



INCLUDES
JUNIPER SWIM
& FITNESS CENTER,
LARKSPUR
COMMUNITY
CENTER &
THE PAVILION

big sky
bike park
NOW OPEN

your playbook

ways to play
in parks, activities
& events

news &
happenings

park & trail projects
in the works



play for life



“We are never more fully alive, more completely ourselves, or more deeply engrossed in anything, than when we are at play.”
- Charles Schaefer, American psychologist

what's inside

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always in play



As we approach the summer season, we are excited about our upcoming programs and events. The Bend Park and Recreation District staff have been working tirelessly to bring you the best summer experience possible. We believe that play holds the key to happy and healthy lives in our community.

We are proud to celebrate several big projects that have opened recently. Big Sky Bike Park includes a variety of features that will challenge and excite riders of all levels. The Riverbend South Project is part of the ongoing effort to create better access points to the river and includes restoration efforts to improve the overall health of the river and a better experience for the community. Last summer we opened Alpenglow Park, our newest community park on Bend's east side, which features our first splash pad, bouldering area and dog agility courses for both large and small dogs. You can learn more about these spaces on pages 11 - 19.

Recreation programs continue to be in high demand. Swim lessons remain a top priority, and as we are able to hire more staff in the aquatics department, we will open up more classes. Hiring and maintaining staff in a time of low unemployment is always challenging, and the past couple of years have proven to be even more so.

We are honored by the results of our recent community survey, which showed that the community continues to rate district programs, facilities and services highly. The past few years have been challenging for everyone, and we recognize the crucial role that recreation and connection to nature play in supporting mental and physical well-being. We are committed to providing high-quality programs and facilities that meet the needs of our growing community and strive for continuous improvement.

Nothing brings us greater joy than seeing the district's parks and facilities being used by the community. We hope you find even more reasons to visit your favorite, park, trail or facility and discover some new favorites as well. When you are out with your furry friends, please be respectful of other park-goers and always keep your dogs on a leash unless in designated areas. This helps maintain a safe and enjoyable environment for all members of our community and protects our natural environment and habitat.

Thank you for your continued support. We look forward to seeing you Play for Life this summer!

Best,

Don Horton, Executive Director
don@bendparksandrec.org

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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 currently relocated to Harmon Park Clay Studio, Larkspur Community Center and some school locations.

Learn more about art programs on pages 45 and 48.

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 41.

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 42.

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 43.



spring | summer 2023 magazine

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

Bienvenido a su “Revista de Actividades Recreativas.” Lo invitamos a conocer los numerosos programas recreativos, centros de recreación, parques y senderos a su disposición. Bend Park & Recreation District es el lugar de recreación ya sea para una persona, un grupo grande o cientos.

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:

Deb Schoen, Board Chair • Nathan Hovekamp, Vice-Chair • Jodie Barram • Zavier Borja • Donna Owens

BUDGET COMMITTEE:

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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, bendparkandrec_enespanol, juniperswimandfitness, larkspurcommunitycenter and thepavilioninbend.

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

COVER:

A young cyclist enjoys the pump track at Big Sky Bike Park in northeast Bend. Photo: Andy Tullis.



hello again

It's been a while since we delivered a print piece to our community and into your mailbox and we're excited to bring you this new version of Your Playbook.

We hope you enjoy reading this magazine-style book offering news and information about BPRD's projects, programs, places, people and activities.

Your Playbook will be published twice each year – spring and fall – to feature timely updates and stories.

The recreation program guide has moved online and is produced seasonally to support registration for recreation programs. With the new format comes a fresh name: The Playlist. This online resource is an efficient, sustainable and up-to-date shopping guide offering recreation opportunities for our growing community. Look for the Fall Playlist online later this summer.

With Your Playbook and The Playlist, we'll offer you the tools you need to be part of all that BPRD offers for our community.

It's all about play for life.

play for life

It is about living in the moment,
but also about creating a
legacy for the future.

We embrace the obvious!
We believe that play holds the key
to happy and healthy lives
in our community - here and now,
as well as 50 years ahead.

How do we do it?
Through play, BPRD engineers
a joyous mixture of exploration
and discovery - and plants the seed
for amazing experiences.
We offer opportunities and places
to grow and to thrive.

Play for Life brings possibility
to all ages in our community,
from 1 to 100.

Don't get us wrong.
We take our playful role seriously.
We are instigators, planners
and stewards, encouraging
our community to
Play for Life and Live to Play.



bprd news & happenings

NATIONAL AWARD BESTOWED UPON FORMER BPRD DIRECTOR

Ted Schoenborn, long-time BPRD champion, was honored at the National Recreation and Parks Association with its Robert M. Artz Advocacy Award. Schoenborn has served the communities that he has lived in for most of his adult life. He devoted 18 years to the elected position on the BPRD board of directors, served two years on the budget committee prior to election, and is currently serving on the BPR Foundation board. Before moving to Bend, he served as the first board chair for Fort Mitchell (Kentucky) Parks and Recreation and built parks and programming for that district for 19 years.

ALPENGLOW PARK WINS BUILDING A BETTER CENTRAL OREGON AWARD

The Central Oregon Association of REALTORS (COAR) selected Alpenglow Park as one of the 2022 Building a Better Central Oregon (BBCO) award winners. The BBCO Award's purpose is to recognize those who have enhanced their community with outstanding new or renovated residential, commercial or industrial buildings. The 37-acre park was honored as the Outstanding Outdoor Enhancement to SE Bend.

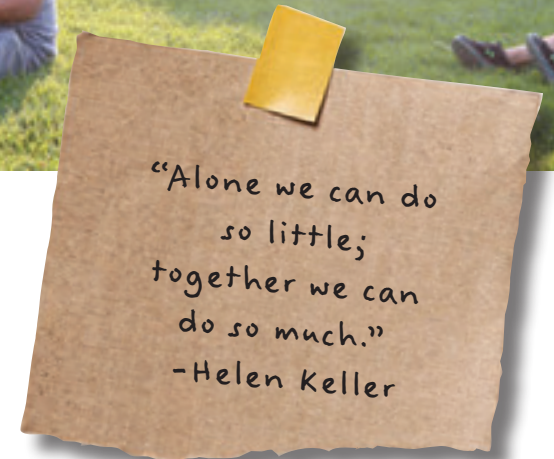
- ◀ Former BPRD board member Ted Schoenborn won a national award for his support to park and recreation agencies.
- ▼ Award-winning Alpenglow Park in southeast Bend features a rock bouldering area.



DIVERSITY, EQUITY & INCLUSION ACTION PLAN DEVELOPED

BPRD's strategic plan calls for implementation of a diversity, equity and inclusion (DEI) program, and an assessment was conducted to inform goals and focus areas. A BPRD work group developed an action plan that provides a 2-3 year road map for the district with an annual update. The document includes goals, strategies and tactics and several examples of successful outreach efforts that have cultivated trust and expanded participation in many BPRD programs and events.

Community members gather together for a citizen input event. ▶



AFFORDABLE HOUSING WAIVERS EXTENDED

In June 2019, the board approved a resolution that provided park system development charges (SDCs) waivers for up to 400 units of deed restricted affordable housing. In January 2021, the board adopted an additional 75 park SDC waivers per calendar year for deed restricted affordable housing units and provided waivers for temporary shelters not subject to a cap on quantity.

The city of Bend has an exemption program for water, sewer and transportation SDCs for deed restricted affordable housing projects. The city indicated plans to extend their exemption program for two more years. In anticipation of their extension, district staff recommended and the board approved of continuing the BPRD's waiver program for two years.

The reduction in park SDC revenue for the additional 150 waivers is estimated to be between \$1 million and \$1.5 million, depending upon the number, size and type of development. This revenue reduction will be addressed during the preparation of the next five-year capital improvement plan, likely through adjustments to the timing or scope of planned park and trail projects.

As of April 2023, the district approved 485 waivers (460 for deed restricted housing units and 25 for temporary shelter units) at a total amount waived of \$2,842,232.

RESTROOMS, FOUNTAINS & IRRIGATION SYSTEMS RETURN TO FULL SERVICE THIS SPRING



From April through early May, BPRD Park Services crews make detailed rounds of the district's parks to check on restrooms, water fountains, irrigation systems and other park amenities. Staff de-winterize systems and make any needed repairs. To prevent damage, drinking fountains are turned on when overnight temps average above the freezing level. We appreciate your patience as we get all these systems back into service.

FALL PROGRAM & WINTER SPORTS LEAGUES REGISTRATION OPENS AUGUST 14 - 16

Time flies when you're having fun! Fall registration will be here soon. We're talking September through December programs - afterschool, sports, ice skating, swim lessons, arts and crafts, outdoors, fall and winter break activities and more! Learn more about registration on pages 50 - 51.



“Someone’s sitting
in the shade today
because someone
planted a tree
a long time ago.”
-Warren Buffett

As Bend continues to grow, so is your park and trail system to support our community’s needs. The district is adding new parks and trails while also updating aging facilities, parks and trails. Together, these projects keep staff busy with land purchases, project

design, public outreach to gather input, and construction to turn plans into recreational amenities for our community.

Drake Park, Deschutes River Trail & Bank Improvement Project



Well-loved and heavily used, the banks of the Deschutes River at Drake Park and Pacific Park have deteriorated over time, resulting in safety and environmental issues. The district worked with engineers and landscape architects to develop plans to improve the banks and finish the design of the Deschutes River Trail (DRT) through Drake Park and Pacific Park in two phases. Construction on Phase 1 of

Anticipated to be completed this summer, a new boardwalk overlooks Mirror Pond at Drake Park’s north end. When opened, it will allow users to travel along the Deschutes River Trail under the Newport Ave. Bridge north to Pacific and Pioneer parks.

the project is complete, which included work at Pacific Park and the trail connections from the city parking lots into Drake Park. Work on the final phase of the project is in process, which includes the completion of the DRT from Drake Park to Pacific Park, interior trail along the river in Drake Park, river bank restoration, and work at the beach near Galveston Avenue. The project is expected to be complete in summer 2023.

Sawyer Park Asset Management Project



Sawyer is one of Bend’s oldest parks. Years of use and increased visitation have created the need for an updated entrance and parking lot as current spaces have reached the end of their life span and no longer provide the needed functionality and capacity for the park. Following public outreach, a preferred concept design was developed and approved by the board of directors in October 2022. Final design development is in progress and the project has been recommended for a Land and Water Conservation Fund grant to help fund project amenities added as a result of the outreach process. An additional grant application was submitted for a Local Government Grant to fund remaining aspects of the project. This project is expected to be complete in summer 2025.

PARKS, TRAILS & FACILITIES

current projects

Located in northeast Bend's ►
Petrosa subdivision, Fieldstone Park
is scheduled to be completed
this summer.



Pine Nursery Park Phase 5



This project will construct the final part of the phased plan for Pine Nursery Park. Project work may include new athletic fields and related amenities, athletic field lighting, artificial turf infields, pickleball and/or tennis courts, pedestrian trail lighting, ADA access improvements, off-leash dog area improvements, maintenance and infrastructure improvements, irrigation and landscaping. The project is anticipated to be complete by spring 2026.

Little Fawn Park



The preferred concept design was approved by the board of directors in July 2022 for this new neighborhood park in southeast Bend along Parrell Road. Planned park features include shaded lawn, preserved natural areas, picnic shelter, play areas, trails and pathways, a half basketball court, and a small parking lot. Park construction is planned to begin in summer 2023 and be complete in spring 2024.

Fieldstone Park



In coordination with Pahlisch Homes, a new neighborhood park in the Petrosa subdivision is being constructed. Planned amenities include a playground, single track bike course, open lawn, picnic tables, a seasonal restroom, pathways, and natural space. Completion by the developer is expected by summer 2023.

