NW First St						•	•					•		•		
Foxborough Park	61308 Sunflower Ln		•									•		•			
Gardenside Park	61750 Darla Pl										•	•		•			
Goodrich Pasture Park	941 NW Quimby Ave										•			•			
Harmon Park	1100 NW Harmon Blvd	•									•	•	•		•		
Harvest Park	63240 NW Lavacrest St											•		•			
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 Community Center	1600 SE Reed Market Rd											•					
Larkspur Park	1700 SE Reed Market Rd	•						•	•		•	•	•				
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					

NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
McKay Park	166 SW Shevlin Hixon Dr						•						•		•		
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•									•		•			
Northpointe Park	63800 Wellington St											•		•		•	
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•									•	
The Pavilion	1001 SW Bradbury Way					•											•
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•	•	•	•	•	•	•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•		•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•				•
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
Riley Ranch Nature Reserve	19975 Glen Vista Rd						•	•					•			•	
River Canyon Park	61005 Snowbrush Dr							•									
River Rim Park	19400 Charleswood Ln							•									•
Riverbend Park	799 SW Columbia St						•				•		•				•
Riverview Park	225 NE Division St								•								
Rockridge Park	20885 Egypt Dr			•				•		•	•	•					•
Sawyer Park	62999 O.B. Riley Rd						•	•					•				•
Sawyer Uplands Park	700 NW Yosemite Dr							•				•					
Shevlin Park	18920 NW Shevlin Park Rd					•	•	•		•	•	•					•
Skyline Sports Complex Park	19617 Mountaineer Way	•									•	•	•				
Stone Creek Park	61531 Stone Creek Ln							•			•			•			
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•					•									•
Sun Meadow Park	61150 Dayspring Dr		•								•	•		•			
Sunset View Park	990 NW Stannium Rd							•									
Sylvan Park	2996 NW Three Sisters Dr							•			•						•
Three Pines Park	19089 Mt Hood Pl											•					
Wildflower Park	60955 River Rim Dr										•	•					
Woodriver Park	61690 Woodriver Dr		•									•		•			



Alpenglow Park's wheelchair-ready swing



First Street Rapids Park & Deschutes River



Miller's Landing Park & Deschutes River Trail

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

How to register, helpful tips and refund/cancellation policy on pages 5 - 7. • Program locations on page 64. • Park lists on pages 66 - 67.



fall into play.

play for life