

FALL  
2024

# PLAYLIST

recreation program guide

youth  
& adult  
activities

registration opens  
august 5 - 7

*play for life*



Bend Park &  
Recreation  
DISTRICT

## CONTACT US



phone: 541-389-7275



email: [info@bendparksandrec.org](mailto:info@bendparksandrec.org)



website: [bendparksandrec.org](http://bendparksandrec.org)

## ADMINISTRATION & RECREATION SERVICES

799 SW Columbia St. • p. 541-389-7275

Hours, holidays and more available online at:  
[bendparksandrec.org](http://bendparksandrec.org)

## ART STATION

Art Station classes are currently relocated to Harmon Park Clay Studio, Larkspur Community Center and some school locations. Learn more in Adult Art and Youth Art sections.

p. 541-389-7275

## JUNIPER SWIM & FITNESS CENTER

800 NE 6th St. • p. 541-389-7665

Hours, holidays, fees and more available online at:  
[bendparksandrec.org/juniper](http://bendparksandrec.org/juniper)

Facility details on page 83.

## 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](http://bendparksandrec.org/larkspur)

Facility details on page 84.

## PARK SERVICES

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

Hours, holidays and more available online at:  
[bendparksandrec.org](http://bendparksandrec.org)

## THE PAVILION

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

Hours, holidays, fees and more available online at:  
[bendparksandrec.org/pavilion](http://bendparksandrec.org/pavilion)

Facility details on page 84.



## fall 2024 | online playlist

Welcome to “Your Playlist.” You’re invited to play, learn and thrive in the many recreation programs available to you this season.

Whether you are one, one hundred or somewhere in between, the Bend Park & Recreation District is your place for play.

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

### VISION STATEMENT:

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

### MISSION STATEMENT:

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

### BOARD OF DIRECTORS:

Jodie Barram, Board Chair • Donna Owens, Vice-Chair • Nathan Hovekamp • Cary Schneider • Deb Schoen

### BUDGET COMMITTEE:

Joanne Mathews • Daryl Parrish • Corey Johnson • Cara Marsh-Rhodes • Abigail Schneider

### EXECUTIVE DIRECTOR:

Michelle Healy • p. 541-706-6113  
[michelleh@bendparksandrec.org](mailto:michelleh@bendparksandrec.org)

### OUTGOING EXECUTIVE DIRECTOR:

Don Horton • p. 541-706-6151  
[don@bendparksandrec.org](mailto:don@bendparksandrec.org)

### ADMINISTRATION SERVICES DIRECTOR:

Kristin Toney • p. 541-706-6109  
[kristind@bendparksandrec.org](mailto:kristind@bendparksandrec.org)

### RECREATION SERVICES DIRECTOR:

Matt Mercer • p. 541-706-6103  
[matt@bendparksandrec.org](mailto:matt@bendparksandrec.org)

### FOLLOW US:

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

**Instagram** - bendparks, bendparkandrec\_enespanol, bendwhitewaterpark.bendparks, juniperswimandfitness, larkspurcommunitycenter and thepavilioninbend.

### 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 p. 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](mailto:kathya@bendparksandrec.org)

**COVER:** A young skater is all smiles in a ice skating lesson at The Pavilion. Photo credit: Greg Kleinert.



# come play this season



Welcome to Bend Park and Recreation's Fall Playlist!

Bend Park and Recreation invites you to embrace the beauty and bounty of the fall season ahead with an array of enriching activities and programs. Our fall program guide is packed with exciting classes and events designed to inspire creativity, foster learning, get you moving and have fun in your community.

We have some new classes this season. Fused Glass Snow Globe Ornaments lets you capture the magic of the season by creating your own ornament. Our With A Child Gingerbread House Holiday Workshop helps you skip the prep and mess at home and enjoy creating holiday memories without a hassle and the Perfect Pie class will teach you all the tricks for your best dessert yet.

For our nature lovers, check out the Botanical Illustration class and discover the meditative art of botanical drawing where you will learn techniques with graphite and watercolors in a series of simple steps. Prepare for your fall and winter outdoor adventures with our Wilderness First Aid course. Gain essential skills and knowledge to handle emergencies in remote settings, helping ensure you and your companions stay safe.

Come on out to the Salsa and Merengue Dancing class - no partner needed. Whether you're a beginner or an experienced dancer, our classes will have you moving and grooving in no time. Or take advantage of our Adult Swim Instruction - take the plunge and improve your swimming skills. Our experienced instructors will help you build confidence in the water, whether you're a beginner or looking to refine your technique.

Welcome to another season of growth, creativity, and connection at Bend Park and Recreation. Join us in celebrating the season of change by trying something new, developing a hobby or simply enjoying the camaraderie of your community.

We can't wait to see you there!

**Michelle Healy**  
Executive Director  
[michelleh@bendparksandrec.org](mailto:michelleh@bendparksandrec.org)

## About The Playlist

This online recreation program guide is produced seasonally to support registration for recreation programs. The Playlist online resource is an efficient, sustainable and up-to-date shopping guide offering recreation opportunities for our growing community.

A community favorite since 2014, Your Playbook continues as a magazine-style book offering news and information about BPRD's projects, programs, places, people and activities and will be published twice a year for spring/summer and fall/winter.

**INTRODUCTION**  
Contact Us..... 2  
Letter from Executive Director ..... 3

**REGISTRATION & SCHOLARSHIPS**  
About Registration ..... 4 - 7  
Recreation Scholarships ..... 5  
Rentals ..... 8

**ADULT RECREATION**  
Adult Arts & Crafts.....9 - 13  
Adult Enrichment ..... 14 - 20  
Adult Fitness.....21 - 22  
Adult Ice & Roller Activities...23 - 26  
Adult Sports.....27  
Adult Swimming.....28

**THERAPEUTIC RECREATION**  
Youth & Adult.....29 - 33

**YOUTH RECREATION**  
Young Child Activity Finder... 34 - 35  
With A Child Activity Finder ..36 - 38  
Youth Arts & Crafts..... 39 - 43  
Youth Camps & Childcare .....44 - 48  
Youth Enrichment ..... 49 - 56  
Youth Ice & Roller Activities...57 - 61  
Youth Sports..... 62 - 68  
Youth Swimming & Fitness .....69 - 73

**RECREATION CENTERS & DROP-IN ACTIVITIES**  
Fees & Passes.....76 - 77  
Roller Skating,.....78  
Open Recreation & Lap Swim.....79  
Fitness Center & Classes.....80 - 81  
Older Adult Social Activities .....82  
Juniper Swim & Fitness Center .....83  
Larkspur Community Center .....84  
The Pavilion .....84

**LOCATIONS, PARKS & TRAILS**  
Program Locations .....85  
Park & Trails List..... 86 - 89



# how to register

Mark Your  
Calendar:

Fall 2024  
registration  
opens  
August 5 - 7.

## Fall 2024 Registration

Fall 2024 registration opens for September - December programs and summer/fall sports leagues:

- **Monday, August 5, 6:00 a.m.:** Recreation, summer camps, enrichment and sports programs.
- **Tuesday, August 6, 6:00 a.m.:** Swim lessons and aquatics programs.
- **Wednesday, August 7, 6:00 a.m.:** Sports leagues including adult curling, adult hockey, youth indoor soccer, youth volleyball, middle school Ultimate and youth/middle school/high school basketball leagues open August 7 at 6:00 a.m.

Once opened, registration is ongoing throughout the season.

## About 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 be prepared, please read our tips on pages 6 - 7.

REGISTER  
ONLINE @:

[register.  
bendparksandrec.org](https://register.bendparksandrec.org)

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

### Account Login

WebTrac Login

Username \*

Andy Koopff

Password \*

LOG

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 Search** (Fastest) - Enter the activity number (first six digits) in the search box and click on the Search button. The activity numbers are printed in this guide.

Enter Activity Number

Search

- › **Activity Index** - Activities can also be organized by season and title. Find the Activity Index in the Search menu.
- › **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](#).



## 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 3,200 individuals have received financial support to participate in programs that provide safe, enriching activities and contribute to a physically active community.

### ABOUT SCHOLARSHIPS:

- Visit [bendparksandrec.org/scholarship](https://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.

CLICK TO  
LEARN MORE ABOUT  
& APPLY FOR  
RECREATION  
SCHOLARSHIPS



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

# tips for

## REGISTERING ON OPENING DAYS

### for an efficient & successful registration

Registration opening days are by far the busiest transaction days of the year at Bend Park & Recreation District. As our community grows, so has the amount of registration activity during the first hours a season's programs are made available.

So, to help everyone have the best experience possible, we've made improvements including staggered registration opening, upgraded technology and a virtual waiting room.

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

**REGISTER  
ONLINE:**

[https://register.  
bendparksandrec.org](https://register.bendparksandrec.org)



### REVIEW YOUR ACCOUNT

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

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

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

### SET UP FOR SUCCESS

A few important recommendations:

1. Create a list of your priority activities and programs. More on that below.
2. Registration works best on a desktop computer or laptop. While you can use a mobile device, it's not the most efficient and some mobile devices with older apps or operating systems can have conflicts.
3. Use one web browser window with one tab open for registration. That one window and tab should be on the registration page. Close all other windows and tabs when it's time to register.
4. Be patient. You will likely need to wait in line in the virtual waiting room until it's your turn. If during registration your screen slows down dramatically or you see the spinning circle, it means the system is processing your request. Do not refresh your screen nor open another window, tab or computer - you will disrupt that process and likely lose your transaction.

### BEFORE OPENING DAYS

- View the programs on the online Playlist or linked to the registration website homepage and make a note of the Activity numbers for the programs you want. One exception in the Playlist is Youth Swim Lessons - click the link in the online Playlist to view the offerings and Activity numbers.
- Have program Activity numbers (first 6 digits) ready when registration begins. Most of the Activity numbers are published in the online Playlist and are all available in the online program preview.
- Another method is to use the "Wishlist." Add the programs you want to your "Wishlist" in your account. At registration opening, you can go to your "Wishlist" and check availability of those specific programs, then add them to your shopping cart. As backup, it can be helpful to take a screenshot of your "Wishlist."
- Whether your list is on paper or digital, keep that list handy for registration opening day.
- Note programs that are a priority to you and your household.

## Fall 2024 Registration

Fall 2024 registration opens for September - December programs and fall/winter sports leagues:

- **Monday, August 5, 6:00 a.m.:** Recreation, summer camps, enrichment and sports programs.
- **Tuesday, August 6, 6:00 a.m.:** Swim lessons and aquatics programs.
- **Wednesday, August 7, 6:00 a.m.:** Sports leagues including adult curling, adult hockey, youth indoor soccer, youth volleyball, middle school Ultimate and youth/middle school/high school basketball leagues open August 7 at 6:00 a.m.

Once opened, registration is ongoing throughout the season.

## ON OPENING DAYS: AUGUST 5 - 7

1. Log into your BPRD account. **If you log on before 6:00 a.m., you and any others will be randomized at 5:59 a.m.** After 6:00 a.m., the line will form one after another just like in person at the movie theater. The wait time may vary, but knowing how many are ahead of you will allow you to plan your morning.
2. Wait for your turn. The virtual waiting room is automated and there's nothing you need to do. If your computer or browser window unintentionally close or shut down, don't panic. Just turn the same device and browser back on and a helpful "cookie" will remember you and your place in line.
3. When it's your turn, add programs to your cart and register. The shopping and registration experience is consistent with past seasons. Use your "Wishlist" and click "Check Availability" or enter Activity #s to add to your shopping cart.
4. Starting with your priority programs, type the Activity number at the bottom of the registration menu, or from the search menu in the top navigation.
5. Select the check box next to your program.
6. Note the notification bar at the bottom of the screen and select 'Add to cart'.
7. If you have other priority programs you'd like to enroll in, click on the "Continue Shopping" button. Repeat above steps from entering in Activity number to adding the program into your cart. You can have multiple programs in your cart.
8. Once your priority activity or activities are in your cart, check out promptly so you get into the programs you want and your session isn't accidentally timed out due to inactivity. Important: your transaction must be completed before your enrollment is confirmed.
9. Look for your confirmation email.
10. After you've registered for your priority programs, now is the time to go back and shop for the programs that weren't your top priority, repeating the above steps.
11. When you complete your transaction(s), log out of your account. This step helps the virtual waiting room allow others in for their turn.