Shevlin West Park Site



Dedicated to the district in 2021, this 3.5-acre property in the Shevlin West development will provide a new neighborhood park for local area residents. Park features may include open lawn, picnic and gathering space, play area, trails and pathways. The park also neighbors district-owned natural area with trail that includes connections from the park site via the Manzanita Trail to adjacent neighborhoods and the Shevlin Park Trails system. Outreach began this spring and park completion is estimated for fall 2024.

Central Oregon Historic Canal Trail Crossing Safety Improvements



In partnership with the City of Bend, BPRD has been working on safety improvements for the Central Oregon Historic Canal Trail by installing safety upgrades at multiple road crossings. The first crossing completed is located where the trail crosses 15th Street south of Reed Market Road near Chloe Lane. In May 2020, the City of Bend completed a new trail crossing of 3rd Street that includes trail user activated rapid flashing beacons, a center lane refuge island, and new signs and pavement markings, greatly improving trail user safety in this location. BPRD installed crossing safety upgrades at the Blakely Road and Brosterhous Road trail crossings, which include new signs, pavement markings and accessibility ramp upgrades. Future safety improvements are planned at Ferguson Avenue and 27th Street crossings.

▼ Looking down from a ridge, the future 3.5-acre park site at Shevlin West offers mature trees bordered by natural space.



Riverfront Street Deschutes River Trail Improvements



The district has partnered with the City of Bend to design improvements to Riverfront Street in Old Bend to increase access for trail users between Drake Park and Miller's Landing Park. The district began work on this project several years ago, but the effort was halted due to the high level of complexity and funding limitations for the project. In early 2023, BPRD and the City of Bend agreed to restart the project with shared costs and resources to complete the project designs. The project is being led by the City of Bend with participation and financial support from the district. The district anticipates the designs to be completed in summer 2024.



▲ Currently an undeveloped irrigation district service road, the multi-use North Unit Canal Phase 1 trail in northeast Bend follows the canal from Canal Row Park to Pine Nursery Park and Deschutes Market Rd.

North Unit Canal Trail Phase 1



The North Unit Canal Trail is a planned trail in northeast Bend along the North Unit irrigation canal. The canal is jointly managed by the U.S. Bureau of Reclamation and the North Unit Irrigation District (NUID). Phase 1 of the trail will run between Canal Row Park and Yeoman Road and provide access to Pine Nursery Park, Fieldstone Park and numerous residential developments along the trail corridor. The trail is planned to be a 10-foot-wide multi-use trail with a primarily compacted gravel surface similar to other canal trails in Bend. Some portions of the trail will have asphalt surface.

Miller, McKay & Columbia Parks' River Access Project



This project seeks to analyze and improve the existing river access points at each park location. Extensive use over the past decade has caused damage to the river banks and existing habitat, and the current access points no longer adequately serve all members of the community. Data collection and analysis is complete following an extensive public outreach campaign that presented design concepts to the community. In March 2023, the board of directors provided direction toward preferred concept designs for each park and staff will work with the design team to refine final designs.

Park Search Area Planning



District planners regularly work with local developers or property owners selling large parcels of land to acquire property for new parks and trails in district park search areas as defined by the 2018 Comprehensive Plan. New parks are currently being evaluated in partnership with the following developments:

Talline (northwest Bend) – NW Skyline Ranch Road off of Shevlin Park Drive

Parkside Place (southeast Bend) – between Highway 20 and Bear Creek Road, west of Ward Road

Steven's Ranch (southeast Bend) – southeast of the Reed Market and 27th street intersection

Constellation Crest (southeast Bend) – north and south of Murphy Road, west of Brosterhous Road

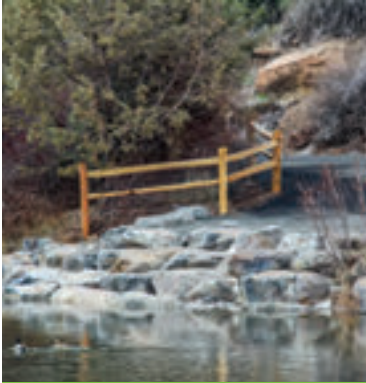
Easton (southeast Bend) – northeast of the Knott Road and 15th Street roundabout.

For more on BPRD projects, visit bendparksandrec.org/about/current-projects/



▼ A popular river access point at McKay Park, this location and others are part of the Miller, McKay & Columbia Parks' River Access Project.





Riverbend South project improves recreation & habitat

BPRD and its long-time partner Upper Deschutes Watershed Council are celebrating a joint project at Riverbend Park that aims to serve as a model for balancing recreational access and habitat protection and improvement.

The just-completed project improves river accessibility with grouted boulder terracing and stone entry steps into the water at three designated locations. The design allows for all users, especially those with mobility limitations, to more easily access the river. The design of these access points was developed with feedback from Oregon Adaptive Sports and Central Oregon Coalition on Access.

Restoration included constructing a one-quarter acre wetland connected to the river, which is part of an area designated as critical habitat for the Oregon spotted frog. In addition, approximately 2,500 riparian and wetland plants and 10 in-stream logs were added in newly restored areas, along with 2,000 feet of split rail fencing to protect and limit access to restored areas. All riparian and wetland plants were planted by community volunteers and local students.

“This project showcases that access and river stewardship do not have to be mutually exclusive, and are in fact a crucial part of BPRD’s mission to better serve the community as it continues to grow,” said Ian Isaacson, BPRD project manager and landscape architect.

The project was funded by multiple sources. Implementation of the project was managed jointly by the Upper Deschutes Watershed Council and BPRD and was funded by BPRD and grants from the Oregon Watershed Enhancement Board, the Sunderland Foundation and the Bend Sustainability Fund, a project of Visit Bend.

“Given the popularity of accessing and recreating on the river through Bend, we have to find ways to balance people enjoying and using the river while also protecting and caring for the river. This project at Riverbend Park will hopefully be an example of how we can create access points that will minimize impacts to the river, while also enhancing and restoring areas that have already been impacted by use,” said Kris Knight, executive director of Upper Deschutes Watershed Council.

The Watershed Council has been at the forefront of restoration, education and river cleanup activities for more than 25 years, and has been a key partner to BPRD, offering input into planning, design and construction of river projects including restoration work adjacent to Riverbend, Farewell Bend and Miller’s Landing parks.

GET INVOLVED

BPRD is a co-title sponsor of the annual Deschutes River Clean-up event scheduled for July 29.

The River Clean-up is open to community members of all ages to participate in a variety of stewardship activities at multiple

sites along the Deschutes River. The Watershed Council seeks to raise awareness about impacts to river and riparian health while engaging volunteers in important stream stewardship including weed and litter removal from riparian areas and instream debris removal from the river.

Volunteer sign ups begin online on June 1 at upperdeschuteswatershedcouncil.org.



SURVEY SAYS!

AWARENESS & SATISFACTION STRONG; OPPORTUNITIES TO IMPROVE

BPRD surveys community members regularly and the latest results were collected in late 2022 to gauge awareness, perceptions and priorities of Bend residents in regards to parks and recreation services. These results directly inform district communications and services and identify community priorities for future programs and projects.

Surveys were collected in two ways. A general population survey was administered at random to gain statistically valid results that reflect the demographics of the community. Also, an open link survey was made available on the website, via social media and at outreach events to seek answers to the same questions to anyone who wished to participate. More than 900 community members took the time to provide input – thank you!

According to the results, community members are positive about the quality of life in Bend and about how well local governments are serving the community.

BPRD board of directors and staff will use the results to inform services and future priorities and projects.

More than
8 in 10
residents rate
quality of life in
Bend positively.

While marks are high, this is a reduction from the all-time high of 98% reported in 2019 in the general population survey.

Most residents are somewhat (42%) or very (42%) satisfied with BPRD.

More than
8 in 10
are satisfied
with BPRD
services.

81% of
residents have
visited a park
or trail in the
past year.

53% of
residents
have visited a
recreational
facility or
participated in a
BPRD program.

70% of
residents say
that BPRD is
heading in the
right direction.

This number has decreased since 2019 when 83% said BPRD was heading in the right direction.



solar power

is front & center in
sustainability efforts

Environmental sustainability is a core value at BPRD. Staff members throughout park services, recreation and administration work to reduce environmental impacts whenever possible.

Many decisions are made with sustainable benefits considered. From buying local products, partnering with local companies, choosing materials that have an extended lifecycle, conserving water, to reducing single-use items, BPRD is making informed decisions now to benefit future generations.

One area that is going greener than ever is use of renewable energy. For many years, BPRD has been part of the Pacific Power Blue Sky Renewable Energy program. To do even more, BPRD has joined the Oregon Community Solar Program that resulted from legislative action in 2016. Combined, the two programs account for approximately 31 percent of BPRD's energy use.



The Oregon Community Solar Program gives customers of Pacific Power, Portland General Electric and Idaho Power the option to subscribe to a community solar project and receive credits back on their utility bill. Solar energy is generated from a central location and shared by multiple owners or subscribers when solar panels may not be an option. BPRD joins others including City of Portland, Clackamas County, City of Troutdale, City of Cornelius, City of Gresham, City of Cannon Beach, Portland Community College, Portland State University, Chemeketa Community College and others in subscribing to this program. There are also opportunities for residential subscriptions at oregoncsp.org.

BPRD has solar panels at the district office building at Riverbend Park and also at the new Alpenglow Community Park on SE 15th Street. In fact, Alpenglow is the first community park that is off-the-grid energy wise for its electricity. The solar panels can power the event stage for entertainment and were put to use at the park's grand opening event last summer.

With big and small changes, we are reducing environmental impacts and continue the commitment to sustainability.

Learn more at bendparksandrec.org/about/sustainability/.

Solar-powered landscaping

With help from a Pacific Power Mobility Grant, BPRD purchased its first electric mower in 2022. The park services team takes care of approximately 200 acres of turf in Bend parks.

Be on the lookout for the new mower around Bend this spring and summer as it joins the team of hard-working landscapers and other pieces of electric equipment.

Benefits will include elimination of emissions, reduced noise and less equipment maintenance while serving the community.



BIG SKY BIKE PARK



21690 Neff Road
in northeast Bend



Ride on!

Big Sky Bike Park officially open

Bend Park and Recreation District is pleased to officially open the bike park at Big Sky Park for the public to enjoy. Bike park features include a pump track, learning area, trials area, skills course and singletrack trails. As the first phase of renovations for the park, the project also included construction of a new picnic shelter, expanded/improved parking area and access from Hamby Road.

The bike park was designed in collaboration with community partners and has elements for riders of all skill levels from beginner to professional. It is open daily from dawn to dusk as weather and trail conditions allow.

Additional bike features will be built in the second phase in the future. Plans include a slopestyle terrain park with start tower and a sessions zone.

Initially, all bike features were planned to be built in the second phase of construction. In an effort to bring some of the bike park features to the community sooner, BPRD applied for and was awarded a grant through Visit Bend's Bend Sustainability Fund. The Bend Sustainability Fund invests in projects that protect, steward and create sustainable recreational resources and outdoor experiences in Bend's backyard.





Bike Park amenities

- **TRIALS AREA:** Observed Trials is a discipline of mountain biking in which the rider attempts to pass through an obstacle course without setting foot to the ground. Riders can test bike handling and control skills with the obstacles in this course.
- **PUMP TRACK:** The pump track is designed so riders do not need to pedal. Riders use their legs to generate momentum with up and down body movements to “pump” around the rollers and berms they encounter on the track.
- **LEARNING AREA:** The learning area is designed for less experienced riders to develop skill and confidence on smaller, less technical versions of features found in other parts of the bike park.
- **SKILLS COURSE:** The skills course contains a variety of features for riders to develop technical skills, gain physical strength on their bike and build confidence riding. The course is designed with a bypass route around each feature for riders who do not want to attempt them. The course is one way - counterclockwise.
- **SINGLETRACK TRAILS:** The singletrack trails are narrow, natural surface trails. They contain some rock obstacles with bypass routes around more difficult features. The trail is also used by walkers and runners. Class 1 & 2 e-bikes only are allowed on singletrack trails. All other motorized vehicles and toys are not allowed.