Enter Activity Number

Search

Select	Activity #	Ages	Description
<input checked="" type="checkbox"/>	105115-HH	3-5	Swim Lessons Journey 1, 2 & 3 (2 days a week)

A virtual waiting room, Queue-it will be implemented on the mornings of August 5 - 7 to help control traffic to the registration website.

# 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.





Aspen Hall



Hollinshead Barn



The Pavilion



Picnic Shelter at Kiwanis 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.

**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.

**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.

**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 and the indoor party room and outdoor Little Pavilion can be included. In addition, the entire facility is available during the non-ice season for event rentals.

**LARKSPUR COMMUNITY CENTER** welcomes groups of various sizes for gatherings, celebrations, meetings and other events. The event room features a maple hardwood floor and natural light. Various smaller rooms are perfect for meetings and gatherings. All rooms feature audio-visual equipment. Please inquire for details.

**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, event 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](http://bendparksandrec.org) to learn more.







WITH A CHILD  
.....  
**PAINTING  
CLASSES**  
.....  
SEE PAGE 12

# art for your heart

## Clay & Pottery

### Adult Wheel Experience

Ages: 16 & up

Harmon Park Clay Studio

All experience levels are welcome to this pottery wheel class including those who have always wanted to give the wheel a spin and test the waters or refine their skills. Follow the process of basic wheel-throwing practice, trimming and glazing. Instructor: Hunter Teig.

\$215.00 ID \$258.00 OD

Activity: [311103](#) - Opens Aug. 5

Tu: 9:00 am - 12:00 pm

Session: 9/24 - 10/29  
11/5 - 12/17 (no class 11/26)

### Work for play at BPRD.

Learn more at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs)

### Intro to Adult Wheel Throwing

Ages: 14 & up

Harmon Park Clay Studio

Learn how to throw different vessels on the wheel and understand the process to create mugs, plates, bowls, vases and more in this class specially designed for beginners.

\$209.00 ID \$250.80 OD

Activity: [311105](#) - Opens Aug. 5

Tu: 6:00 - 9:00 pm

Session: 9/10 - 10/15  
10/29 - 12/10 (no class 11/26)

### All Skills Pottery

Ages: 16 & up

Harmon Park Clay Studio

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

\$215.00 ID \$258.00 OD

Activity: [311102](#) - Opens Aug. 5

W: 6:00 - 9:00 pm

Session: 9/11 - 10/16  
10/30 - 12/11 (no class 11/27)



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.



## Art Station moves into the future

After calling the historic train depot home for many years, the Art Station had to move and has been operating out of temporary spaces listed below for the past year.

Good news though! The BPRD Board of Directors has approved a new facility for the Art Station at Larkspur Park. Plans are underway for a 2026 opening. Keep your eyes open for updates.

### CLAY CLASSES

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

### MULTIMEDIA CLASSES

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

### ART PARTIES

Art parties are a great time for all ages. Clay parties are available on Sundays at Harmon Park Clay Studio. Visit [bendparksandrec.org/artstation](http://bendparksandrec.org/artstation) to learn more.

### Day Clay

Ages: 16 & up

Harmon Park Clay Studio

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

\$179.00 ID \$214.80 OD

Activity: [311100](#) - Opens Aug. 5

W: 11:00 am - 2:00 pm

Session: 9/25 - 10/30  
11/6 - 12/18 (no class 11/27)

Th: 11:00 am - 2:00 pm

Session: 9/26 - 10/31  
11/7 - 12/19 (no class 11/28)

F: 11:00 am - 2:00 pm

Session: 9/27 - 11/1  
11/15 - 12/20  
(no class 11/29; \$179.00 ID \$214.80 OD)

## DIY & Multimedia

### Let's Make An Installation

Ages: 16 & up

Larkspur Community Center

Let's make an installation! What is installation art? A whole lot of fun! In this class you will learn a bit about the history of installation art and discover some famous installation artists and their work! You will design and build a model of your own dream installation and we will work together to build our own public art installation! Instructor Anastasia Zielinski

\$95.00 ID \$114.00 OD

Activity: [311214](#) - Opens Aug. 5

Th: 6:00 - 8:00 pm

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

### Fall Floral Candle Centerpiece

Ages: All Adults

Larkspur Community Center

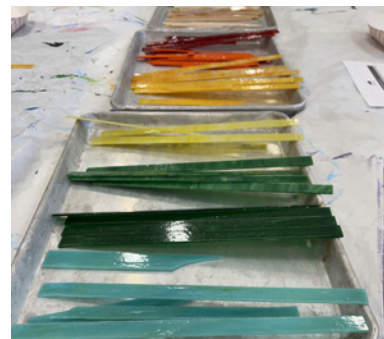
Learn to create a classic single candle, fresh floral centerpiece. Discover the tips and tricks of working with fresh flowers and how to accentuate with floral picks, fruit and berries. Impress your family and friends with a stunning take-home floral masterpiece. All supplies provided. Instructor: Rae Aldrich.

\$84.00 ID \$100.80 OD

Activity: [302202](#) - Opens Aug. 5

Tu: 5:00 - 6:30 pm

Session: 11/19



## Glass Arts

### Make Fused Glass Embellished Tableware NEW

Ages: All Adults

Larkspur Community Center

Explore the basics of fused glass in this fun, hands-on workshop. Learn the science of glass fusion and how to work safely with glass as you create your own decanter and set of decorated salt and pepper shakers. The projects will be kiln-fired and available for pickup a week after class. All materials and supplies provided. Instructor: Jessica Carleton.

\$89.00 ID \$106.80 OD

Activity: [302440](#) - Opens Aug. 5

W: 5:30 - 7:00 pm

Session: 9/18



### Make a Glass on Glass Mosaic

Ages: All Adults

Larkspur Community Center

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

\$129.00 ID \$154.80 OD

Activity: [302431](#) - Opens Aug. 5

Sa: 10:00 am - 3:00 pm

Session: 10/5

### Make a Stained Glass Mosaic Mirror

Ages: All Adults

Larkspur Community Center

Learn the basics of mosaic art while making a one-of-a-kind stained glass mosaic mirror. You will create your own design then apply the materials. Time allowing, grout will be applied or demonstrated. All materials, aprons, gloves and safety glasses provided. Instructor: Jessica Carleton.

\$129.00 ID \$154.80 OD

Activity: [302439](#) - Opens Aug. 5

Sa: 10:00 am - 3:00 pm

Session: 10/19

## Make a Mosaic Night Light

Ages: All Adults

Larkspur Community Center

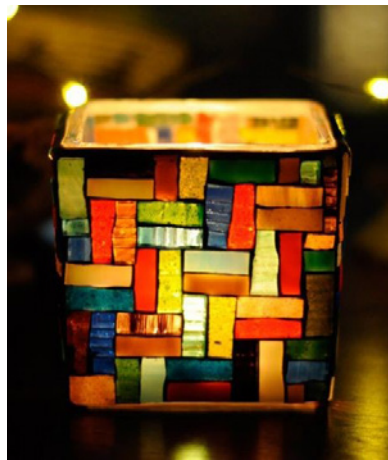
Create a one-of-a-kind night light using stained-glass pieces to bring a soft glowing ambiance to any room. The class will focus on design, cutting/nipping glass, applying pieces to your base and grouting. All supplies and materials provided. Instructor: Jessica Carleton.

\$79.00 ID \$94.80 OD

Activity: [302423](#) - Opens Aug. 5

W: 5:00 - 7:00 pm

Session: 11/6



## Make a Mosaic Luminary

Ages: All Adults

Larkspur Community Center

Learn the basics of mosaic art, while making a one-of-a-kind luminary using a glass block and stained glass pieces. You will create your design and apply the materials. Then we will watch a demo on how to grout so you can finish your project at home. All materials, aprons, gloves, and safety glasses provided, including a 4' light string to put inside once completed. Instructor: Jessica Carleton.

\$114.00 ID \$136.80 OD

Activity: [302418](#) - Opens Aug. 5

Sa: 12:00 - 4:00 pm

Session: 11/16

## Make a Fused Glass Snow Globe Ornament

NEW

Ages: All Adults

Larkspur Community Center

Get in the holiday spirit by making a snow globe-style ornament to hang in your home or give as a gift. In this class, you will have the opportunity to flex your creative skills as you discover the fun of glass fusing. Your project will be kiln-fired and available for pickup a week after class. Instructor: Jessica Carleton.

\$89.00 ID \$106.80 OD

Activity: [302413](#) - Opens Aug. 5

W: 5:00 - 6:30 pm

Session: 12/4

## Painting & Drawing

### Beginning Watercolor

Ages: All Adults

Larkspur Community Center

Come begin your journey of watercolor painting. With just two brushes and three colors, explore how to do washes, mix colors, make a color wheel, and complete a simple project. No experience necessary, just a willing attitude to explore and have fun. \$10 supply fee due to instructor at class. In partnership with Sagebrushers Art Society. Instructor: Jennifer Ware-Kempke.

\$30.00 ID \$36.00 OD

Activity: [302400](#) - Opens Aug. 5

Th: 1:00 - 3:30 pm

Session: 9/19

### Work for play at BPRD.

Learn more at [bendparksandrec.org/jobs](http://bendparksandrec.org/jobs)

## Paint Central Oregon Landscapes

Ages: 14 & up

Larkspur Community Center

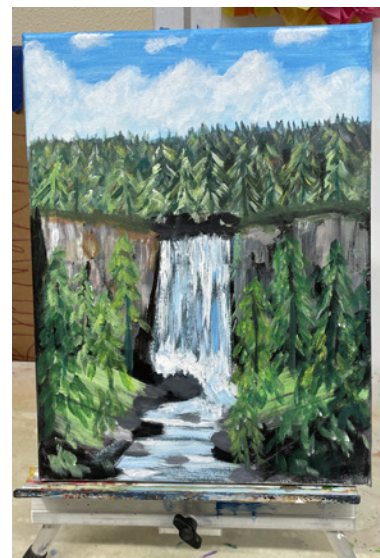
No painting experience is needed for this all-ages, alcohol-free paint-and-sip-style painting series! In these two-hour classes, participating painters will be led step-by-step through a series of paintings inspired by well-known Central Oregon landmarks, using acrylic paint to complete one painting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

\$50.00 ID \$60.00 OD

Activity: [311112](#) - Opens Aug. 5

Sa: 9:00 - 11:00 am

Session: 10/5 10/12  
10/19 10/26



## Introduction to Pastel Painting

Ages: All Adults

Larkspur Community Center

Learn the basics of painting with hard and soft pastels. No art experience is necessary, just an eagerness to explore and learn something new. Jump into pastel painting with colorful pastel sticks to complete a simple project. All supplies are provided by the instructor. \$10 supply fee due to instructor at class. In partnership with Sagebrushers Art Society. Instructor: Michelle Oberg.

\$30.00 ID \$36.00 OD

Activity: [302404](#) - Opens Aug. 5

Th: 1:00 - 3:30 pm

Session: 10/17

## Still Life Painting NEW

**Ages:** 16 & up

**Larkspur Community Center**

This is a great class for anyone who wants to learn to paint from life using oils, and no prior experience is necessary. Painters will complete a unique still life painting from their own perspective during this four-session class using a physical arrangement as their subject. Covered concepts will include composition and sighting to establish accurate proportions, brush technique, color mixing and the seven fundamental art elements of line, color, value, shape, form, space and texture. Scenes will be completed layer by layer as the instructor demonstrates and explains the painting process from initial compositional block-ins and establishing a value pattern, through the finishing touches, allowing plenty of time for individual assistance, stylistic exploration, and of course, the joy of painting. Instructor: Stephen Teater.

\$179.00 ID \$214.80 OD

Activity: [31110](#) - Opens Aug. 5

**Sa:** 9:00 - 11:00 am

Session: 11/2 - 23

## Introduction to Botanical Illustration NEW

**Ages:** All Adults

**Larkspur Community Center**

Discover the meditative art of botanical drawing and experience firsthand how the activity can increase awareness, concentration, and relaxation. Capture realistic botanical subjects in graphite drawings and watercolor paintings in a series of simple steps. You will learn the fundamentals of botanical illustration including introduction to supplies and materials, drawing and painting techniques, using watercolor paints and more. All materials provided. Instructor: Jeanne Debons.

\$189.00 ID \$226.80 OD

Activity: [302436](#) - Opens Aug. 5

**Su/Sa:** 10:00 am - 2:00 pm

Session: 11/9 - 10

## Printmaking

### Intro to Printmaking

**Ages:** 16 & up

**Larkspur Community Center**

Learn to make your own printed designs for cards, t-shirts and more using household items. Learn about and create fun marks, mixed colors and unique patterns that are sure to impress. Instructor: Anastasia Zielinski.

\$129.00 ID \$154.80 OD

Activity: [311130](#) - Opens Aug. 5

**Th:** 6:00 - 8:00 pm

Session: 9/19 - 10/17

### With A Child: Arts & Crafts

#### With A Child: Acrylic Pouring on Canvas

**Ages:** 6 - 15 with Adult

**Larkspur Community Center**

Swirl, slip and slide acrylic paint across a canvas and create amazing results together. Learn acrylic pouring technique and applications. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Stephen Teater.

\$69.00 ID \$82.80 OD

Activity: [311541](#) - Opens Aug. 5

**Sa:** 9:00 - 11:00 am

Session: 9/7                    9/14  
                  9/21                    9/28

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



#### With A Child: Fun With Clay

**Ages:** 5 - 14 with Adult

**Harmon Park Clay Studio**

Create something new each class including animals, imaginative creatures, bowls and so much more. Learn hand-building skills and techniques and glaze your pieces with bright colors. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Harmon Clay Studio Staff.

\$75.00 ID \$90.00 OD

Activity: [311500](#) - Opens Aug. 5

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

Session: 9/7 - Creatures  
                  9/14 - Animals  
                  9/21 - Gnomes  
                  9/28 - Spooky House  
                  10/5 - Monsters  
                  10/12 - Pumpkins  
                  10/19 - Wind Chimes  
                  10/26 - Animal Bowls  
                  11/2 - Dragons  
                  11/16 - Holiday Ornaments  
                  11/23 - Holiday Trees  
                  12/14 - Bells

#### With A Child: Paint Together

**Ages:** 6 - 12 with Adult

**Larkspur Community Center**

Enjoy quality time together making a dual-canvas acrylic painting. Each young artist/adult pair receives two canvases to paint an image that when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [302416](#) - Opens Aug. 5

**Sa:** 10:00 am - 12:00 pm

Session: 9/14 - Sunflowers  
                  10/19 - Haunted House  
                  11/16 - Fall Birch Trees  
                  12/14 - Polar Bears

## Clase de arte con su hijo(a): ¡Sumérgete en el mundo de la pintura! / With A Child: Painting in Spanish

**NEW**

**Ages:** 5 & up with Adult

**Larkspur Community Center**

¡Sumérgete en el mundo de la pintura! Estas clases son aptas para todos los niveles y edades y ofrecen la oportunidad de explorar el óleo pastel, la acuarela, la témpera, el acrílico sobre lienzo, la pintura sobre tela y otras técnicas. No requiere experiencia previa. Actualmente, ésta es la única clase de arte que BPRD ofrece en español, por tal motivo, las familias de habla hispana tienen la prioridad al momento de la inscripción. El costo de la clase cubre la participación de un participante y un adulto. Solo debe inscribir al niño(a).

Dive into the world of painting in Spanish! These classes are suitable for all levels and ages and offer the opportunity to explore pastel oil, watercolor, tempera, acrylic on canvas, painting on fabric and other techniques. No prior painting experience is required. Since this is BPRD's only art class in Spanish, registration is prioritized for Spanish-speaking families. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Christi Zorrilla Soto.

\$50.00 ID \$60.00 OD

Activity: [311503](#) - Opens Aug. 5

**Sa:** 9:00 - 11:00 am

Session: 9/14 10/12  
11/9 12/14

### More "With A Child" classes

Take a look at the new "With A Child" program finder on pages 36 - 38.



## With A Child: Fun With Fused Glass

**Ages:** 6 - 13 with Adult

**Larkspur Community Center**

Come enjoy an evening with your young artist and make a fused glass piece of art. Try your creativity in designing with different shapes and color pieces to make the most of your decor. All supplies included. The projects will be kiln-fired and available for pickup a week after class. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$89.00 ID \$106.80 OD

Activity: [302438](#) - Opens Aug. 5

**Th:** 5:30 - 7:00 pm

Session: 9/26 - Fall Vibes  
10/10 - Halloween Candles

**Tu:** 5:30 - 7:00 pm

11/5 - Fall Birch Trees

**Sa:** 1:00 - 2:30 pm

Session: 12/14 - Holiday Ornaments

## With A Child: Mini-Pumpkin Halloween Arrangement

**Ages:** 6 - 12

**Larkspur Community Center**

Create your own mini-pumpkin Halloween arrangement with a child. This workshop covers all the tips and tricks of the trade to make a beautiful and fun Halloween centerpiece. Each adult and child team will take home an arrangement that will wow your family and friends. The fee includes one child and one required accompanying adult. Please only register the child. All supplies included. Instructor: Rae Aldrich.

\$79.00 ID \$94.80 OD

Activity: [302201](#)

**F:** 5:00 - 6:00 pm

Session: 10/18

## With A Child: The Art of Shared Journaling

**Ages:** 8 - 12 with Adult

**Larkspur Community Center**

Start a special journal for you and your child to trade thoughts and feelings in a fun and easy format. Come learn about the practice of conversation-style journal writing, get started on your first written exchange, and decorate a physical notebook together to make it your own special shared diary. Notebooks will be provided. Please bring any photos or mementos you may wish to decorate your notebook cover with. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Claire-Anne Wood.

\$59.00 ID \$70.80 OD

Activity: [302285](#) - Opens Aug. 5

**Sa:** 1:30 - 3:00 pm

Session: 9/21



## With A Child: Self-Portrait Painting

**Ages:** 8 - 12 with Adult

**Larkspur Community Center**

Come travel in time and tell stories through painting! Adult and child duos will create a pair of self-portraits, but with the roles switched so that adults imagine themselves as children and the children as adults. Enjoy the creative process as you both learn about portrait painting using acrylic paints and a slew of mixed media on canvas. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Mila Shelehoff.

\$79.00 ID \$94.80 OD

Activity: [302401](#) - Opens Aug. 5

**Th:** 5:00 - 7:00 pm

Session: 11/21

## With A Child: Ceramic Ornament Paint Night

**Ages:** 6 - 13 with Adult

**Larkspur Community Center**

Enjoy a fun night with your child painting ceramic holiday ornaments. Select from an assortment of unfinished shapes and designs and let your creativity shine. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [302417](#) - Opens Aug. 5

**Th:** 5:00 - 6:30 pm

Session: 12/12



**COOKING  
& BAKING  
CLASSES**  
SEE BELOW

# play your way

## Learn + play.

This section of classes is designed for those of us of a certain age. As adults, it's important to implement both discovery and play in our lives. Lifelong learning helps keep our brains fresh and play helps us feel young. And who doesn't want that?

### Cooking & Baking

#### Delicious & Healthy Plant-based Cooking

**Ages:** All Adults

**Larkspur Community Center**

Limiting our consumption of meat is considered by many to be a healthy strategy for our bodies and the planet, and this class will show you that it can be easier than you might think. We will use fresh vegetables and grains to create some classic vegan dishes you will love. Bring an apron and a to-go container for leftovers. Instructor: Mark Thomas.

\$89.00 ID \$106.80 OD

Activity: [302227](#) - Opens Aug. 5

**F: 5:00 - 7:00 pm**

Session: 9/20 - Comfort Foods  
10/18 - Holiday Meals

### Creative Cooking at Home: Homemade Pasta

**Ages:** All Adults

**Larkspur Community Center**

Transport yourself to Italy for the day and learn to make comforting homemade Italian pasta. The dough recipe can be used to make many pasta shapes including pappardelle, lasagna sheets, ravioli, fettuccine, spaghetti and more. You will also learn to make several simple sauces such as tomato, lemon cream and pesto. Together, we will prepare pappardelle pasta with pancetta and burrata. Come enjoy! Instructor: Brenda Chilcott.

\$89.00 ID \$106.80 OD

Activity: [302213](#) - Opens Aug. 5

**Su: 11:00 am - 1:00 pm**

Session: 10/13

### Homemade Sourdough Crackers

**NEW**

**Ages:** All Adults

**Larkspur Community Center**

Sourdough is so popular right now! Join us and the craze in the kitchen and learn how to put discarded scraps from baking bread to good use by making delicious sourdough crackers. Simple and easy to make, they might become your new favorite snack. Bring your apron and a container to bring home your baked goods. Sourdough starter and other supplies provided. Instructor: Elizabeth Guerin.

\$89.00 ID \$106.80 OD

Activity: [302288](#) - Opens Aug. 5

**Sa: 1:00 - 3:00 pm**

Session: 10/26

## Perfect Pie

**Ages:** All Adults

**Larkspur Community Center**

Whether you're a seasoned baker or barely know your way around the kitchen, we'll get you up to speed on the fundamentals of making pie in no time. As we make a seasonal fruit pie in this class, you'll learn the tips and tricks for a tender, flaky crust and how to avoid the dreaded soggy bottom crust. By the end of class, you'll have your pie assembled and ready to bake or freeze at home.

Instructor: Elizabeth Guerin.