Accessibility for adaptive riding

The Skills Course and the Singletrack Trails were built to include access for adaptive riders. Non-adaptive riders should expect to encounter adaptive riders on the trails and skills course. Trail conditions are subject to change at any time, which may impact the difficulty and navigability for adaptive cycles.

Bike Park rules

- Helmets, elbow and knee pads and other protective equipment are strongly recommended.
- BPRD asks bike park users to not use the park during muddy conditions to avoid damage to the amenities.
- Dogs are not allowed at the bike park. There is a great off-leash area for dogs at Big Sky Park and they are welcome on-leash on trails and in turf areas of the park.
- The park is not supervised; ride at your own risk. The bike park involves inherent and other risks and cannot be made completely safe.

Celebration event on June 9

You're invited! Join BPRD and partners to celebrate the bike park opening on Friday, June 9, at 4 - 7 p.m. Family-friendly activities will include bike park demonstrations and instruction, safety information, music, treats and refreshments.

Visit the Big Sky Park webpage at bendparksandrec.org/park/big-sky-park-luke-damon-sports-complex/ for all bike park rules before riding.



ruff ruffing it in parks

Using parks & trails with
your four-legged friend

BPRD's nine off-leash areas

ALPENGLOW COMMUNITY PARK
(61049 SE 15th St.) 3.9 acres,
fenced with small dog area and
agility amenities.

BIG SKY PARK
(21690 Neff Rd.) 5 acres, fenced.

DISCOVERY PARK
(1315 NW Discovery Park Drive)
1.6 acres, fenced.

RIVERBEND PARK
(799 SW Columbia St.) 1.1 acres,
fenced with river access and small
dog area.

PONDEROSA PARK
(225 SE 15th St.) 2.9 acres, fenced
with small dog area.

**BOB WENGER MEMORIAL
OFF-LEASH AREA AT PINE
NURSERY PARK**
(3750 NE Purcell Rd.) 18.8 acres,
fenced with small dog area and
seasonal spray feature.

HOLLINSHEAD PARK
(1235 NE Jones Rd.) 3.7 acres,
unfenced.

OVERTURF BUTTE RESERVOIR
(Skyliner Summit Loop) 4.6 acres,
fenced.

AWBREY RESERVOIR
(NW 10th and Trenton) 5 acres,
partially fenced, not fully enclosed.
Note: acreage is approximate.

Bend is a very dog-friendly place and earned an honor a decade ago as a “Dogtown USA.” While the number of dogs may come close to outnumbering people, that doesn’t mean they have freedom to go wherever they please.

Dogs and their dog owners must obey rules to keep all park and trail users safe. Dogs are required by city ordinance to be on leash in any public area in the city of Bend except in designated off-leash areas. Additionally, dog owners are to clean up after their dog. To help out, dog waste bags and trash receptacles are available at many Bend parks and trails.

Instances of off-leash dogs in the 80+ parks in the Bend Park and Recreation District that are not designated

off-leash areas continue to be one of the most frequent issues raised by park and trail users. The park stewardship team spends a lot of time providing reminders about the important safety reasons for leashing furry best friends.

While it’s tempting to view all open grass spaces as off-leash dog play areas, it’s not safe for other park users. Off-leash dogs can easily get in another user’s way on a trail and cause an accident or injuries. Off-leash dogs can instigate aggression problems or fights with leashed dogs and encounters with children or adults who are allergic or fearful can be terrifying even with “friendly” dogs.



Renee Goin is a Bend resident and a dog owner, and she’s not comfortable with dogs she doesn’t know approaching her off-leash. “I think we should all be able to enjoy outside without dealing with off-leash dog

interactions. I have a young child and a dog who is scared of other dogs,” she said.

“My experiences recently have been

that there are loose off-leash dogs everywhere – in my neighborhood, at parks and on trails. People often don’t think about the perspective of others and potential harm their decisions can cause,” she added.

For off-leash exercise and play, visit an off-leash area including the district’s first dog agility training course at the new Alpenglow Community Park.

To learn more about dogs in parks, visit bendparksandrec.org/dogs



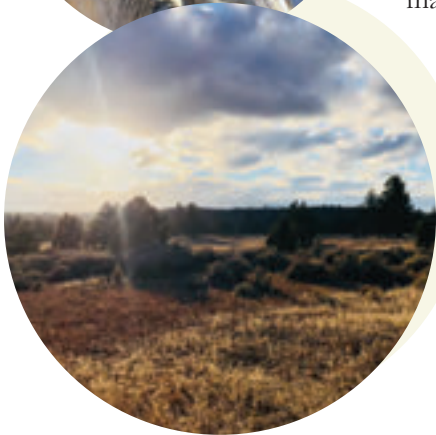
Riley Ranch journals serve as a *community diary*

When Riley Ranch Nature Reserve opened in December 2019, BPRD staff tucked a leather-bound journal in an area for park patrons to write down observations. It started with an entry by Steve Truelson, BPRD employee on the Natural Resources team and caretaker of Riley Ranch. On Dec. 23, 2019, he made the first journal entry: "At noon, saw a lone whitetail."

"My hope for the journal was to start a discussion on wildlife and nature observations," said Truelson. "I know we don't have whitetail in this nature reserve, so my entry was meant as a joke to give readers a reason to pause and weigh in with their observations. It was corrected promptly by a park visitor, which made me happy."

In the three years since the park opened, visitors filled two-plus journals with comments, drawings, observations and banter. When reviewing the entries, they are unique snapshots in time. Some talk about the season and weather conditions. Many identify birds and other wildlife sightings. Others comment on the pandemic conditions and the need for connection to one another and to nature. Some are children making drawings in the notebook during a day camp visit.

The entries are important insights into our community's value on parks and open spaces. The following are excerpts:



3/3/20

Woodpeckers! Flickers,
1 red-breasted sapsucker,
1 hairy and a red-tailed
hawk. Fun place to bird!
– Barb and Dave

3/27/22

We saw a squirrel and tried
to catch lizards. – Harper

10/27/20

Heidi was here, enjoying a day
off from ICU nursing, away
from COVID and masking.

1/18/21

Walking in nature sure refreshes your whole spirit,
doesn't it? It feels amazing to be out in the sunshine
in such a beautiful place. The sound of birds
chirping as you sit in the silence reminds you that
you are here in this present moment. – Unknown

2/16/20

We came, we saw, we aaved. 4 deer,
1 woodpecker, 1 hawk. – Unknown

6/14/21

We are hiking on this beautiful day to
celebrate the end of the school year.
– Cascades Academy 6th graders

5/31/20

Mending a grieving heart.
Balm for the soul. – B

Thanksgiving 2020

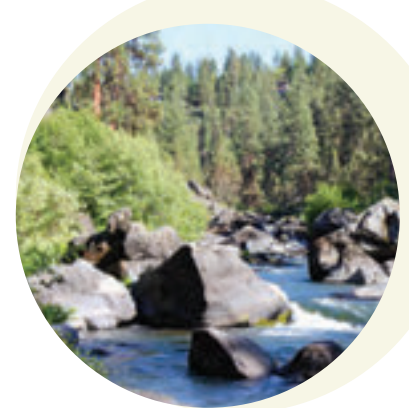
It is beautiful. I wish I could be here all the time.
The river is beautiful and calming. I love Riley Ranch.
– Livia, 10 years old

No date

To whom may read this,
Sometimes in life you feel like you are alone.
You may get sad or depressed. Depression isn't the feeling
of being alone. Depression is the feeling no one cares.
THAT IS NEVER True! Someone cares.
Think about your Momma. -- Unknown

8/1/20

Jeff and Julie met today for the
first time and walked an epic
4.5 miles ~ beautiful trail and
the beginning of a beautiful
friendship.





let's go!

Southeast Bend is home to BPRD's newest community park

ALPENGLOW PARK
61049 SE 15th Street



On a summer evening at Alpenglow Park, you are likely to see giggling children running through towers of water in the sprayground; others kicking a soccer ball in the grass nearby and families picnicking and enjoying an evening stroll. The park is a welcome addition to southeast Bend and is already a favorite destination for neighbors and the entire community.

Alpenglow Park, located on 15th Street just north of Caldera High School, opened to the public in summer 2022. While the sprayground water features are only available in the summer months, the park's many other amenities, attractions and open spaces offer year-round fun and opportunities to explore and play.

Alpenglow covers nearly 40 acres. That's about the size of Farewell Bend and Riverbend parks combined and three times the size of Drake Park – it's BIG.

The park was designed with simple goals in mind: To provide tranquility, fun and adventure in one of Bend's fastest growing parts of town. Southeast Bend near Murphy Road and 15th has hundreds of homes and thousands of people who live within a five-minute walk and there are several new developments in the works for the area.

The park's layout, parking and amenities make hosting larger events possible, taking some of the pressure off of the district's other long-standing event-heavy locations like Drake and Riverbend parks. Last fall, Alpenglow served as location for the popular Discover Nature Festival and several BPRD-produced community events.

The park features many of the amenities local residents have come to expect in a community park - walking paths, natural areas, picnic shelters and restrooms.

But it's the unique features of the park that make it a must-visit for residents and visitors alike.

A first among Bend parks, Alpenglow includes three massive bouldering areas with climbing walls reaching as high as 12-feet tall.

The structures feature more than 1,500 holds that can be occasionally reset to keep the space dynamic and interesting for climbers of all abilities. The bouldering area also features two anchor points for groups like Oregon Adaptive Sports to use with their athletes.

A summer highlight for children and families is the park district's first sprayground. More than a dozen ground and boulder sprays cool down and delight visitors. The potable water is collected using a specialized drainage system and reclaimed for use with irrigating landscape beds.

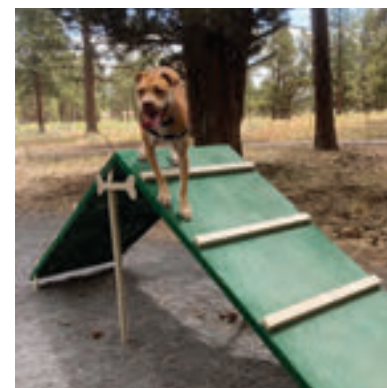
The water play area is adjacent to the state-of-the-art, accessible playground that offers a fun-filled place to swing, slide and explore the inviting musical play area.

The playground, sprayground and music area were designed so that the spaces would be accessible to people of all ages and abilities. The park also includes the first wheelchair compatible swing - a significant step forward toward a fully inclusive play environment.

Alpenglow's off-leash dog area offers a designated area for small dogs and new features for your four-legged friend in the form of agility course obstacles that'll tire out even the most energetic pup.

Other park elements include a nearly 1-mile-long accessible perimeter multiuse path, a demonstration garden designed and maintained in coordination with the OSU Master Gardeners and an accessible overlook loop path with Cascade views, perfect for family jaunts or bike rides to watch the sunset.

Park projects like Alpenglow are a crucial part of Bend Park and Recreation's mission to serve the community as Bend continues to grow. We hope that you visit the park and enjoy all it offers.



▲ Top photo: A dog enjoys the agility features at Alpenglow Park's off-leash dog area.

Bottom photo: Park users relax on benches by the demonstration garden.

◀ Opposite page, clockwise from top right: Seasonal sprayground, playground features, turf lawn with picnic shelter and bouldering features.

For more on
Alpenglow Park,
visit
[bendparksandrec.org/
park/alpenglow-park](https://bendparksandrec.org/park/alpenglow-park)





rollin' on the river

PARK & FLOAT OPENS JUNE 17

Park & Float, located next to The Pavilion on Simpson Ave. and Bradbury Way, offers everything you need to make your summer day on the river fun and easy. There is ample free parking and access to the Ride the River shuttle. Tumalo Creek Kayak & Canoe offers rental of durable river tubes and complimentary life jackets for children and adults.