\$89.00 ID \$106.80 OD

Activity: [302239](#) - Opens Aug. 5

**Sa:** 2:00 - 4:00 pm

Session: 11/16

## Holiday Entertaining with Charcuterie Boards

**Ages:** All Adults

**Larkspur Community Center**

Impressive and delicious, holiday charcuterie boards can be prepared as appetizers or whole meals, and they are often the star of wine-pairing parties. Charcuterie boards are often themed such as Mediterranean, Italian, French or vegan foods. Come learn the fundamentals of designing an outstanding board and have fun creating your very own. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

Activity: [302287](#) - Opens Aug. 5

**Th:** 5:00 - 7:30 pm

Session: 11/21



## Sushi & Norimaki Platters

**Ages:** All Adults

**Larkspur Community Center**

Norimakis are seaweed rolls that can include just about anything you come up with. We will prepare ours with smoked or cooked seafood, a variety of rice, noodles, marinated tofu, vegetables and condiments. You'll learn to be comfortable rolling your own creations - enough that you may want to throw a sushi party or bring some to a potluck. Bring your best vegetable knife, an apron, a small cutting board, to-go containers and a sushi mat if you have one. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

Activity: [302266](#) - Opens Aug. 5

**Th:** 5:00 - 7:00 pm

Session: 12/12

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

## With A Child: Cooking & Baking

### With A Child: Knife Skills & Kitchen Basics

**Ages:** 8 - 13 with Adult

**Larkspur Community Center**

Bring your child to this hands-on kitchen basic skills class. We will prepare easy kid-friendly dishes while we learn about kitchen fundamentals. You'll learn how to cut like a chef, safely and efficiently. We will cover knife skills; kitchen basics and safety. We also will learn about essential tools and cutting boards for stocking a well-equipped kitchen. Bring your best vegetable knife and a small cutting board. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD

Activity: [302248](#) - Opens Aug. 5

**F:** 5:00 - 7:30 pm

Session: 9/6

### With A Child: Let's Make Monkey Bread!

**Ages:** 7 - 12 with Adult

**Larkspur Community Center**

Grab your apron and join us in the kitchen to make fun and tasty Monkey Bread. Together you will bake a sweet version of this popular, fun-to-eat bread while learning several variations to try at home with your family. Bring an apron and to-go containers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$79.00 ID \$94.80 OD

Activity: [302275](#) - Opens Aug. 5

**Sa:** 2:00 - 3:30 pm

Session: 9/14



### With A Child: Marshmallow Madness

**Ages:** 8 - 12 with Adult

**Larkspur Community Center**

Let's whip up some sweet, fluffy, homemade marshmallows. Join us as we put together a few basic ingredients and learn to make marshmallow magic and how to vary flavorings to create original marshmallow treats. Bring an apron and a 9X9 baking pan to take home your final confection creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$89.00 ID \$106.80 OD

Activity: [302262](#) - Opens Aug. 5

**Th:** 5:00 - 7:00 pm

Session: 9/26

**Sa:** 1:00 - 3:00 pm

Session: 11/2

## With A Child: Tasty Tacos for Everyone

**Ages:** 8 - 12 with Adult  
**Larkspur Community Center**

Let's create some amazing taco-inspired meals from around the world - great for sharing and with vegetarian options, too. Bring your best vegetable knife, apron, a small cutting board and to-go containers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD

**Activity:** [302274](#) - Opens Aug. 5

**Sa:** 10:00 am - 12:00 pm

**Session:** 9/28

## With A Child: Lunches & Snacks

**Ages:** 7 - 12 with Adult  
**Larkspur Community Center**

Kids will experiment with making simple weekend lunches yummy enough for the whole family to enjoy. Sample recipes may include favorites such as: hamburger biscuit cups, make-it-your-way sandwich rollups, stove top mac and cheese, corndogs, and banana split chocolate pops. Please bring an apron and a to-go container for any leftovers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

**Activity:** [302276](#) - Opens Aug. 5

**Sa:** 10:00 am - 12:30 pm

**Session:** 10/5

## With A Child: Let's Make Pizza

**Ages:** 8 - 12 with Adult  
**Larkspur Community Center**

Grab your buddy and let's make pizza together! We'll start from the bottom up to create your very own personal pizza. Your artisan bread-baking instructor will walk you through each step, from perfect pizza dough to the finishing touches. Learn the dough basics from thick to thin crusts and achieving that authentic flavor. Bring an apron, rolling pin, pizza pan or cookie sheet, to-go containers and your appetite! Note: This is not a gluten- or dairy-free class. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$99.00 ID \$118.80 OD

**Activity:** [302241](#) - Opens Aug. 5

**Sa:** 1:30 - 4:00 pm

**Session:** 10/12

## With A Child: NEW Pasta Palooza

**Ages:** 7 - 12 with Adult  
**Larkspur Community Center**

In this hands-on cooking class, you and your junior chef will learn the joy of making homemade pasta with just a few simple ingredients. We will learn about time management when preparing a meal by starting first with preparing the dessert, a fresh strawberry tiramisu. Then it's on to mixing a fresh green salad drizzled with a zesty vinaigrette. Next, we will get to work making pasta paired with an easy-to-make creamy tomato sauce. As a finale, we will enjoy our three-course meal topped off with our tiramisu. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Brenda Chilcott.

\$89.00 ID \$106.80 OD

**Activity:** [302250](#) - Opens Aug. 5

**Su:** 11:00 am - 1:00 pm

**Session:** 10/27



## With A Child: Sushi Rolling Made Easy

**Ages:** 8 - 13 with Adult  
**Larkspur Community Center**

Learn how to make a platter of norimaki sushi rolls - it is easy! We will roll a variety of rice, noodles, vegetables, vegetarian proteins and/or cooked and smoked seafood with condiments in nori, a Japanese seaweed wrap. You will also learn to make cones, California rolls, miso soup from scratch and wakame cucumber sesame salad. Once you get the knack of it, you can throw your own sushi rolling party! Bring a cutting board, large sharp knife, small container for your sushi and an apron. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD

**Activity:** [302259](#) - Opens Aug. 5

**Th:** 5:00 - 7:00 pm

**Session:** 11/7

**Sa:** 10:00 am - 12:00 pm

**Session:** 11/9

## With A Child: Gingerbread House Holiday Workshop

**Ages:** 4 - 11 with Adult  
**Larkspur Community Center**

Get a kick-start to holiday fun! Our Gingerbread House Holiday Workshop allows adult/child pairs to work together to design and decorate a gingerbread house creation of their very own. Skip the prep and mess at home, and enjoy spending time with a child creating holiday memories. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

**Activity:** [302253](#) - Opens Aug. 5

**Sa:** 9:30 - 10:30 am

**Session:** 12/7

**Sa:** 11:00 am - 12:00 pm

**Session:** 12/7

**More  
"With A Child"  
classes**

**View the With A Child  
Finder on pages 36 - 38.**



## With A Child: Snack-cuterie

**Ages:** 7 - 13 with Adult

**Larkspur Community Center**

How about a kids' snack board based on a charcuterie design and filled with healthy snacks kids love? It's a total win for an afterschool bite, a weekend lunch or more! Kids will learn to create their unique snack board with a variety of items like cheeses, crackers, fruits, veggies, caprese kebobs, protein nut balls and other healthy treats. Bring your best vegetable knife, apron, a small cutting board and to-go containers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD

Activity: [302291](#) - Opens Aug. 5

**Sa:** 10:00 am - 12:00 pm

Session: 12/7

## With A Child: Hot Butter Dinner Rolls

**Ages:** 8 - 13 with Adult

**Larkspur Community Center**

From start to finish, you will learn the steps to master yeast rolls that will be the highlight of any meal. Once you understand the process, you will work with dairy, flour, and yeast to create your own rolls to take home and enjoy. Let us know if you are gluten or dairy sensitive so that we may accommodate your dietary needs. Bring an apron and to-go containers for any leftovers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$89.00 ID \$106.80 OD

Activity: [302251](#) - Opens Aug. 5

**Sa:** 2:00 - 4:00 pm

Session: 12/7



## Dancing & Movement

### Salsa & Merengue Dancing

**Ages:** All Adults

**Larkspur Community Center**

This class is for beginners and those wanting to refresh their salsa and merengue skills. Our seasoned expert instructor will guide you through the sultry steps and infectious beats of Latin dance so you look and feel confident on the dance floor. Make new friends and learn new steps! No partner needed and absolute beginners are welcome. Instructor: Barry Jost.

\$69.00 ID \$82.80 OD

Activity: [302140](#) - Opens Aug. 5

**W:** 6:00 - 7:00 pm

Session: 9/4 - 10/2 (No class 9/18)

## Games

### Beginning Mah Jongg NEW

**Ages:** All Adults

**Larkspur Community Center**

Mah Jongg has become one of the most popular games in the world - come discover what the craze is all about! This fun class is especially designed for beginners and includes an official large-print 2024 American Mah Jongg reference card from the National Mah Jongg League, a \$15 value. Instructor: Sharon Walden.

\$80.00 ID \$96.00 OD

Activity: [302603](#) - Opens Aug. 5

**W:** 10:00 am - 12:00 pm

Session: 10/2 - 30



### Learn to Play Pinochle NEW

**Ages:** All Adults

**Larkspur Community Center**

Pinochle is making a comeback in Bend and you're invited to join the fun! In each class of this beginning course, you will spend the first hour learning game fundamentals and the second hour practicing in small groups with a mentor. Focus will be on game terminology, how to bid, how to count meld and how to strategize your hand for winning. Instructor: Patricia DeLozier.

\$30.00 ID \$36.00 OD

Activity: [302602](#) - Opens Aug. 5

**Th:** 9:30 - 11:30 am

Session: 10/10 - 17



## Music, Theater & Voice

### Beginning Ukulele I

**Ages:** 16 & up

**Larkspur Community Center**

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

\$69.00 ID \$82.80 OD

Activity: [302100](#) - Opens Aug. 5

**M:** 5:00 - 6:00 pm

Session: 10/7 - 28

### Ukulele Holiday Songs

**Ages:** All Adults

**Larkspur Community Center**

After successfully learning chords, strums and how to pick your ukulele, now you will learn how to play melodies. This skill-building class will have you playing chord melody from our very first lesson, using fun, familiar holiday songs. Prerequisites: Beginning Ukulele I and II, or equivalent experience. Instructor: Carl Ventis.

\$69.00 ID \$82.80 OD

Activity: [302108](#) - Opens Aug. 5

**W:** 5:00 - 6:00 pm

Session: 10/30 - 11/20



## Travel, Trips & Tours

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

All travel tours are offered in partnership with Premier World Discovery.

### Albuquerque Balloon Fiesta & Santa Fe

**Ages: All Adults**

We invite you to come see one of the most photographed events in the world, the Albuquerque Balloon Fiesta in New Mexico! Some of the amazing highlights of this tour include a front row view of the Mass Assentation and the balloon glow at one the oldest and largest hot air balloon festivals in the world. You'll also spend three nights in the artist community of Santa Fe, travel to Taos and tour the oldest continuously inhabited community in the United States.

\$3175.00 each  
(dbl. occupancy, land/air/tax from Portland)

**Dates: 10/4 - 9/2024**

### Highlights of the Douro River in Spain

**Ages: All Adults**

Travel to Porto, Portugal and embark on a seven-night cruise on the Douro River aboard the MS Amelia Rodrigues. Your ship features all outside cabins and a maximum of 128 guests. All meals and beverages are included for the duration of your cruise including wine, soft drinks and non-premium spirits. Your ship also features complimentary Wi-Fi for sharing pictures and staying connected. In Portugal you'll enjoy tours in Porto, Vila Réal, Lamego and Guimarães. You'll also enjoy a visit and city tour of Salamanca Spain, several opportunities for wine tasting and Flamenco and Fado entertainment. This trip also offers an opportunity to extend your journey with three nights in Portugal's beautiful capital, Lisbon.

\$5195.00 each CAT E  
(dbl. occupancy, land/air/tax from Portland)

**Dates: 10/21 - 29/2024**

### Rose Parade & New Year's in Southern California

**Ages: All Adults**

Escape the rainy Pacific Northwest and enjoy five nights in one hotel in sunny Southern California. Enjoy a wonderful New Year's Eve party complete with live entertainment. Take in the splendor of the Tournament of Roses Parade from your reserved grandstand seats. This trip features highlights like a behind-the-scenes look at the parade floats at the Showcase of Floats, the beautiful beach communities of Laguna and Newport, a mouthwatering lunch at Lawry's in Beverly Hills, a San Diego Harbor cruise and much more.