The Ride the River shuttle begins and ends at Park & Float with stops at Riverbend Park and Drake Park. For Bend Whitewater Park rapids and fun, Park & Float is only a block away. Hours of operation, shuttle information and details available at bendparksandrec.org/float.



Floating the Deschutes River in Bend is on the summer calendar for just about every local and visitor alike. Trust us and plan ahead, respect the wild river for what it is and put safety first to make your time on the river focused on fun.

Between Memorial Day weekend and Labor Day last year, more than 226,000 people floated the river between Riverbend and Drake Parks. The BPRD counter located near the Bend Whitewater Park recorded over 7,000 people on several days last July. That's a sea of floaties and paddlers.

If you prefer your float to be easy going, here are some suggestions:

Play it safe. Be aware of river hazards and how to navigate them. The Deschutes River is wild and may present dangers not easily recognized. Always exercise caution when recreating in the river and play at your own risk. There is no lifeguard on duty.

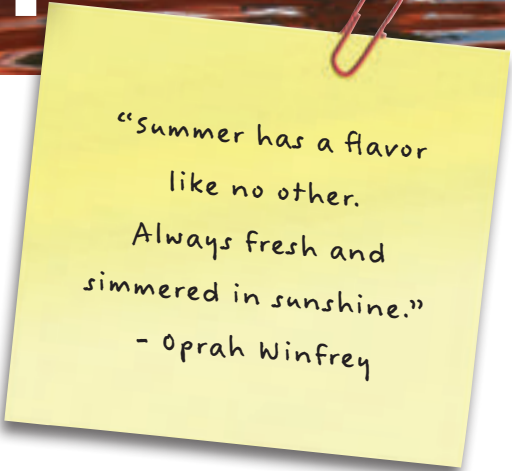
Be mindful to stay hydrated and refrain from consuming alcohol; it can impair judgment and increase the risk of accidents. And for safety-sake, please don't tie together when floating on the river. Tethering creates a serious risk for getting caught underwater.

Start at Park & Float. Parking near Riverbend Park is busy and limited. At Park & Float you probably won't have to circle the lot looking for a parking spot. You can hop on the Ride the River shuttle or it's only about a 10-minute walk to Riverbend Park and even less to McKay Park.

Go early or later in the day. Peak floating time is typically between noon and about 5 p.m., especially on weekends and holidays. Floating in the morning or after 5 p.m. tends to be lighter use.

Use the right gear. Sturdy water shoes or sandals make it easy to get to the river or your car before or after your float. They will help protect your feet when you are in the river too. And use a durable tube. While alligator floaties are cute, they are flimsy and can leave you stranded and end up as trash in the river. Speaking of trash, secure your gear and dispose of garbage responsibly. And finally, don't forget your life jacket and always use life jackets with children under 12 - it's the law.

For more tips, maps, and information on floating the river including a Guide to Floating the Deschutes River video, scan the QR code at left or visit bendparksandrec.org/float/.



"Summer has a flavor
like no other.
Always fresh and
simmered in sunshine."
- Oprah Winfrey

Let's talk TRAILS!

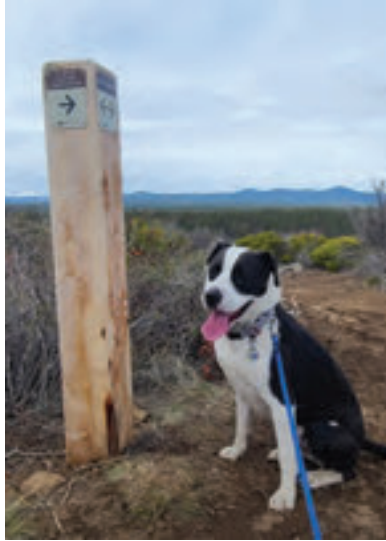
New, improved
& favorite trails



Want to know more about Bend Park and Recreation District trails?

Yes, you do!

Then, read on for a question-and-answer session with Henry Stroud, BPRD Trails Planner (that's him up above) to learn more about new, improved and favorite trails.



Manzanita Trail

NORTHWEST BEND

Q) What are the unique features about this trail?

A) It has stunning views of Shevlin Park, and the Cascade Mountains.

Q) Why is it a feature that users will appreciate?

A) This trail offers a unique viewpoint where trail users can overlook almost all of Shevlin Park.

Q) How do you access this trail?

A) One of the best places to access the trail is from inside Shevlin Park. The Manzanita Trail can be accessed from the Western Larch Trail immediately south of the Shevlin Commons neighborhood.

Q) Anything else about the trail that is helpful to share?

A) When finished, the Manzanita Trail will connect Discovery Park to Shevlin Park. However, the trail is only partially complete. BPRD staff is working to secure the remaining easements necessary to complete the trail. Newer sections of trail are also more prone to muddy conditions in the Spring and Fall. Please avoid using the trail if the surface is very soft or muddy.



Shevlin Commons Trail Access

NORTHWEST BEND

Q) What stands out about this trail access point?

A) From the Shevlin Commons Trailhead and parking lot, you can access the Discovery Trail and a multitude of trails in and around Shevlin Park. BPRD recently upgraded the asphalt section of the Discovery Trail between the Shevlin Commons Trailhead and Shevlin Park. The trail was widened, repaved with new asphalt, and upgrades were made to ensure the trail conforms to accessible trail development standards.

Q) What improvements would you like users to know about?

A) The paved section is designed to meet accessible trail standards and is a great option for trail users that may require a wheelchair or other mobility device.

Q) How do you get there?

A) Limited parking and ADA accessible parking is available at the Shevlin Commons Trailhead located near the intersection of Shevlin Park Road and Park Commons Drive.



Alpenglow Park Trails

SOUTHEAST BEND

Q) What's special about Alpenglow Park's trail system?

A) It's an excellent connector trail on the south side of town and it is a great destination. The park features a network of asphalt and natural surface trails in one location with easy access to all of the park's amenities.

Q) Any suggestions for a trail adventure with the whole family?

A) The park features a loop trail that is just under 1-mile long and can be walked in about 20 minutes. The trail is wide and flat and suitable for strollers, wheelchairs and other mobility devices.

Q) How do you access these trails?

A) The trails can be accessed from almost anywhere in the park. The easiest access is from the main parking lot located off of 15th Street. You can also connect to the park from Larkspur Trail and Central Oregon Historical Canal Trail via 15th St.

Q) Anything else to share?

A) Be sure to check out the new trail bridge over the railroad tracks. It provides access from many nearby neighborhoods.

Get out there.

For more on BPRD trails, visit bendparksandrec.org/trails.



SINCE 1924, IT'S THE

JULY 4TH PET PARADE

in partnership with



CITY OF BEND



COME CELEBRATE IN DOWNTOWN BEND

- **PARADE LINEUP: 9:00 AM**
- **PARADE: 10:00 AM**

Parade in costume with your pet or stuffed animal on pulled wagons, bikes or trikes or watch all the action on the parade route.

PARADE DETAILS & PARKING:

- No registration necessary.
- Leash up and clean up after your pet.
- No rabbits, cats or aggressive animals.
- Do not give away or sell animals.
- No E-bikes, motorized vehicles, commercial floats, solicitation or distribution of anything, including candy.
- Large animals need to arrive early; trailer parking on Riverside Blvd.
- Best parking: Outer perimeter of downtown and in parking garage.
- ADA parking at Highland School on Newport Ave., downtown parking garage and City of Bend parking lot on Franklin Ave.
- ADA viewing area west of Franklin and Wall St. intersection.

This event is supported in part by a grant from the Oregon Heritage Commission, Oregon Parks and Recreation Department and the Oregon Cultural Trust.

FOR MORE INFORMATION,
CALL (541) 389-7275 OR VISIT

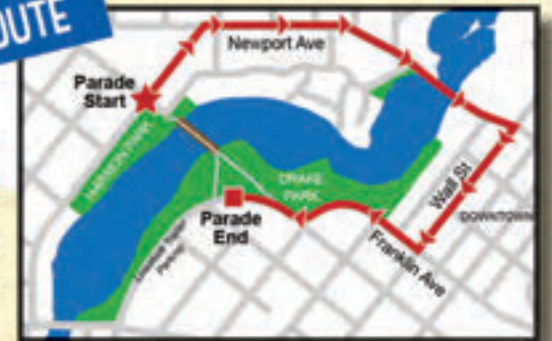
BENDPARKSANDREC.ORG/JULY4TH



2023 PARADE ROUTE

STARTS AT HARMON PARK

ENDS AT DRAKE PARK



THANK YOU TO OUR SPONSORS!

The Bulletin
Serving Central Oregon since 1903



SOURCE!

GOLD

101.7





Part of the BPRD mission is to keep recreation inviting to everyone.

Every season, BPRD offers events for our community.

The opportunities encourage kids and adults alike to have fun, but it's also a chance for people to get active, try something new and connect others.

So, take a look at the upcoming events and get out and about!

“For the Health of It!” Health & Wellness Fair

Tuesday, June 13
12:00 - 3:00 p.m.

FREE

Larkspur Community Center & Park

Stroll the park and visit with local health and wellness service providers, enjoy a free lunch provided by PacificSource, watch fitness and wellness demonstrations and more.

Roller Pride

Friday & Saturday,
June 23 - 24

6:30 - 10:00 p.m.

The Pavilion

A dance party celebrating Pride and community with roller skating, music and good fun. The beats will be on, the fire pits going and the disco ball shining!

Friday event is all ages; Saturday is age 18+ with local brewery on site.

\$10/person including skate rental.

Fun on the Fly

Fridays in June & July

12:00 - 2:30 p.m. **FREE**

June 23: Juniper Hilltop
Mobile Home Park

June 30: Country Sunset
Mobile Home Park

July 7: Healy Heights Apts.

July 14: The Pines Mobile
Home Park

July 21: Parrell Road Mobile
Home Park

July 28: Pine Mill Apts.

Free recreation activities, water play and fun each week. Spanish-speaking staff on site.

4th of July Pet Parade

Tuesday, July 4

FREE

Lineup: 9:00 am

Parade begins: 10:00 am

Starts at Harmon Park;
ends at Drake Park

Bring your bike, pets on leash or stuffed animals and parade with us around the parks in downtown Bend. Details on page 22.

Summer Community Celebration

FREE

Friday, July 28

5:00 - 7:00 p.m.

Alpenglow Park

Free recreation activities for children and families, music, community partner booths and more. Spanish-speaking staff on site.

Movies in the Park

FREE

Fridays in August

Activities start at 7:00 p.m., movies start about 8:00 p.m.

August 4: Rockridge Park

August 11: Orchard Park

August 18: Al Moody Park

August 25: Ponderosa Park

Sept. 1: Alpenglow Park

Free recreation activities, family-friendly movies and fun each week. Spanish-speaking staff on site.

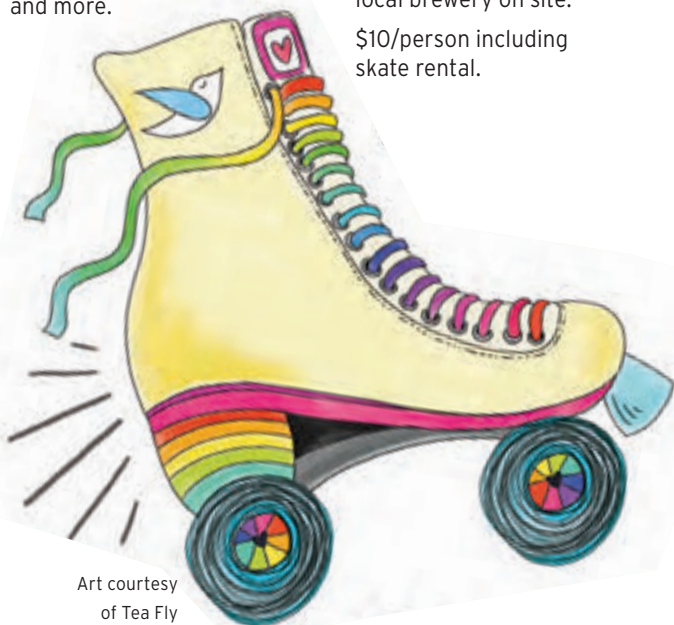
Kids Triathlon

Sunday, August 27

8:30 - 11:30 am

Juniper Swim & Fitness Center

The Kids Triathlon is a great way for kids to “tri” out fitness activities, learn new skills and have fun competing in an event just for them. \$29/in-district. Details and registration at register.bendparksandrec.org/



Art courtesy of Tea Fly

For more information on community events, visit bendparksandrec.org/bprdevents/



RECREATION PROGRAM UPDATE

“Why aren’t there more swim lessons?”