\$3349.00 each  
(dbl. occupancy, land/air/tax from Portland)

**Dates: 12/30/2024 - 1/4/2025**

### Treasures of Ireland

**Ages: All Adults**

Start your trip with two nights in Dublin, Ireland's capital city, known for its 1,000-plus pubs. Next, travel to Limerick to visit the Guinness Storehouse, St. Mary's Cathedral, King John's Castle and the Treaty Stone, followed by the spectacular Cliffs of Moher on the Wild Atlantic Way of Ireland's west coast. Afterward, it is off to vibrant Galway, "The City of Tribes," with its great seafaring tradition, and Killarney where you will take a horse-drawn Jaunting Car Ride into Killarney National Park. Travel the Ring of Kerry, renowned as one of the world's most gorgeous coastal routes. You will pass peat bogs, small colorful villages and breathtaking panoramic views of Macgillycuddy's Reeksa and Dingle Peninsula. Finally, visit the medieval town of Kilkenny with its historic castle, great shops, cobbled lanes and secret alleys before spending a unique overnight experience at the Dublin area Castle Hotel.

\$4499.00 each  
(dbl. occupancy, land/air/tax from Portland)

**Dates: 3/25 - 4/2/2025**



For more information, call (541) 389-7275 or visit [bendparksandrec.org](http://bendparksandrec.org)

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



## Utah's Mighty National Parks

**Ages: All Adults**

Spend five nights in Moab, Utah with day trips to Canyonlands National Park featuring deeply eroded canyons interspersed with mesas, spires, arches and unusual rock formations; Monument Valley, where you will see a collection of Indian artifacts and a movie set from a John Wayne film; Capitol Reef National Park, which early inhabitants referred to as the "land of the sleeping rainbow" because of its beautiful contrasts of multi-colored sandstone, verdant riverbanks and arid desert vegetation; and Arches National Park with over 2,000 famous arches and other red rock formations and canyons. On the final evening, you'll experience a cowboy-style Dutch oven meal and night cruise down the Colorado River with a narrated sound show on the illuminated canyon walls above the river.

\$3625.00 each

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

**Dates: 5/4 - 10/2025**

## Cape Cod & the Islands

**Ages: All Adults**

After a day of sightseeing in Boston, Massachusetts including Faneuil Hall Marketplace, Plimoth Plantation, the Mayflower II and Plymouth Rock, you'll head to Cape Cod for a five-night stay. You'll visit a traditional cranberry bog, explore Provincetown's artist community, travel along the Cape Cod National Seashore and tour the delightful coastal city of Newport, Rhode Island. Scenic ferry rides will bring you to Martha's Vineyard and Nantucket Island to discover colorful Victorian cottages, cobblestoned streets and unspoiled beaches. Your trip will end with a traditional New England lobster boil on the final night.

\$3425.00 each

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

**Dates: 6/7 - 13/2025**

## Highlights of Scandinavia

**Ages: All Adults**

Summer in Scandinavia! Enjoy the beauty and colorful history of Scandinavia as you explore capital cities, experience breathtaking views on train journeys and marvel at dramatic landscapes and waterways. First, you will visit Stockholm, Sweden, often called the "Venice of the North" for its exquisite architecture and abundant open water. Then it's off to Oslo, Norway to tour the impressive Norwegian Folk Museum and the Gol Stave Church and then learn about farming traditions and taste the local beer at a Norwegian sheep farm. Afterward, you'll take a short flight to Copenhagen, Denmark for a day of sightseeing before departing for home.

\$7199.00 each

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

**Dates: 7/17 - 27/2025**



## Mackinac Island, the Grand Hotel & Niagara Falls

**Ages: All Adults**

Step back in time to the Victorian era in the Great Lakes for a two-night stay at The Grand Hotel, Mackinac Island, Michigan's most famous resort property. Visit the Henry Ford Museum and the Ford River Rouge Plant, where F-150 trucks are built and ride in a Model-T car. Motorcoach into Ontario, Canada to visit Niagara Falls, one of the world's natural wonders. Cruise close to the falls aboard the famous Maid of the Mist tour boat, dine at a revolving restaurant overlooking the falls and enjoy the unique "Journey Behind the Falls" experience where you descend 125 feet and explore 130-year-old tunnels carved through bedrock.

\$3975.00 each

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

**Dates: 9/26 - 10/3/2025**

## Music Cities Holiday

**Ages: All Adults**

Venture down to the South for a musical excursion to Branson, Missouri; Little Rock, Arkansas; and Memphis and Nashville, Tennessee. Enjoy live bluegrass, classical and blues music galore, plus a holiday show at the famous Grand Ole Opry. Between shows, tour the Branson waterfront, take a dinner cruise on the Showboat Branson Belle, visit Elvis Presley's famous Graceland 14-acre estate, tour the sights of Nashville, and ride a horse-drawn carriage to marvel at the two-million twinkling holiday lights at the Gaylord Opryland Resort.

\$3399.00 each

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

**Dates: 12/2 - 7/2025**



## Wilderness Safety & First Aid

### Wilderness First Aid

**Ages:** 16 & up

**Hollinshead Barn**

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

\$275.00 ID / OD

Activity: [408360](#) - Open now

**Tu-W:** 8:00 am - 5:00 pm

Session: 10/1 - 2      10/29 - 30  
12/3 - 4

### WFR Recertification

**Ages:** 16 & up

**Hollinshead Barn**

This training is specifically designed to recertify the Wilderness First Responder certification\* (also Wilderness EMT-wilderness portion only and WAFA certifications). Includes CPR. \*If your certification is expired, to re-certify a WFR course issued by National Outdoor Leadership School (NOLS), please check their website at [www.nols.edu](http://www.nols.edu) to confirm the latest policies in regards to the grace period (typically 1 year). For certifications not issued by NOLS, you should possess a valid and unexpired WFR certification in order to take this course.

\$375.00 ID / OD

Activity: [408362](#) - Open now

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

Session: 10/15 - 17      11/19 - 21  
12/17 - 19

### Wilderness First Responder

**Ages:** 16 & up

**Hollinshead Barn**

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to address difficult medical decisions. Presented by National Outdoor Leadership School (NOLS) Wilderness Medicine, this course is fast-paced and engaging. You'll spend half your time outside of the classroom practicing hands-on skills and realistic scenarios. Training days are typically 8:00 am-5:00 pm, with two evening sessions required. Adult/child CPR certification is included. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. Deposit of \$425 required at registration with remaining balance due 30 days prior to start of training.

\$850.00 ID / OD

Activity: [408364](#) - Open now

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

Session: 11/1 - 10

### Wilderness Upgrade for Medical Professionals

**Ages:** All Adults

**Hollinshead Barn**

Presented by NOLS Wilderness Medicine, this course is for medical professionals - EMTs, medical students, nurses, physician assistants and physicians. It includes a five-day (48-hour) module for professional medical practitioners that builds on existing knowledge to learn how to improvise equipment, deal with challenging environmental conditions and make difficult medical decisions in remote locations. Continuing education units available. Deposit of \$425 due at registration with remaining balance due 30 days prior start of training.

\$895.00 ID / OD

Activity: [408366](#) - Open now

**Tu-Sa:** 8:00 am - 5:00 pm

Session: 11/12 - 16



**NORDIC  
WALKING**  
.....  
SEE  
BELOW

## Specialized/Registration Fitness Classes

### Nordic Walking

**Ages:** All Adults

**Larkspur Community Center**

Learn to walk with power, propulsion and purpose! One of the main benefits of Nordic walking is that it's a year-round activity you can do on a variety of terrain including asphalt, grass, dirt and indoors. Research-backed science supports that you'll build strength in your upper body and core, improve your posture and burn 46% more calories than regular walking. Poles take weight off the joints and increase coordination and stabilization. Bring your own poles or borrow ours; for indoor session, poles must have rubber tips. Instructor: Monica McClain-Smith.

#### **OUTDOOR NORDIC WALKING**

Held outside at Larkspur Community Center.

\$15.00 ID \$18.00 OD

Activity: [315620](#) - Opens Aug. 5

**Th:** 10:20 - 11:40 am

Session: 9/19          10/10  
                                 11/14

#### **INDOOR NORDIC WALKING**

Held at Larkspur Community Center indoor track.

\$18.00 ID \$21.60 OD

Activity: [315621](#) - Opens Aug. 5

**Th:** 10:20 - 11:40 am

Session: 12/12

### Pilates for Pickleball

**Ages:** All Adults

**Juniper Swim & Fitness Center**

This 6-week small group training session features a different focus each week. Pilates exercises, dynamic stretching and warm ups, balance and stability exercises, and strength and conditioning. Cross training ideas will be incorporated to help create a more balanced body. By the end, you will have a routine aimed to help you minimize injuries and more thoroughly enjoy Pickleball. Instructor: Susie Montross.

\$120.00 ID \$144.00 OD

Activity: [305620](#) - Opens Aug. 5

**W:** 10:30 - 11:30 am

Session: 10/9 - 11/13



**Play up  
your fitness.**

Every season is a great season to move! Not only does BPRD offer regularly occurring, weekly drop-in fitness classes, but there are also special opportunities to enhance your fitness curriculum. Our specialized classes let you connect with others while helping to expand your body and mind, gain more confidence and feel great.

Register at [register.bendparksandrec.org](https://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.



## Fit for you.

# 200+ weekly drop-in fitness classes

Looking for regularly occurring fitness classes that fit your schedule and needs?

BPRD offers numerous drop-in fitness classes every week at Larkspur Community Center and Juniper Swim & Fitness Center. All ages and abilities are welcome and you can focus your energy on targeting cardio, indoor cycling, mind/body, strength training and conditioning and more.

Learn more on pages 80 - 81 and visit [bendparksandrec.org/fitness-swim](http://bendparksandrec.org/fitness-swim) for schedules and details.

CLICK TO LEARN  
MORE ABOUT  
DROP-IN  
FITNESS & WELLNESS  
CLASSES



## Yin & Yoga Nidra

Ages: All Adults

Juniper Swim & Fitness Center

Yin Yoga is an internal, intuitive practice focused on the movement of Qi, or energy in the body. Learn the language and principles of Yin Yoga in a 90-minute class to prepare you for the fall season of turning inward. Class is followed by 30 minutes of Yoga Nidra, a guided meditation of "conscious sleep" that can be deeply restful. This practice, rooted in ancient yoga texts, is an exploration of self and aims for one to be less identified with any thought, belief, emotion, sensation, image or experience. Instead, you participate through these changes without judgement, and/or grasping or pushing them away. Instructor: Erin Collins.

\$25.00 ID \$30.00 OD

Activity: [305666](#) - Opens Aug. 5

Sa: 4:30 - 6:30 pm

Session: 10/5

## Fit & Happy Feet

Ages: All Adults

Larkspur Community Center

Create fit and happy feet! Receive coaching on a series of exercises targeted to strengthen your feet, ankles, and legs over three separate 45-minute sessions. Our feet are our foundation and giving them the attention they deserve can help avoid injury from the stress they receive. Space is limited to 12 participants so register early! Instructor: Cinda Strauch.

\$34.00 ID \$40.80 OD

Activity: [315600](#) - Opens Aug. 5

W: 11:15 am - 12:00 pm

Session: 10/30 - 11/13

## What is Tai Chi & How Do I Practice?

Ages: All Adults

Larkspur Community Center

Tai Chi is a martial art and meditation practice that blends physical fitness, mental acuity, sensitivity and balance. This introductory workshop will emphasize structure, martial application and meditation and include: partner exercises to introduce and practice sensitivity and usage; line drills and stretching. Instructor: Ed Barrow.

\$25.00 ID \$30.00 OD

Activity: [315623](#) - Opens Aug. 5

Su: 12:00 - 1:30 pm

Session: 10/6



For more information, call (541) 389-7275 or visit [bendparksandrec.org](http://bendparksandrec.org)

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



## Curling

### Adult Curling League

Ages: All Adults

#### The Pavilion

Open to all levels of curling experience, from first-timers to seasoned experts! This league gives you a chance to compete alongside your friends. BPRD will supply stones, brooms and all necessary equipment. Games are played on Sunday afternoons and evenings in a round-robin format. Games will run until a team has won or for a maximum of 80 minutes. Curling League is very popular and space is limited, so register early. Game schedule will be organized once 40 teams are registered. One person registers and pays on behalf of your team of four to six players.

**Registration deadline: 9/3, 11:59 p.m. or until filled.**

\$450.00 ID / OD per team

Activity: [310331](#) - Opens Aug. 7

Su: 3:00 - 10:00 pm

Session: 10/27 - 12/15



### Learn to Curl

Ages: All Adults

#### The Pavilion

Want to improve your curling skills or learn the much-loved sport? Our experienced instructors will help you hone in your curling skills. All necessary equipment is provided. Registration is required; sorry, no drop-ins. \$35.00 ID \$42.00 OD

Activity: [310334](#) - Opens Aug. 5

F: 9:00 - 11:00 am

Session:	10/25	11/1
	11/8	11/15
	11/22	11/29
	12/6	12/13
	12/20	12/27

F: 11:00 am - 1:00 pm

Session:	12/20	12/27
----------	-------	-------

### Drop-in Basketball & Skatepark

All ages for \$5.00 person

Su: 8:30 - 10:00 am

Dates: August - September

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

Check schedules at [thepavilioninbend.com](http://thepavilioninbend.com).

### Skate on. Slide on. Roll on.

The Pavilion's rink is the place to slide, glide, twirl and roll with a wide variety of roller skating and sports in spring through fall and a complementary selection of ice skating and ice sports in the fall through spring. These activities offer movement, a breeze in your hair and the reward of personal development and/or the excitement of competition.

## Specialized Times:

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

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

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

### Stick Time

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

Adult: \$13.50 / Youth: \$12.50

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

### Pick-up Hockey

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

Adult: \$13.50

Activity: [410403](#) - Adult

### Freestyle

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

Adult: \$13.50 / Youth: \$12.50

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

### Curling Time

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

Adult: \$20.00

Activity: [410332](#) - Adult



## Hockey

### Learn to Skate: Adult Hockey

Ages: All Adults

The Pavilion

Let's learn some hockey-specific ice skating skills! In this class, you'll develop your skating skills for hockey such as falling and recovery, hockey stance forward and backward, snowplow stops, backward swizzles, forward C-cuts and more. Wearing hockey gear is optional. No sticks or pucks on ice. Prerequisite: Basic ice skating experience prior to the first class - should be able to stand and skate forward confidently and unassisted. Skate rentals included.

\$87.00 ID \$104.40 OD

Activity: [310146](#) - Opens Aug. 5

Th: 5:40 - 6:10 pm

Session: 11/7 - 12/19

Sa: 9:20 - 9:50 am

Session: 11/9 - 12/21

### Ice Season Passes

Good for all public skate sessions at The Pavilion for the current ice season, October - April.

On sale October 1 with Early Bird 10% Discount through October.

More on page 76.

### Adult Hockey Skills Clinics NEW

Ages: All Adults

The Pavilion

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

\$15.00 ID \$18.00 OD

Activity: [310300](#) - Opens Aug. 5

F: 8:00 - 9:00 pm

- OR - 9:15 - 10:15 pm

Session: 11/1

Power Skating & Edge Work

Su: 3:30 - 4:30 pm

- OR - 4:45 - 5:45 pm

Session: 12/22

Stick Handling & Shooting

### Adult Hockey Skills & Drills

Ages: All Adults

The Pavilion

Let's get together and improve our hockey skills! These sessions are designed to develop the fundamentals of the game, hone in on particular skills, promote physical fitness and above all else have fun. This program focuses on skills progression with drills including skating techniques, puck handling, passing and offensive-defensive tactics, positioning, shift changes and more. Both beginner and intermediate players are welcome; participants must have prior ice skating experience. Basic gear is required including stick, helmet, gloves, elbow pads, shin pads and hockey pants.

\$100.00 ID \$120.00 OD

Activity: [310321](#) - Opens Aug. 5

F: 8:15 - 9:15 pm

- OR - 9:30 - 10:30 pm

Session: 11/15 - 12/20

### Required Hockey Gear

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

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





## Adult Hockey League

Ages: All Adults

### The Pavilion

Join BPRD's popular Adult Hockey League for camaraderie and fun! Players register individually in one of 5 divisions (A, B, C+, C-, or D). In order for new players to play in the Adult Hockey League, we require that you can comfortably skate, change directions and stop (Skills & Drills Clinics or other introductory hockey experience recommended). Evaluations will take place between 10/21 & 10/30 (TBD based on weather/ice conditions) and are required for all new players to the league as well as players who are borderline or looking to move divisions. Teams & schedules will be announced by Friday, 11/1. The first week will be scrimmages, followed by twelve regular season games plus at least two playoff games. Each game includes three 17-minute periods with a 3-minute warm-up. Full gear required. For more information contact AlyR@bendparksandrec.org.

**Registration deadline: 9/3, 11:59 p.m.  
or until full.**

\$336.00 ID \$403.20 OD per player

Activity: [310320](#) - Opens Aug. 7

**M-Th: 6:30 - 11:15 pm**

Session: 11/4 - 3/13

## Adult Hockey Lunch League

Ages: All Adults

### The Pavilion

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

**Registration deadline: 9/3, 11:59 p.m.  
or until full.**

\$160.00 ID \$192.00 OD per player

Activity: [310325](#) - Opens Aug. 7

**F: 11:45 am - 2:00 pm**

Session: 11/1 - 12/20



## Save the date for Winter 2025 Sports

Make plans for:

**CURLING LEAGUE**

**ADULT HOCKEY LUNCH LEAGUE**

**YOUTH HOCKEY LEAGUE, SKATE  
LESSONS & MORE**

Winter program registration is  
scheduled for December 9 - 11.  
Watch for updates.

Register at [register.bendparksandrec.org](https://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.

## Skate Lesson Assessment **FREE**

Inquire at the Pavilion front desk or call (541) 389-7588 to arrange an appointment.

## Skaters Levels 4 & Up

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

More on page 78.

## Skating Practice **FREE**

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

Schedules at [thepavilioninbend.com](http://thepavilioninbend.com).

## Ice Skating

### Learn to Skate: Adult Levels 1 - 2

Ages: All Adults

The Pavilion

Welcome to Skate School where you will learn the fundamentals of ice skating! Depending on your experience and ability, you may learn about falling and recovery, marching forward, two-foot glides, forward swizzles, snowplow stops, one-foot glides, two-foot turns in place, switching directions and more. No prerequisite skills required. Skate rentals included.

\$87.00 ID \$104.40 OD

Activity: [310141](#) - Opens Aug. 5

Th: 5:40 - 6:10 am

Session: 11/7 - 12/19 (No class 12/19)

Sa: 9:55 - 10:25 am

Session: 11/9 - 12/21 (No class 12/21)

### Learn to Skate: Adult Levels 3 - 4

Ages: All Adults

The Pavilion

Let's develop your skating skills further! Depending on your experience and ability, we may work on forward inside/outside edges, forward crossovers, one-foot glides, backward half-swizzle pumps, two-foot spins and more. Suggested prerequisite: Completion of Level 1-2. Skate rentals included.

\$87.00 ID \$104.40 OD

Activity: [310143](#) - Opens Aug. 5

Th: 5:40 - 6:10 pm

Session: 11/7 - 12/19

Sa: 9:55 - 10:25 am

Session: 11/9 - 12/21



### Learn to Skate: Adult Level 5 - 6

Ages: All Adults

The Pavilion

Let's develop your skating skills further! Depending on your experience and ability, we may work on backward inside/outside edges, backward crossovers, more advanced stops, basic spins, spirals and more. This class is intended for figure skaters. Suggested prerequisite: Completion of Level 3-4. Skate rentals included.

\$87.00 ID \$104.40 OD

Activity: [310145](#) - Opens Aug. 5

Th: 5:40 - 6:10 pm

Session: 11/7 - 12/19

Sa: 8:45 am - 9:15 pm

Session: 11/9 - 12/21

### With A Child: Learn to Skate

Ages: 6 - 11 with Adult

The Pavilion

Welcome to Skate School to learn the fundamentals of ice skating! Young skaters - grab a parent, relative or other adult in your life and learn to skate together. We will learn about sitting and standing up on the ice, forward swizzles, snowplow stops on two feet, two-foot hops and more. Register under the child's name; one adult is included. No prerequisite. Skate rentals included.

\$140.00 ID \$168.00 OD

Activity: [310110](#) - Opens Aug. 5

Sa: 9:55 - 10:25 am

Session: 11/9 - 12/21

.....  
**DROP-IN  
 SKATEPARK  
 FEATURES**  
 .....  
 SEE BELOW

# play like a kid



## Drop-in Basketball & Skatepark

All ages for \$5.00 person

Su: 10:00 - 11:30 am

Dates: August -  
 September  
 (no program 9/17)

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

Check schedules at  
[thepavilioninbend.com](http://thepavilioninbend.com).

## Adaptive Equipment

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

**Be a coach!**  
 Volunteer coaches  
 needed for  
 youth sports.

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

## Adult Fitness

Specialized training and conditioning programs available on page 21 - 22.

Drop-in fitness activities and information on pages 80 - 81.



## Adult Ice Skating & Sports

Find adult ice skating, curling and hockey programs on pages 23 - 26.

## Adult Roller Skating & Sports

Find drop-in roller skating activities on pages 78.

## 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.

ADVANCE  
YOUR  
SWIMMING  
.....  
SEE  
BELOW

# swim for good

## Liquid benefits.

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

Did you know?  
Why you should learn to swim for your safety:

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

## Swim Lessons

### Swim Lessons Level 1 Adult Swim Instruction

**Ages:** 16 & up

#### Juniper Swim & Fitness Center

This class is designed for the adult swimmer with little to no experience in the water. We will introduce you to basic swim skills and water safety while helping conquer any fears of swimming you may have. The majority of class is in shallow water.

\$180.00 ID \$216.00 OD

Activity: [305554](#) - Opens Aug. 6

**Sa:** 9:00 - 9:45 am

Session: 9/28 - 12/14 (no class 11/30)

### Swim Lessons Level 2 Adult Swim Instruction

**Ages:** 16 & up

#### Juniper Swim & Fitness Center

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

\$180.00 ID \$216.00 OD

Activity: [305555](#) - Opens Aug. 6

**Tu:** 6:20 - 7:05 pm

Session: 9/24 - 12/10 (no class 11/26)

**Th:** 6:20 - 7:05 pm

Session: 9/26 - 12/5 (no class 11/28)

### Swim Lessons Level 3 Adult Swim Instruction

**Ages:** 16 & up

#### Juniper Swim & Fitness Center

This class works on building your confidence, developing stroke technique and achieving the ability to swim full laps. The focus is on fitness through skill training, short distance repeats and is individualized to meet your goals. Appropriate for adults who can swim 15 meters but not much more.