Swim lessons are crucial for every child, not only to reduce the risk of drowning and teach water safety skills, swimming can also help build confidence from an early age and is a fun way to stay active for life.

Youth swim lessons are some of the most in-demand recreation programs in our community and the available opportunities fill up fast. It can be frustrating for parents who end up on a waitlist. Swim lessons are a core program for the park district; however, BPRD is not currently able to offer enough lesson sessions to meet the growing need of local families. There are several reasons why. The facility shutdown of the pandemic coupled with area population growth has created a backlog of children needing lessons. Staffing is an added challenge and the district is working hard to find and train people who can teach swimming. We are making progress and new lessons are being added when possible.

What can you do if your child needs swim lessons? Registration for swim lessons opens a couple of months before the start of a season, so be sure to check the website for registration dates and information to have your best chance at securing a lesson session for your child(ren). If you are unable to register for a spot in a class, be sure to sign up on the waitlist. We contact waitlist participants first when there is a cancellation and if we are able to add another session.

You can play a role in making more swim lesson opportunities available. If you or someone you know might be interested in teaching swim lessons, our aquatics staff would love to talk with you about the opportunities and training available. You can find details about being a swim instructor on our website at bendparksandrec.org/swiminstructors.

The ability to swim is important. We appreciate everyone’s understanding as we try our best to find solutions toward creating more opportunities for children to learn how to swim.

For more about swim lessons, visit bendparksandrec.org/swimlessons



Community Connections

BPRD provides an inclusive approach to recreation through its Outreach team

BPRD Outreach staff work on cultivating inclusiveness - one relationship at a time. Their efforts support the district’s core values related to diversity, equity and inclusion and offering everyone opportunity to play.

Kathya Avila Choquez, Latino Community Outreach Specialist, and Jenny McGee, Outreach Supervisor, spend their days finding ways to reduce physical, social and financial barriers to our programs, facilities and services. Jenny and Kathya work with Bend’s Latino community and those historically marginalized or underrepresented, as well as those who face obstacles to participation.



BPRD’s Outreach Department assists community members by:

- Meeting in person with families and providing facility tours.
- Helping with applications for BPRD’s scholarship program.
- Providing interpretation for Spanish speakers.
- Introducing staff to Spanish speakers and/or parents.
- Joining the Spanish language swim lessons in the pool.
- Translating written materials into the Spanish language.
- Offering events and programs close to the neighborhoods with highest needs.
- Connecting with community members on social media and much more.



(continued from previous page)

Celebrating community

After the pandemic eased, Jenny found that “People were feeling tired, disconnected, over-surveyed, and unheard.” Therefore, after a year of not gathering, Jenny and Kathya restarted the Community Celebrations. Community Celebrations provide a space for the community to increase engagement, make connections, create memories, build trust and celebrate with a good time. These seasonal events have become an important tool for connection and inclusion. “We wanted to reconnect with the community in a way that was authentic to them,” Jenny said.



For the Community Celebrations to be successful, “we strategically market to specific groups to join us in BPRD spaces for an interactive, welcoming experience. We also invite trusted local organizations to attend the events. We encourage our partner organizations to offer an activity, lesson or demonstration that has significance to them during each season’s event. Offerings such as horchata, African drum making, Zumba and cultural music and dance resonate with people on a deeper level than a typical resource fair.”



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, more than 1,200 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 or Oregon Health Plan.
- Scholarships are valid for one year. You must reapply for renewal.

For more about scholarships and to apply, visit bendparksandrec.org/scholarship.



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



FITNESS & SWIM SPOTLIGHT

we all play and fit together

Larkspur Community Center celebrates two years

Treats and smiles were the order of the day on April 5 as patrons and staff marked the anniversary for the popular recreation facility. Larkspur has quickly become a place for people to connect and be social, get in a workout, enjoy the benefits of water exercise, walk indoors and maybe even try something new. In its second year of operations, the facility hosted more than 275,000 visits.



Bend Park and Recreation District constructed Larkspur Community Center after a decade of planning to meet the community's growing needs across all age groups, including active older adults who have a variety of interests and desires for fitness, recreation and social activities. Larkspur opened its doors on April 5, 2021, in a time of strict pandemic regulations. Fast-forward two years and the facility is in full operation, buzzing with activity, and much enjoyed by users of all ages.

Come take a look! Stop in at the customer service desk and a staff person or volunteer would be glad to offer you a facility tour.

GET CONNECTED.

Learn more about BPRD's recreation centers and drop-in activities on pages 41 - 42 or visit bendparksandrec.org/fitness-swim/



Take a video tour of Larkspur Community Center online at bendparksandrec.org/larkspur.



Add more value to your spring and summer activities with a facilities pass

Do you exercise at Juniper Swim and Fitness Center or Larkspur Community Center? With one pass, you get access to both facilities with plenty of benefits!

Purchasing a monthly or annual fitness and swim pass offers unlimited lap swim, recreation swim, fitness center use, hot features, and access to 200+ weekly exercise programs at Juniper and Larkspur. You can use two facilities, two fitness centers, five pools, an indoor track and more. Plus, dedicated staff are available to support you with your fitness and wellness journey.

BPRD recently added the option to use your monthly or annual fitness and swim pass for roller skating at The Pavilion. What a great bonus!

Don't quite need a monthly pass? A use-as-you-go multi-visit pass is available too.

Check out the options for multi-visit, monthly and annual passes with excellent savings and great workouts on pages 34 - 35 or at bendparksandrec.org/passes.



Fitness through health plans? Ask us how.

Did you know you could be eligible for a low-cost or even no-cost fitness pass through your health insurance? BPRD participates in insurance-reimbursed fitness programs. Approved programs include Active & Fit, Silver & Fit and AARP Renew Active.

Eligible programs grant enrollees unlimited access to BPRD fitness centers, virtual classes, lap swimming, drop-in fitness classes including water exercise, and workout-on-your-own sessions at both Juniper and Larkspur. Check with your health insurance provider to see if you qualify. For more information, visit: bendparksandrec.org/medicare.

Olympic Pool cover removal and Outdoor Activity Pool to open in May

It's a sure sign that summer's coming when Juniper Swim and Fitness Center's Olympic Pool's tent cover comes off. Scheduled for May 13 - 17, the annual removal is a favorite for lap swimmers and water fitness enthusiasts alike.

And always big news to families and children, the opening of Juniper's Outdoor Activity Pool is scheduled for the last weekend in May, weather-permitting. The activity pool features slides, tumble buckets and a splash pad.

Bend Senior Center activities return

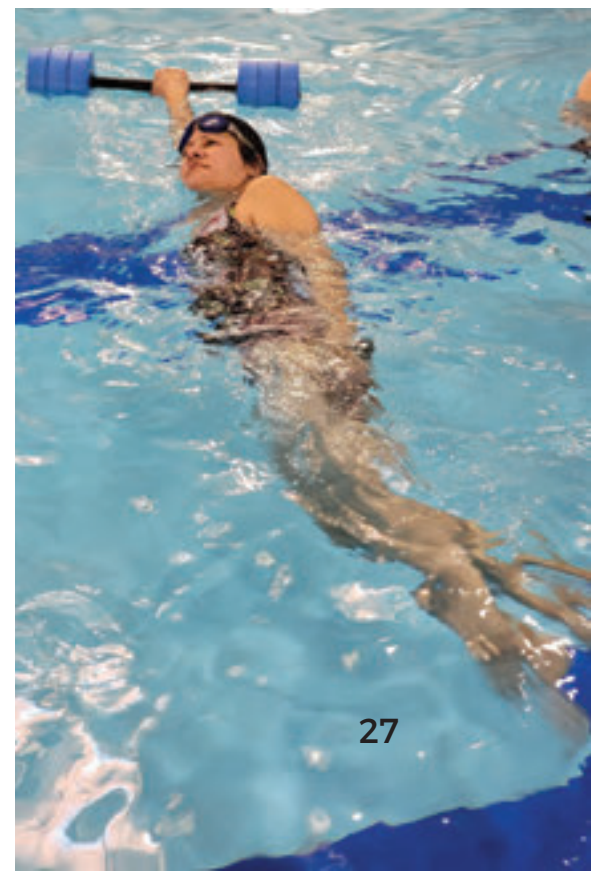
Spirits were high at the St. Patrick's Day dinner dance held on March 17th this spring. In 2020, the dinner dance was the first event cancelled due to the pandemic and has been on hiatus since. Staff and attendees enjoyed an evening of good food, music and company and the event brought Bend Senior Center, now part of Larkspur Community Center, full circle with its return to a full slate of recreation programs for older adults. Offerings include weekly social activities, hosted brunches, afternoon movies, enriching classes, community events, health clinics, specialized fitness classes, billiards, games and more.

Thanks for your 5-star reviews!

Have you read our online reviews? Patrons leave appreciative comments about Larkspur and Juniper regularly on Google and social media. For instance, Ann Thomas wrote: "Larkspur is a GREAT place, especially for seniors! Great classes, water, cardio, weights, indoor walking, yoga, don't forget line dancing!"

Juniper pool user Greg Briggs is positive too. He shared, "Love the pools here! Very clean and staffed well."

Thank you for your patronage. We appreciate everyone who comes through our facility doors and participates in BPRD programs.





CHILDCARE SPOTLIGHT

BPRD CHILDCARE PROGRAMS:

Kids INC

Kindergarten - 6th grade afterschool childcare held at various Bend-La Pine schools.

Applications for the 2023-24 school year can be submitted May 8 - 19.

Operation Recreation

Kindergarten - 6th grade no-school day and full-day summer camp childcare. Registration opens seasonally.

Busy Buddies Preschool

For ages 3 - 5, Busy Buddies is a school-year program held at Juniper Swim & Fitness Center and includes swim lessons.

Registration for the 2023-24 school year opens Monday, May 22 at 6:00 a.m.

Summer Buddies Preschool

Summer Buddies is the summertime preschool for ages 3 - 5 at Juniper Swim & Fitness Center and includes swim lessons. Registration opened for this summer in late March.

Kids' Corner Childcare

Kids' Corner is available to care for patron's young children while they workout and swim at Juniper Swim & Fitness Center.

Registration is recommended; drop-in services available, space permitting.

For all childcare programs, please sign up on waitlists if registration is full.



After-school care program going strong after 30+ years

Knowing that her third grader is engaged in crafts, games and even taking field trips after school equals peace of mind for Monica Ropp, a parent whose two children have attended BPRD's Kids INC program for several years at Buckingham Elementary School.

"She loves going to Kids Inc and often doesn't want to be picked up early because she's having fun with friends and the staff members," said Monica. "Kids Inc is a great place to decompress from the demands of school and they have a lot of fun, which was important to both of my children."

Kids Inc supports the afterschool care needs of working parents and guardians who do not have other options for their elementary school-aged children.

The partnership with Bend-La Pine Schools at 14 school sites has been a staple of the community for 33 years. For the Ropp family, it's easy and simple to have care at their school to bridge the time after school until both parents are off work.

Kids INC offers part-time options as well as full-time. This option began as a pilot program in fall 2022 and has been an opportunity to serve more families with the same number of spaces in the program. The application period is held in May; however applications can be submitted to the waitlist at any time for all school sites. Staff works hard to enroll families from the waitlist as often as possible.