\$180.00 ID \$216.00 OD

Activity: [305556](#) - Opens Aug. 6

**Tu:** 5:30 - 6:10 pm

Session: 9/24 - 12/3 (no class 11/26)

**Th:** 5:30 - 6:15 pm

Session: 9/26 - 12/12 (no class 11/28)

## Masters Swimming: Bend's Adult Swim Program

**Ages:** 18 & up

#### Juniper Swim & Fitness Center

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

Fitness, Swim & Skate Pass or drop-in fee.

Dates: 9/16 - 1/5

[Check schedule](#)

**M/W/F:** 5:35 - 6:30 am

**T/Th:** 9:15 - 10:30 am

**M-F:** 11:45 am - 1:00 pm

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

CLICK TO LEARN  
MORE ABOUT  
MASTERS SWIMMING  
& LAP SWIMMING





## YOUTH THERAPEUTIC RECREATION

### Youth Game & Activity Night

**Ages:** 8 - 17

**District Office**

Join us for an evening of crafts and games. Depending upon the weather, we may get outside for some games in Riverbend Park. This program is designed for youth with disabilities and their siblings or friends.

\$30.00 ID \$36.00 OD

Activity: [304803](#) - Opens Aug. 5

**F:** 6:00 - 8:00 pm

Session: 9/6 10/18

### Work for play!

View BPRD jobs available at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).

### Kids' Adventure Days

**Ages:** 6 - 12

**District Office**

Join us for an afternoon of adventure in and around Bend. Activities are weather-dependent, and may include accessible hiking, exploring state parks and visiting local farms. This program is designed for kids with disabilities and their siblings or friends.

\$45.00 ID \$54.00 OD

Activity: [304810](#) - Opens Aug. 5

**Sa:** 1:30 - 5:00 pm

Session: 9/14 10/5  
11/9

### Youth Swimming Night

**Ages:** 7 - 17

**Larkspur Community Center**

It's time to swim! We will make a splash at Recreation Swim at the Larkspur Community Center pool. This program is designed for youth with disabilities, and their siblings or friends.

\$25.00 ID \$30.00 OD

Activity: [304801](#) - Opens Aug. 5

**F:** 5:30 - 7:00 pm

Session: 9/20 11/1

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!

"When you're  
moving in the  
positive, the  
destination is your  
brightest star."  
~ Stevie Wonder

## Youth Movie & Craft Night

**Ages:** 8 - 17

**District Office**

Come enjoy a movie and snacks with friends. We will also have multiple craft options for those who like to stay busy while watching a movie. This program is designed for youth with disabilities, and their siblings or friends.

\$35.00 ID \$42.00 OD

**Activity:** [304604](#) - Opens Aug. 5

**F:** 6:00 - 8:00 pm

**Session:** 12/6

## Youth Holiday Light Tour NEW

**Ages:** 8 - 17

**District Office**

Join us for a festive evening drive through local neighborhoods to see holiday lights! This program is designed for youth with disabilities and their siblings or friends.

\$20.00 ID \$24.00 OD

**Activity:** [304321](#) - Opens Aug. 5

**M:** 5:30 - 7:30 pm

**Session:** 12/16



## TEEN THERAPEUTIC RECREATION

### Teen Adventure Club

**Ages:** 13 - 21

**District Office**

Looking for an exciting and active morning of adventure and fun with your friends? Join the Teen Adventure Club. Come enjoy games, field trips around Central Oregon, community events and much more. Activities are dependent on the weather. This program is designed for teens with disabilities and their siblings or friends.

\$45.00 ID \$54.00 OD

**Activity:** [304820](#) - Opens Aug. 5

**Sa:** 9:30 am - 1:00 pm

**Session:** 9/14 10/5  
11/9

### Teen Fitness Activities

**Ages:** 13 - 17

**Larkspur Community Center**

Join a program focused on healthy lifestyles and habits as we utilize the fitness centers at Juniper Swim and Fitness Center or at Larkspur Community Center to exercise with friends. We will also try out different fitness activities like bouldering, disc golf and pickleball. This program is designed for teens with disabilities and their siblings or friends.

\$25.00 ID \$30.00 OD

**Activity:** [304850](#) - Opens Aug. 5

**M:** 5:30 - 7:00 pm

**Session:** 9/16 10/7  
11/18 12/9

### Work for play!

View BPRD jobs available at [bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).

## ADULT THERAPEUTIC RECREATION

### Arts & Crafts

#### Fall Foliage Watercolors NEW

**Ages:** All Adults

**Twin Knolls Transitions Co-op**

Immerse yourself in the wonderful colors of fall in this watercolor class, offering a creative and relaxing way to enjoy the changes of the season.

\$90.00 ID \$108.00 OD

**Activity:** [304400](#) - Opens Aug. 5

**W:** 6:30 - 8:00 pm

**Session:** 9/4 - 25

#### Spooky Landscapes NEW

**Ages:** All Adults

**Twin Knolls Transitions Co-op**

Step into the realm of mystery and creativity in this special themed art class. Bring your own unique vision to life as we create hauntingly beautiful landscapes to celebrate the month of October.

\$90.00 ID \$108.00 OD

**Activity:** [304419](#) - Opens Aug. 5

**W:** 6:30 - 8:00 pm

**Session:** 10/2 - 23

#### Spooky Movie & Craft Night NEW

**Ages:** All Adults

**Norton Avenue Apartments**

Let's get in the Halloween spirit by watching spooky movies and enjoying crafts together! It is sure to be a ghoulishly good time.

\$25.00 ID \$30.00 OD

**Activity:** [304399](#) - Opens Aug. 5

**M:** 5:30 - 8:30 pm

**Session:** 10/21

## Photography & Scrapbooking NEW

**Ages:** All Adults

**Norton Avenue Apartments**

Capture life's precious moments through the lens and preserve them beautifully in your own scrapbook. We will spend the first two weeks taking photos and for the second two weeks we will create a memorable scrapbook.

\$52.00 ID \$62.40 OD

Activity: [304107](#) - Opens Aug. 5

Tu: 5:30 - 7:30 pm

Session: 10/29 - 11/19

## Holiday Parade Float

**Ages:** All Adults

**Twin Knolls Transitions Co-op**

Let's spend four weeks working together to build our BPRD Therapeutic Recreation holiday parade float! We will work collectively in choosing a theme for our float and then build it into our final masterpiece that will be presented at the downtown Bend holiday parade on December 7. To ride in the float, be sure to register for Holiday Parade, Activity [304517](#).

\$90.00 ID \$108.00 OD

Activity: [304420](#) - Opens Aug. 5

**W: 6:30 - 8:00 pm**

Session: 10/30 - 11/20

## Fiber Art Exploration NEW

**Ages:** All Adults

**Twin Knolls Transitions Co-op**

Fiber art is the creation of art using material such as yarn or fabrics. In this class, we will explore our creativity utilizing different textiles. With making items such as woven bags and wall hangings, this is sure to be an exciting new experience for everyone.

\$68.00 ID \$81.60 OD

Activity: [304421](#) - Opens Aug. 5

**W: 6:30 - 8:00 pm**

Session: 12/4 - 18

## Holiday Gift Making Night

**Ages:** All Adults

**Norton Avenue Apartments**

Get crafty and create unique, heartfelt gifts. This hands-on class provides all the materials and guidance to make a variety of personalized items perfect for the holiday season.

\$30.00 ID \$36.00 OD

Activity: [304508](#) - Opens Aug. 5

**F: 5:30 - 8:00 pm**

Session: 12/13



## Holiday Crafts & Activities NEW

**Ages:** 12 - 18

**District Office**

Let's get festive and craft some gifts for family and friends.

\$45.00 ID \$54.00 OD

Activity: [304221](#) - Opens Aug. 5

**Sa: 10:00 am - 1:00 pm**

Session: 12/14

## Cooking & Baking

### Autumn Harvest NEW

**Ages:** All Adults

**Twin Knolls Transitions Co-op**

Join us for a culinary journey celebrating the flavors of the fall season as we learn how to create delicious dishes using autumn produce and seasonal ingredients.

\$120.00 ID \$144.00 OD

Activity: [304301](#) - Opens Aug. 5

**W: 4:30 - 6:30 pm**

Session: 9/4 - 25

## Therapeutic Recreation BBQ

**Ages:** All ages

**Ponderosa Park**

Join us for our second annual BPRD Therapeutic Recreation BBQ. All participants and families are invited and it's a great opportunity to connect with other families and staff. Games and activities will be organized by BPRD staff. BPRD will provide main dishes and families will be asked to bring a side dish. This is a family event - 1:1 staff support will not be available. Please register all who plan to attend.

\$5.00 ID \$6.00 OD

Activity: [304507](#) - Opens Aug. 5

**Sa: 12:30 - 3:30 pm**

Session: 9/21



Register at [register.bendparksandrec.org](https://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.



## Mystery Dinner Party NEW

**Ages:** All Adults

**Norton Avenue Apartments**

Let's get theatrical in this interactive game night where participants take on roles of characters and work together to solve a mystery through clues, staged events and collaboration.

\$30.00 ID \$36.00 OD

Activity: [304513](#) - Opens Aug. 5

**M:** 5:00 - 8:00 pm

Session: 9/23

## Oktoberfest Feast NEW

**Ages:** All Ages

**Twin Knolls Transitions Co-op**

Get ready to celebrate the spirit of Oktoberfest in this cooking class dedicated to traditional Bavarian cuisine. Tour the German-inspired world of Oktoberfest with delights such as sausages, sauerkraut, pretzels with mustard and apple strudel.

\$120.00 ID \$144.00 OD

Activity: [304312](#) - Opens Aug. 5

**W:** 4:30 - 6:30 pm

Session: 10/2 - 23

## Spice & Warmth NEW

**Ages:** All Adults

**Twin Knolls Transitions Co-op**

Explore the use of spices in a variety of dishes, both sweet and savory. From Indian-inspired curries to spiced chai tea, we will utilize a number of delectable fall spices to create that warm, fuzzy feeling in our tummies.

\$120.00 ID \$144.00 OD

Activity: [304314](#) - Opens Aug. 5

**W:** 4:30 - 6:30 pm

Session: 10/30 - 11/20

## Holiday Favorites

**Ages:** All Adults

**Twin Knolls Transitions Co-op**

Why wait for holiday feasts when you could nosh on favorite holiday foods all season long? Bring a favorite family or celebratory recipe for this class and we will recreate our holiday dishes and share them with friends.

\$90.00 ID \$108.00 OD

Activity: [304316](#) - Opens Aug. 5

**W:** 4:30 - 6:30 pm

Session: 12/4 - 18

## Fun & Games

### Scavenger Hunt Series

**Ages:** All Adults

**Norton Avenue Apartments**

The competitive Scavenger Hunt Series is back! Each week there will be a different theme, and we'll journey to different locations around Bend on the hunt for clues.

\$52.00 ID \$62.40 OD

Activity: [304706](#) - Opens Aug. 5

**Th:** 5:30 - 7:30 pm

Session: 9/5 - 26

## Howlin' Halloween Dance

**Ages:** All Adults

**Hollinshead Park**

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

\$35.00 ID \$42.00 OD

Activity: [304511](#) - Opens Aug. 5

**Th:** 6:00 - 9:00 pm

Session: 10/31

## Game Night

**Ages:** All Adults

**Norton Avenue Apartments**

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

\$20.00 ID \$24.00 OD

Activity: [304423](#) - Opens Aug. 5

**M:** 6:30 - 8:00 pm

Session: 11/4

## Night at the Pool

**Ages:** 17 & up

**Larkspur Community Center**

Splash around with your friends! Come join us for an evening of swimming and games at Larkspur Community Center.