Families selected for part-time spots will have an option to move to full-time when spaces become available, if they indicate during the application that full-time care is preferred. This may occur prior to the start of the school year start or any time during the school year, based on staffing levels and space availability at the school.



To learn more about childcare, visit bendparksandrec.org/childcare

Reducing barriers

giving play

Many families in our community face the challenges of affording to live and work in Bend. We value living in a community where everyone has access to opportunities that help them thrive and lead healthy, active lives. Bend Park & Recreation District offers publicly funded assistance with program registration based upon need. Last year, more than \$600,000 was offered as support to over 700 families.

Vincent is a single father doing his best to raise three young sons and to secure stable housing after being a resident at Bethlehem Inn and Covenant House. With help from Family Access Network, support from Bend Park & Recreation District and the Bend

Park and Recreation Foundation, the boys attend the Kids INC. afterschool program as three of more than 1,000 children at 14 elementary schools. Having a safe, supportive place for his boys after school gives dad peace of mind so he can work full time and build their new lives.

Bend Park and Recreation Foundation reduces barriers.

The Bend Park and Recreation Foundation raises private dollars to help fund recreation scholarships, and offers supplemental support for program fees or assistance with having the right equipment needed to participate, like sports shoes, a bike helmet or a swim suit.



Donations to Bend Park and Recreation Foundation can help families by providing the resources needed to take part in activities that improve health, increase confidence and independence, and enrich lives. Tax-deductible gifts in any amount can help make such opportunities available, today and into the future.

- \$50 supports a session of swim lessons for a child.
- \$100 provides a month of fitness and swim activities for a family of four.
- \$150 funds assistance with one month of after-school care for a child.

To learn more about the park foundation and how you can support recreation scholarships, visit bendparksandrec.org/foundation or call Kim Johnson at 541-706-6127.

The Bend Park & Recreation Foundation is recognized by the IRS as a 501(c)(3) tax-exempt organization, Tax ID Number 93-0697553. Contributions to the foundation are tax deductible to the extent the law allows.

THANK YOU!

Volunteer coaches & sponsors: Making a difference for hundreds of kids & families

More than 6,650 children participated in youth sport programs in 2022. That's a lot of kids being active and involved, gaining self-confidence, and learning to be part of a team. It takes great volunteers to make these sport programs happen and more than 690 people gave their time and put their heart into being coaches for those kids.

Sponsor involvement with BPRD sport programs helps provide the resources for recreation scholarships so that everyone has a chance to play. Sponsors receive recognition and more kids have opportunity to be part of a team – it's a win-win!



Volunteer coaches needed now for fall sport programs

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. Enrollment is at an all-time high and the opportunity to play sports 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 these fall sports leagues:

- Kindergarten soccer
- Youth soccer
- Flag football
- Middle school tennis
- Volleyball

Sport experience preferred, but volunteers mostly need to enjoy working with kids. Application and background check required. Training and support provided.

For more information, contact Kim at (541) 706-6127 or kim@bendparksandrec.org.

Thanks, coach!

You make it a great experience for the young players and their families and we can't thank you enough. Cheers to all of the volunteers who coached:

- Youth and kindergarten soccer
- Tackle and flag football
- Volleyball
- Youth and middle school tennis
- Youth, middle school and Bitty basketball
- Lacrosse
- Softball

Thanks, sponsors!

Your support helps make it possible for children, families and adults to participate in enriching recreation activities that can make a difference for a lifetime. Please join in thanking these amazing sponsors:

- **Bigfoot Beverages** - sponsor for middle school basketball
- **Krueger & Lenox** - sponsor for tackle football, kindergarten soccer, volleyball, bitty basketball, lacrosse and softball
- **Miller Lumber** - sponsor for adult ice hockey and curling
- **The Center** - sponsor for youth soccer and basketball





Supporting nature & people: **ambassadors** in parks

VOLUNTEER SPOTLIGHT

On a visit to Riley Ranch or Shevlin Park, you may spot someone wearing a bright yellow vest. The people sporting this spot of color are the amazing volunteers who regularly spend time in the parks, sharing information and offering reminders about park rules. These friendly folks are an important part of BPRD's stewardship efforts and their presence makes a big difference for the parks.

Jackie Balzar and Monica Rimai are volunteer ambassadors at Shevlin Park. In a letter they recently submitted to The Bulletin, they shared, "We wander the park several times per week wearing name tags and yellow vests offering welcoming greetings to visitors, directions and other information. More often than not, you can hear us reminding park goers that the park is not an off-leash area and thanking folks for leashing up their dogs." They added, "We volunteer because we care about our parks. It is rewarding, fun and effective. We believe visibility of staff and volunteers promotes staying on the trail, leave no trace, leash laws and positive user experiences."

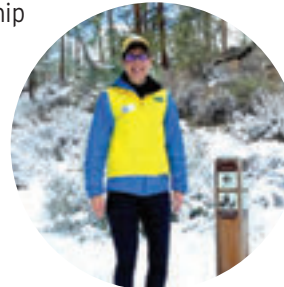
At Riley Ranch Nature Reserve, volunteers offer reminders that dogs and bikes are not allowed in that park. They share their personal recommendation for experiences, enjoy meeting park visitors and appreciate the opportunity to spend time in the park.

Volunteer Dave McClung often reports in with a cheerful rundown of activity during his shift. "Eight cars came during the two-hour shift. There was a group from Michigan, first time there, got them oriented and they were very appreciative. Two times around the parking

lot to pick up trash. One person came with a dog, she was new to Bend and not aware of the no dogs policy, totally understood. Gave her a brochure of other options within the Bend Park and Rec District. I saw mule deer in the Sage Flat Loop Trail, about a dozen in total."

BPRD Park Stewardship manager Jeff Hagler gives high value to the time and support contributed by these volunteers. "Involving volunteers as ambassadors helps us expand our resources and offers a pulse on use of the parks," said Hagler. "A big plus is the personal touch these volunteers lend to the experience for visitors and the positive feedback they get in return. It's a win-win and we can't thank them enough for their efforts."

The volunteer ambassador program is expanding this summer to include Big Sky and Alpenglow parks and additional volunteers are needed. To learn more about volunteering as an ambassador, visit bendparksandrec.org/volunteer or contact Kim Johnson at kim@bendparksandrec.org.



play up your volunteer side

If you have been thinking about getting involved with your community this summer - think BPRD! Volunteering is a fun way to meet people, connect with your interests, share your talents, and gain some skills, while helping provide great experiences and taking care of the places that we all love.

- **Youth sport program coach**
- **Park ambassadors**
- **Park & trail adoption**
- **Teen volunteer** - junior lifeguards, swim instructor aides and help with a variety of day camps, art and adventure programs
- **Event volunteer** - July 4th Pet Parade, special activities at Larkspur Community Center, and assisting with community outreach efforts
- **Fitness & aquatics volunteer**

To learn more about volunteer opportunities, visit bendparksandrec.org/volunteer



WORK FOR PLAY AT BPRD

There are lots of ways to combine work and play as a BPRD employee. Regular openings for the seasons ahead include:

- **Lifeguards**
(Must be 15+ years old)
- **Swim Instructors**
(Must be 15+ years old)
- **Customer Service Specialists**
- **Concessionaires**
- **Park Maintenance Workers**
- **Youth Recreation Leaders**
(Must be 16+ years old)
- **Therapeutic Recreation Leaders**
(Must be 16+ years old)

For current job opportunities and to apply, visit bendparksandrec.org/jobs.



EMPLOYEE SPOTLIGHT

growing leaders

Recreation programs offer the opportunity to try new things, grow skills and create healthy interests that can last a lifetime. These programs can also be the starting place for people to gain experience that may lead to future jobs, support education and professional goals, and possibly even spark interest for a career in recreation.

BPRD is committed to offering learning opportunities and growing leaders to help provide quality recreation services and experiences for our community today and in the future.

Teens as young as age 12 are welcome as volunteers with the junior lifeguard and swim instructor aide programs and as junior leaders with childcare and youth recreation opportunities. These volunteers provide valuable support to programs and have opportunity for hands-on learning in a fun, supervised environment. Listing volunteer experience on job and college applications is a big plus too.

Olivia Sahagian volunteered with BPRD youth art activities for a couple of summers and is now employed as a recreation leader with the Kids Inc. program. "Volunteering with BPRD gave me the opportunity to gain experience in a field that I would like to study in college. I enjoy working with children and applying for a job with BPRD seemed like the perfect next step," she said.



A first paid job is a big deal and BPRD ensures that young employees receive the training and support needed to be successful as referees, youth recreation and childcare program assistants, lifeguards and swim instructors. Support can be financial too and an education scholarship program may be available to students who commit to working in childcare programs.

For those already employed with the park district, professional development and education assistance programs can help fund learning opportunities and grow careers. Several staff are working toward certifications and degrees that can benefit their jobs today and enhance their skills long-term.



Recreation Business Manager Michael Egging is a proud college graduate who recently earned his bachelor's degree in business administration with help from district-provided education assistance funds, while maintaining his full-time work responsibilities.

To learn more about volunteering, working for play and the growth opportunities available with the district, visit bendparksandrec.org.



Bend Senior Center



Larkspur Community Center

places to play

recreation centers



Juniper Swim & Fitness Center



The Pavilion



LET'S PLAY!

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.

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.

Out-Of-District Fee Policy

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

FACILITY STANDARD IN-DISTRICT FEES & PASSES

JUNIPER SWIM & FITNESS CENTER & LARKSPUR COMMUNITY CENTER

ONE PASS - TWO FACILITIES

Unlimited access to over 200+ 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 41 - 42.

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: October - April

Skate rental: \$3.00


THE PAVILION: ROLLER SEASON

Without Skates

Admission to all public skate sessions.

Roller Season: April - September

Skate rental: \$3.00

Single Visit	Adult (19-61)	\$8.00	\$3.50	\$9.00	\$7.00
	Older Adult* (62-79)	\$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 (19-61)	\$68.00	\$29.00	\$72.00	n/a
	Older Adult* (62-79)	\$59.00	\$12.00	\$64.00	n/a
	Youth (3-18)/Honored Citizens (80+)	\$51.00	\$10.00	\$56.00	n/a
Monthly Pass: Unlimited Visits!	Adult (19-61)	\$59.00	\$24.00	Visit bendparksandrec.org/passes to learn more about and purchase passes.	
	Older Adult* (62-79)	\$46.00	\$16.00		
	Youth (3-18)/Honored Citizens (80+)	\$32.00	\$13.00		
Monthly Family Pass	Any mix of three or more household members	\$110.00	N/A		

*Effective Jan. 1, 2023, the Older Adult age for recreation facility access passes begins at 62. 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.



USE YOUR MONTHLY & ANNUAL FITNESS/SWIM PASS FOR ROLLER SKATING AT THE PAVILION NEW
 (Does not include skate rental.)

recreation center activities

USE YOUR MONTHLY & ANNUAL FITNESS/SWIM PASS FOR ROLLER SKATING AT THE PAVILION

(Does not include skate rental.)

NEW

ROLLER SKATING PARTIES AVAILABLE

Great for birthday parties and more, The Pavilion features an indoor viewing room and outdoor pavilion, making comfortable and fun viewing opportunities and a place to enjoy food, drinks and a celebratory dessert.

To learn more about parties and other events, see The Pavilion webpage.

Drop-in Skate Sessions

The Pavilion

- Roller season: April - September
- Ice season: mid-October - April
- Facility information on page 43.

Fees: Pass or drop-in fee.

- Rental skates available.
- Helmets available to borrow.
- See pages 34 - 35.

Open Skate

ROLLER SKATING

All ages

Regular drop-in fees

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.

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



Family Skate

ROLLER SKATING

All ages with adult

SPECIAL RATE: \$5 per person with skate rental.

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

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

Parent-Tot Skate & Play

ROLLER SKATING

Ages: 5 & under with adult

SPECIAL RATE: \$5 per person with skate rental.

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

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

Friday Night Roller Dance

ROLLER SKATING

All ages

Open Skate with those Friday night dance vibes. Complete with themes, good music and roller dancing.

- Glow Night: First Friday
- 80s Night: Second Friday
- Disco Night: Third Friday
- Queer Night: Fourth Friday
- Gold Night: Fifth Friday

Saturday Night Adult Roller Jam

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!

For Adult Roller Jam lessons prior to the skate session, visit Pavilion online schedule.

Visit bendparksandrec.org/pavilion to learn more about The Pavilion and to view schedules.





Drop-in Swim Sessions

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 41 - 42.
- Fee: Pass or drop-in fee. See pages 34 - 35.

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.

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.

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.

Lap Swimming & Water Work Out on Your Own

Ages: 16 & up; 11 - 15 with adult

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

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).

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 to walk, stabilize, stretch and tone for all abilities and levels. No swimming.

Hot Tub, Sauna & Steam Room

Ages: 16 & up

The coed hot features, including hot tub, sauna and steam room, are available when Juniper's indoor pool is open. The hot tub at Larkspur is open when Larkspur's pool is open. Youth ages 6 years and up are only allowed in the hot tubs with an adult; not allowed during Open Recreation Swim.

RECREATION SWIM SPECIAL

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

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

One pass, two facilities

The fitness and swim pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to 200+ weekly exercise programs at both Juniper and Larkspur.

**More at
bendparksandrec.org/passes**

POOL PARTIES

Make waves at your next celebration with a pool party.

Available at both Juniper and Larkspur pools.

**Details at:
bendparksandrec.org/poolparty**



Visit bendparksandrec.org/recswim to learn more about Recreation Swim and to view schedules.



Visit bendparksandrec.org/lapswim to learn more about Lap Swim and to view schedules.



One pass, two facilities

The fitness and swim pass offers unlimited lap swim, rec swim, fitness center use, hot features and access to 200+ weekly exercise programs at both Juniper and Larkspur.

More at bendparksandrec.org/passes

Fitness passes through health insurance

There is a low-cost or no-cost fitness pass option for insurance-reimbursed fitness programs, including: Active & Fit Enterprise, Active & Fit Direct, Silver & Fit and AARP Renew Active. Eligible programs will include unlimited access to BPRD fitness centers, virtual fitness classes, lap swimming and drop-in fitness classes, including water fitness classes and workout-on-your-own sessions.

Learn more at: bendparksandrec.org/medicare



Drop-in Fitness Classes

Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 41.
- Fee: Pass or drop-in fee. See pages 34 - 35.

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 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 34 - 35.

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.

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

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

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 41 - 42.
- Fee: Pass or drop-in fee. See pages 34 - 35.

Ages: 16 & up; 11 - 15 with adult

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

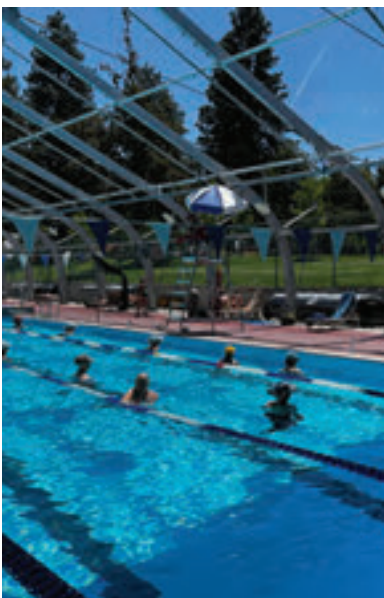
- Facility information on pages 41 - 42.

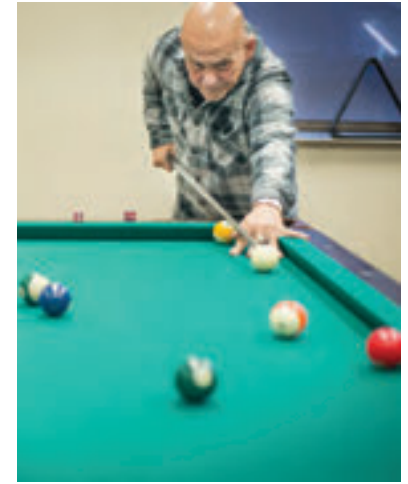
A BPRD personal trainer can help you:

- 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 42. Adult Activity and Art program information on page 45.
- Fee: Social pass, Fitness/Swim pass or drop-in fee. See pages 34 - 35.

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.

Visit bendparksandrec.org/bend-senior-center to learn more about Older Adult Activities and to view schedules.



Afternoon at the Movies

FREE

Presented in partnership with Providence Health Plans

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.

Souper Tuesday Brunch

NEW

Join us for a tasty brunch on the second Tuesday of each month. Check online schedules for more details and times.

Brown Bag Lunch & Learn Series

FREE

Presented in partnership with PacificSource Medicare Health Plans

Feed your body and your mind as local experts share their knowledge about issues important to you on Tuesdays at 12:00 - 1:30 p.m. You bring your lunch; dessert and coffee are on us. Offered fall through spring with a break during summer months. Check online schedules for dates, topics and other details.

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. Three 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.



Book Clubs

Come discuss various books as a group. Meeting September through May, there are several clubs to choose from. Check online schedules for more information.

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 Minute

FREE

Presented by Senior Health Insurance Benefits Assistance (SHIBA), Medicare Minute is dedicated to educate and advocate for Oregonians with Medicare. Counselors can help you understand your Medicare benefits, and identify and compare health insurance options.

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 the fourth Thursday of the month, at 9:00 am - 4:00 p.m. 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.



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 34 - 35.



Social Media

[facebook.com/JuniperSwimandFitnessCenter](https://www.facebook.com/JuniperSwimandFitnessCenter)

[instagram.com/juniperswimandfitness](https://www.instagram.com/juniperswimandfitness)

Activities

Childcare & Preschool (page 33)

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, Juniper is located two blocks from the Hawthorne Street transit center of Cascade East Transit and a bus stop is located on Franklin Avenue.

Swimming Pools & Aquatic Facilities

Indoor/Outdoor Olympic 50-Meter Pool

With a removable roof system, this 82-degree 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 85-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 May 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

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

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.

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.

Visit
bendparksandrec.org/juniper
to learn more about
Juniper and to
view schedules.



Drop-in Swim

on page 37.

Drop-in Fitness

on pages 38 - 39.



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 34 - 35.



Social Media

[facebook.com
Larkspur-Community-Center](https://www.facebook.com/Larkspur-Community-Center)
[instagram.com/
larkspurcommunitycenter](https://www.instagram.com/larkspurcommunitycenter)

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.

Drop-in Swim

on page 37.

Drop-in Fitness

on pages 38 - 39.

Drop-in Adult Activities

on page 40.

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 & More

The aquatic center has hot tub for relaxation and an on-deck shower for a quick rinse before your swim.

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.

Bend Senior Center

3,500-sq.-ft. Event Room and Kitchen
Senior Social Lounge and Billiards Room

Free Wi-Fi

Visit bendparksandrec.org/larkspur to learn more about Larkspur and to view schedules.





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 34 - 35.



Social Media

[facebook.com/
thepavilioninbend](https://facebook.com/thepavilioninbend)

[instagram.com/
thepavilioninbend](https://instagram.com/thepavilioninbend)

Activities

April - September

Roller Skating & Hockey
Skateboarding & Scootering
Skate Parties
Adult Sports Leagues
Youth Summer Camps

Late October - April

Ice Skating & Lessons
Hockey
Curling
Skate Parties

How to Get There

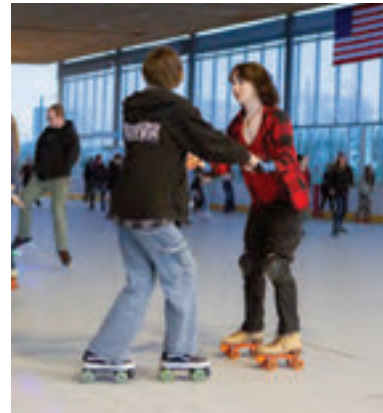
The Pavilion is located in southwest Bend at the Simpson and Colorado Avenue roundabout. The entrance is located on SW Bradbury Way. Both on-site and street parking are available.

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.

Drop-in Skating Sessions

on page 36.



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 and available to borrow.

The Ice Sheet (October - 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.

ROLLER SKATING PARTIES AVAILABLE

Great for birthday parties and more, The Pavilion features an indoor viewing room and outdoor pavilion, making comfortable and fun viewing opportunities and a place to enjoy food, drinks and a celebratory dessert.

To learn more about parties and other events, see The Pavilion webpage.

Visit
bendparksandrec.org/pavilion
to learn more about
The Pavilion and to
view schedules.





Art & Enrichment



Therapeutic Recreation

ways to play

registration

recreation activities



Sports & Outdoors



Swim Lessons

let's play, learn and grow

REGISTRATION RECREATION ACTIVITIES

No matter the season, BPRD has a multitude of programs and classes available for children and adults.

The following pages feature categories of registration programs for now through fall.

Registration opens seasonally. You can sign up for spring and summer programs and fall sports leagues now. Fall programs open for registration in August.

SPRING & SUMMER ACTIVITIES

For current offerings, learn more online in the digital “Your Playbooks” at bendparksandrec.org/playbook or on the registration website at register.bendparksandrec.org.

For information on how to register, see pages 50 - 51.

FALL ACTIVITIES

Look for the renamed “Playlist” fall activities guide to be available online on or before August 10.

Fall registration opens August 14 - 16 at 6:00 a.m. daily. See pages 50 - 51 for more information.

Visit
register.
bendparksandrec.org
to view programs
and register.



Adult Activities

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?

Registration classes and programs include:

- **COOKING & BAKING**
- **DANCING**
- **MUSIC & VOICE**
- **SPECIALIZED FITNESS & WELLNESS**
- **TRAVEL & TOURS**
- **WITH A CHILD: COOKING & BAKING**



Adult Art

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.

Registration classes and programs include:

- **CLAY & POTTERY**
- **DIY/DO-IT-YOURSELF INCLUDING SCRAPBOOKING, UPCYCLING & YARD ART**
- **FUSED GLASS**
- **MULTIMEDIA**
- **PAINTING INCLUDING PASTEL, OIL, WATERCOLOR, SILK & ACRYLIC.**
- **WITH A CHILD: ART INCLUDING CLAY, FUSED GLASS & PAINTING**
- **ART PARTIES FOR YOUTH & ADULTS IN CLAY OR MULTIMEDIA**





Adult Sports & Outdoors

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.

Registration programs and leagues include:

- **ADAPTIVE SPORTS**
- **CORNHOLE**
- **GOLF**
- **KICKBALL**
- **PICKLEBALL**
- **ROLLER HOCKEY**
- **ROLLER SKATING**
- **SOFTBALL**
- **WILDERNESS SAFETY & FIRST AID**



Fall offerings will include:

- **CURLING**
- **ICE HOCKEY**
- **ICE SKATING**
- **SOCCER**



Adult Swimming

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.

Do you know why you should learn to swim? 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.

So, let's get you swimming safely. Come swim with BPRD - gain confidence in the water and feel great.

Registration classes and programs include:

- **LEVEL 1 ADULT SWIM INSTRUCTION**
- **LEVEL 2 ADULT SWIM INSTRUCTION**
- **LEVEL 3 ADULT SWIM INSTRUCTION**
- **MASTERS SWIMMING: BEND'S ADULT SWIM PROGRAM**
(drop-ins welcome with pass; check online schedules.)



Therapeutic Recreation

Limitless ways to play.

The district provides recreation for people of all abilities including youth and adults with disabilities. We provide a wide variety of program options that offer opportunities for our participants to engage in activities that promote socialization, skill development and physical activity.

Registration classes and programs include:

- **ADULT, TEEN & YOUTH OFFERINGS**
- **ADAPTIVE SPORTS**
- **COMMUNITY OUTINGS & FIELD TRIPS**
- **ARTS & CRAFTS**
- **COOKING & BAKING**
- **FITNESS**
- **FUN & GAMES**
- **OUTDOORS**
- **SPORTS**
- **SWIMMING & SWIM LESSONS**





Young Children

Discovery through play.

Play is the language of childhood. We provide exciting, enriched play experiences for young children ages 5 and under that tickle their imaginations, encourage curiosity and allow for self expression.

Registration classes and programs include:

- **ART & CLAY**
- **DANCE**
- **MARTIAL ARTS**
- **PRESCHOOL & CHILDCARE**
- **OUTDOORS**
- **SCIENCE**
- **SPORTS**
- **SWIM LESSONS**

Visit **register.**
bendparksandrec.org
to view programs
and register.



Youth Activities

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!

Registration classes and programs include:

- **SUMMER DAY CAMPS**
- **AFTERSCHOOL CHILDCARE**
- **NO-SCHOOL CHILDCARE**
- **COOKING & BAKING**
- **DIY/DO-IT-YOURSELF & CRAFTS**
- **DANCE & MOVEMENT**
- **GAMES**
- **LEARNING WORKSHOPS & CAMPS**
- **TECHNOLOGY & SCIENCE**



With inclusion, everybody benefits!

If you or your child has a disability and are interested in participating in a general program, we will help make it happen. When people with disabilities participate in general programs EVERYBODY benefits!

To ensure successful inclusion, we encourage you to check the box on the registration form that says “check here if you want an assessment team to contact you about disability accommodations.” Someone from the Therapeutic Recreation Department will contact you to discuss what we can do to make your experience a success!



Youth Art

Creativity equals expression.

Art allows kids to play and express their own unique thoughts and individuality.

“I don’t say everything, but I paint everything.” ~ Pablo Picasso

Registration classes and programs include:

- **CLAY & POTTERY**
- **FUSED GLASS**
- **MULTIMEDIA**
- **PAINTING**
- **SCRAPBOOKING**
- **WITH A CHILD: ART INCLUDING CLAY, FUSED GLASS & PAINTING**
- **ART PARTIES FOR YOUTH & ADULTS IN CLAY OR MULTIMEDIA**



Youth Outdoors

Make adventure habit.

We get kids outside and encourage them to discover and explore nature. Follow a trail. Go boating. Camp under the stars. Observe animals in their habitat. Catch a fish. Play in a park. Explore Oregon’s culture and history. Make friends and be greater outdoors.

Registration classes and programs include:

- **OUTDOOR ADVENTURE CAMPS INCLUDING: Fishing, Nature, Rafting, Paddle Boarding, Archery, Parkour, Wilderness Skills & More**
- **ROCK CLIMBING**



Visit
register.
bendparksandrec.org
to view programs
and register.



Youth Sports

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.

Registration programs and leagues include:

- **ALL-SPORTS CAMPS**
- **BASEBALL**
- **BASKETBALL**
- **FOOTBALL**
- **GOLF**
- **MARTIAL ARTS**
- **PICKLEBALL**
- **ROLLER HOCKEY**
- **RUGBY**
- **SCOOTERING**
- **SOCCER**
- **TENNIS**
- **TRACK & FIELD**
- **TRIATHLON**
- **VOLLEYBALL**
- **WEIGHT TRAINING**



Fall offerings will also include:

- **ICE HOCKEY**
- **ICE SKATING**

SPORTS LEAGUES REGISTRATION:

For youth sports leagues registration dates, view the schedule on the next page and mark your calendar for deadlines.



Youth Swimming & Fitness

Dive into fitness and swimming.

Get your kids started with fitness and swimming with BPRD. These important programs teach life-long skills to help your child be comfortable and safe around water. Lessons enable kids to understand how good swimming can feel and can unlock many outdoor water activities available in Central Oregon. Lessons are available for ages 6 months and up.

Registration classes and programs include:

- **PARENT-TOT SWIM LESSONS**
- **SEA STARS SWIM LESSONS**
- **JOURNEY SWIM LESSONS**
- **LEVEL SWIM LESSONS**
- **TEEN LEVEL SWIM LESSONS**
- **CLASES DE NATACION PARA FAMILIAS EN ESPANOL / FAMILY SWIM LESSON IN SPANISH**
- **SWIM LEAGUES**
- **SPRINGBOARD DIVING**
- **TRIATHLON**
- **YOUTH & TEEN FITNESS**

FREE SWIM ASSESSMENTS:

Not sure where to start? Take the guesswork out with a free swim assessment to ensure your child is in the right class. View the online Playbook or call (541) 389-7665 for days and times available.



Yo! Sports Fans! Plan ahead for play! 2023-24 Youth Sports League Registration Deadlines

CLIP IT OUT!
.....
**(RE) PLACE
IT ON
YOUR FRIDGE!**
.....
DON'T MISS OUT
ON THE
ACTION!

All registrations are dependent on availability; some leagues fill faster than others.

Summer 2023 Registration: Now Open

Program/League	Season Dates	Deadline or until full
Kindergarten Soccer League	Sept. - Oct.	July 7
Youth Fall Soccer League	Sept. - Oct.	July 7
Youth Flag Football League	Sept. - Oct.	July 31
Middle School Tennis League	Sept. - Oct.	August 15

Fall 2023 Registration: Opens August 16 at 6:00 a.m.

Program/League	Season Dates	Deadline or until full
Youth Volleyball League	Nov. - Dec.	Early Oct.
Bitty Basketball	Nov. - Dec.	Early Oct.
Youth Basketball League	Jan. - Mar.	Mid-Nov.
Middle School Basketball - Girls	Jan. - Mar.	Mid-Dec.
Middle School Basketball - Boys	Nov. - Dec.	Early Oct.
High School Basketball League	Dec. - Feb.	Mid-Nov.

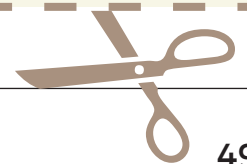
Winter 2024 Registration: Early December (tentative)

Program/League	Dates	Deadline or until full
Youth Hockey League	Jan. - Mar.	TBD
Youth Lacrosse League	April - June	TBD
Youth Softball League	April - June	TBD

Spring 2024 Registration: to be determined

Program/League	Dates	Deadline or until full
Boys Volleyball League	April - May	TBD
Youth Roller Hockey League	May - June	TBD

Be sure to check future online "Playlists" or the registration website for updates.



Mark your calendar:
Fall 2023 registration opens August 14 - 16.



Spring & Summer 2023 Program Registration

Registration is currently open for all recreation programs held now through the end of August as well as fall sports leagues including adult cornhole, adult fall softball, adult golf, adult kickball, adult roller hockey, youth flag football, kindergarten soccer, youth soccer and middle school tennis leagues.

If programs are full, please sign up on wait lists.

Fall 2023 Program Registration

Fall 2023 registration opens for September - December programs and fall/winter sports leagues:

- **Monday, August 14, 6:00 a.m.: Recreation, enrichment and sports programs.**
- **Tuesday, August 15, 6:00 a.m.: Swim lessons and aquatics programs.**
- **Wednesday, August 16, 6:00 a.m.: Sports leagues** including adult soccer, adult ice hockey and curling, youth volleyball, youth basketball, Bitty Ball basketball, middle school and high school basketball, youth indoor soccer and youth ice hockey.

Once opened, registration is ongoing throughout the season.

Visit [register.bendparksandrec.org](https://bendparksandrec.org/register) to view programs and register.



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>



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.



- › **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.

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. 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 web page.

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 or Oregon Health Plan.
- 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.

Visit bendparksandrec.org/scholarship to learn more about scholarships and apply.



About Registration Opening Days

When program registration opens, there can be very high demand for certain activities and a high volume of traffic on the BPRD registration website. To ease the load and wait, registration opening is spread over three days and a virtual waiting room is used when registration opens each morning.

To be prepared, read helpful tips online at bendparksandrec.org/how-to-register.

About the Virtual Waiting Room

Queue-it is a virtual waiting room that serves as a line for our online registration process. It’s automatic if you’re on the registration website at opening, so there’s nothing needed for you to do! Queue-it will display how many shoppers are in line in front of you and you will see the number get smaller until it is your turn.

Patience is appreciated as you wait. By providing information about how many others are in line ahead of you, it should help the morning go smoother. High demand is still expected, but with three days of staggered registration programs, it will be a smaller number of programs being registered on each morning.

Thank you for your cooperation.

Want to receive email notifications about programs and registration openings?

If you’re not regularly receiving emails about seasonal program registration openings and other information, you’re encouraged to sign up for BPRD’s e-newsletters. We promise to send you only the good stuff - no spam - and keep you up to date on programs, leagues and more.

Sign up for emails at: bendparksandrec.org/e-newsletters





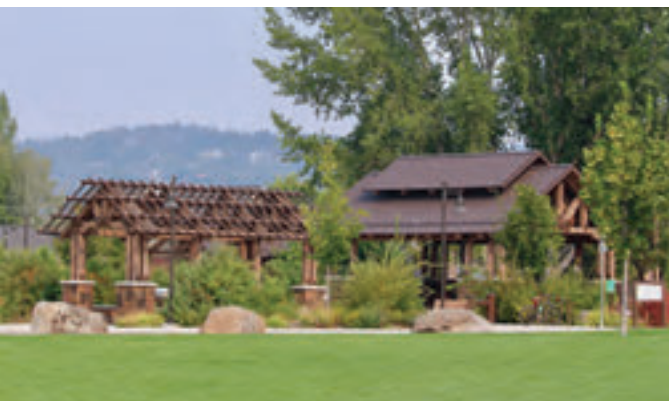
Aspen Hall



Hollinshead Barn



The Pavilion



Picnic Shelter at Miller's Landing Park

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 ADA-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 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.

LARKSPUR COMMUNITY CENTER welcomes groups for large gatherings, celebrations, meetings and other events. The event space features a maple hardwood floor, abundant natural light, high ceiling and a full commercial kitchen.

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, birthday parties, family gatherings, weddings, receptions and more. Fees are based on the size of your group, park amenities 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. View recreation center web pages at bendparksandrec.org to learn more.

Visit bendparksandrec.org or call (541) 706-6149 for rental details and reservations.



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 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.

PARK NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•		•			
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										•	•		•			
Empire Crossing Park	63145 Lancaster Street								•		•						
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											•		•			



Eagle Park



Pine Nursery Park



Riley Ranch Nature Reserve

PARK NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
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		●									●					
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										●	●		●			

PARK NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
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



Goodrich Pasture Park



Rockridge Park



Bend Park &
Recreation
DISTRICT

799 SW Columbia Street
Bend, OR 97702

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ECRWSS
U.S. POSTAGE
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Bend, OR
Permit No. 149

RESIDENTIAL CUSTOMER

FREE
EVENTS
.....
INCLUDING
MOVIES
IN THE PARK
.....
SEE PAGE 23

let's play
together.

There's a mega dose of
free adventure and fun just waiting
for everyone with Bend Park &
Recreation District.

No matter what you choose, you'll
get to do some cool stuff, meet new
friends and make great memories.

And that, is the way
to spend your summer.

FREE ACTIVITIES

Biking & bike park	Basketball	Disc Golf
Floating the river	Surfing	Kayaking
Paddleboarding	Horseshoes	Bocci ball
Fishing	Picnicking	Hiking
Sprayground	Playgrounds	Tennis
Off-leash dog parks	Bird watching	Pickleball
Skateboarding	Playgrounds	

FREE EVENTS & PROGRAMS

Health & Wellness Fair
Fun on the Fly
4th of July Pet Parade
Summer Community
Celebration
Movies in the Park
and more

Learn more at
bendparksandrec.org
or call (541) 389-7275.



play for life