\$20.00 ID \$24.00 OD

Activity: [304503](#)

**F:** 5:00 - 7:00 pm

Session: 11/15

## Science Center

**Ages:** All Adults

**Norton Avenue Apartments**

Time for some hands-on science fun! Each week we will explore a different science topic as we delve into biology, geology, physics and more. We'll conduct experiments, ask questions and explore the fascinating world of science together.

\$40.00 ID \$48.00 OD

Activity: [304108](#) - Opens Aug. 5

**Tu:** 5:30 - 7:30 pm

Session: 12/3 - 17

## Holiday Parade

**Ages:** All Adults

**Norton Avenue Apartments**

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

\$40.00 ID \$48.00 OD

Activity: [304517](#) - Opens Aug. 5

**Sa:** 10:00 am - 2:00 pm

Session: 12/7



### Adaptive Equipment

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





## Community Contributions

**Ages:** All Adults

### Norton Avenue Apartments

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

\$25.00 ID \$30.00 OD

Activity: [304100](#) - Opens Aug. 5

**Sa:** 10:00 am - 1:00 pm

Session: 12/21

## Afternoon at the Pool

**Ages:** 16 & up

### Norton Avenue Apartments

It may be cold outside, but we can still make a splash at the warm indoor pools as we join the Recreation Swim session at Juniper Swim & Fitness Center.

\$25.00 ID \$30.00 OD

Activity: [304506](#) - Opens Aug. 5

**Sa:** 1:00 - 3:45 pm

Session: 12/21

## Outdoors

### Saturday Adventure

**Ages:** All Adults

#### Norton Avenue Apartments

Join us for an outing with friends in or around Bend. The outing will be determined based on the weather, but it will certainly be active and scenic. Saturdays have never been so much fun!

\$45.00 ID \$54.00 OD

Activity: [304104](#) - Opens Aug. 5

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

Session: 9/7 10/26  
11/23

## Sports & Fitness

### Run, Walk & Hike Night NEW

**Ages:** All Adults

#### Norton Avenue Apartments

Let's discover new trails, spend time with friends, and enjoy nature's beauty while getting active. Stay motivated with group support and at your own pace!

\$52.00 ID \$62.40 OD

Activity: [304140](#) - Opens Aug. 5

**Tu:** 5:30 - 7:30 pm

Session: 9/3 - 24

## Fitness Fun

**Ages:** All Adults

### Norton Avenue Apartments

Try out different fitness activities as you challenge yourself to reach your personal fitness goals. With a focus on fun and camaraderie, we will use the fitness center at Larkspur Community Center, try different workouts, learn yoga basics and more. Activities will be moved outdoors, weather permitting.

\$52.00 ID \$62.40 OD

Activity: [304512](#) - Opens Aug. 5

**Th:** 5:30 - 7:30 pm

Session: 10/3 - 24

## Biking With Oregon Adaptive Sports

**Ages:** All Adults

### Norton Avenue Apartments

Biking with Oregon Adaptive Sports (OAS) has been so popular we're adding a fall session! OAS has an impressive fleet of adaptive bikes, and there is something for everyone. We encourage all skills levels to join and we will have support for beginners as well as challenges for more experienced riders.

\$40.00 ID \$48.00 OD

Activity: [304101](#) - Opens Aug. 5

**Tu:** 4:45 - 6:45 pm

Session: 10/8 - 22



## Moving to Music

**Ages:** All Adults

### Norton Avenue Apartments

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

\$90.00 ID \$108.00 OD

Activity: [304105](#) - Opens Aug. 5

**Th:** 6:15 - 7:45 pm

Session: 11/7 - 12/19

## Trips & Tours

### Day Program: Community Outing

**Ages:** All Adults

#### Norton Avenue Apartments

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

\$90.00 ID \$108.00 OD

Activity: [304505](#) - Opens Aug. 5

**F:** 9:30 am - 12:30 pm

Session: 9/6 - 27 10/4 - 25  
11/1 - 22 12/6 - 20

## Oregon Coast Trip

**Ages:** All Adults

### Norton Avenue Apartments

This year's Oregon Coast Trip will be to Beverly Beach State Park in Newport, Oregon. We will spend two nights in yurts, eat delicious seafood, hike trails in the coastal mountains and play on the beach. What a fun two days!

\$400.00 ID \$480.00 OD

Activity: [304601](#) - Opens Aug. 5

**Th-F:** 7:00 am - 4:00 pm

Session: 10/11 - 13

# Young Child Activity Finder NEW

Looking for activities for a young child, ages 5 and under?

The Young Child Activity Finder is here with all the fall programs for children ages 0 to 5 years old.

Designed to make finding activities a breeze, the finder is organized by category and dates and lets you also view program age, days, time and location to help you discover the activities that match your needs.

You can view the program description online by clicking the Activity # link or go to the Youth Section featuring the program category.



## Search online too!

Go to our website for the same great Young Child Activity Finder!

Visit [register.bendparksandrec.org](http://register.bendparksandrec.org) and click on Young Child Activity Finder under Search.



TITLE	ACTIVITY	AGES	DAYS	TIME	SESSIONS	CATEGORY	LOCATION
PRECLAY	<a href="#">311300</a>	3 - 5	F	9:30 AM - 10:30 AM	11/22, 11/15, 11/1, 10/25, 10/18, 10/11, 10/4, 9/27, 9/20, 9/13, 9/6, 12/13, 12/6	ARTS & CRAFTS	HARMON PARK CLAY STUDIO
ART PLAY GROUP	<a href="#">311302</a>	2 - 5	F	9:00 AM - 10:00 AM 10:30 AM - 11:30 AM	9/6, 9/20, 10/4, 10/18 11/8, 11/22, 12/6, 12/20	ARTS & CRAFTS	LARKSPUR COMMUNITY CENTER
ART START	<a href="#">311301</a>	2 - 5	T, W, T H	9:00 AM - 10:00 AM 10:30 AM - 11:30 AM	T: 9/10 - 10/1, 10/15 - 11/12, 12/3 - 17 W: 9/11 - 10/2, 10/16 - 11/13, 12/4 - 18 TH: 9/12 - 10/3, 10/17 - 11/14, 12/5 - 19	ARTS & CRAFTS	LARKSPUR COMMUNITY CENTER
OPERATION RECREATION	<a href="#">307400</a>	5 - 11	M - F	7:30 AM - 5:30 PM	10/30 - 1/3	CHILDCARE & YOUTH CAMPS	SCHOOLS TO BE DETERMINED
NANO-NINJA CLASSES	<a href="#">306172</a>	4 - 5	T, TH	3:15 PM - 4:05 PM	T: 9/10 - 10/15, TH: 9/12 - 10/17	DANCE & MOVEMENT	FREE SPIRIT YOGA
MINI-NINJA CLASSES	<a href="#">306171</a>	2 - 3	M, W	10:30 AM - 11:15 AM	W: 9/11 - 10/16, M: 10/21 - 12/2	DANCE & MOVEMENT	FREE SPIRIT YOGA
BABY NINJA CLASSES	<a href="#">306170</a>	1.5 - 2	M, T	M: 9:30 AM - 10:15 AM T: 11:00 AM - 11:15 AM	M: 10/21 - 12/2 T: 9/10 - 10/15	DANCE & MOVEMENT	FREE SPIRIT YOGA
MINI-NINJA CAMP	<a href="#">306175</a>	3 - 5	TH	1:00 PM - 3:00 PM	9/12 - 10/17, 10/24 - 12/5	DANCE & MOVEMENT	FREE SPIRIT YOGA
MINI-YOGI CLASSES	<a href="#">306177</a>	3 - 5	F	10:30 AM - 11:15 AM	9/13 - 10/18, 10/25 - 12/6	DANCE & MOVEMENT	FREE SPIRIT YOGA
LITTLE STARS BALLET	<a href="#">306571</a>	3 - 4	SA	9:25 AM - 10:10 AM	9/14 - 11/23	DANCE & MOVEMENT	ACADEMIE DE BALLET
FANTASY BALLET	<a href="#">306582</a>	5 - 6	SA	10:15 AM - 11:00 AM	9/14 - 11/23	DANCE & MOVEMENT	ACADEMIE DE BALLET
HAPPY HABITS FUN & FITNESS CLASS	<a href="#">306562</a>	2 - 5	SA	9:00 AM - 10:00 AM	9/21 - 10/26, 11/2 - 12/4	DANCE & MOVEMENT	ALPENGLow & JUNIPER PARKS
PLAY PALS (3 - 5 YEARS)	<a href="#">306255</a>	3 - 5	T, W, TH, F	11:00 AM - 11:45 AM	9/6, 9/13, 9/5, 9/12, 10/9, 11/6, 11/5, 10/8	GENERAL ENRICHMENT	LARKSPUR COMMUNITY CENTER
PLAY PALS (18 MONTHS - 3 YEARS)	<a href="#">306255</a>	1.5 - 3	T, W, TH, F	10:00 AM - 10:45 AM	9/13, 9/6, 9/12, 9/5, 10/8, 11/6, 10/9, 11/5	GENERAL ENRICHMENT	LARKSPUR COMMUNITY CENTER
SPANISH LANGUAGE AFTERSCHOOL PROGRAM	<a href="#">306362</a>	5 - 12	TH	3:30 PM - 5:00 PM	10/24 - 12/12	GENERAL ENRICHMENT	HAPPY STARS
WESTSIDE VILLAGE DAY CAMP	<a href="#">306401</a>	5 - 14	M - F	7:45 AM - 5:15 PM	W/TH/F: 10/30 - 11/1 M/T/W: 11/25 - 11/27 M/T/TH/F: 12/23 - 12/27, 12/30 - 1/3	CHILDCARE & YOUTH CAMPS	WESTSIDE VILLAGE SCHOOL

TITLE	ACTIVITY	AGES	DAYS	TIME	SESSIONS	CATEGORY	LOCATION
KINDERSKATE 1	<a href="#">310101</a>	4 - 5	T, TH, SA	T: 4:30 - 5:00 PM, 5:05 - 5:35 PM TH: 4:30 PM - 5:00 PM SA: 8:45 AM - 9:15 AM	TU: 11/05 - 12/17 TH: 11/07 - 12/19 SA: 11/09 - 12/21	ICE & ROLLER	THE PAVILION
KINDERSKATE 2	<a href="#">310102</a>	4 - 5	T, TH, SA	T/TH: 4:30 PM - 5:00 PM SA: 8:45 AM - 9:15 AM	TU: 11/05 - 12/17 TH: 11/07 - 12/19 SA: 11/09 - 12/21	ICE & ROLLER	THE PAVILION
KINDERSKATE 3	<a href="#">310103</a>	4 - 5	T, TH, SA	T: 5:05 PM - 5:35 PM TH: 4:30 PM - 5:00 PM SA: 8:45 AM - 9:15 AM	TU: 11/05 - 12/17 TH: 11/07 - 12/19 SA: 11/09 - 12/21	ICE & ROLLER	THE PAVILION
YOUTH LEARN TO PLAY HOCKEY: LEVEL 1	<a href="#">310201</a>	5 - 14	W	4:00 PM - 5:00 PM	11/6 - 12/18	ICE & ROLLER	THE PAVILION
YOUTH LEARN TO PLAY HOCKEY: LEVEL 2	<a href="#">310202</a>	5 - 14	W	5:15 PM - 6:15 PM	11/6 - 12/18	ICE & ROLLER	THE PAVILION
INTRO TO DRAMA	<a href="#">306221</a>	4 - 5	W	10:40 AM - 11:30 AM	9/11 - 10/2, 10/16 - 11/6	MUSIC & THEATER & VOICE	LARKSPUR COMMUNITY CENTER
STEM EXPLORATION AFTERSCHOOL PROGRAM	<a href="#">306359</a>	5 - 12	M, T	3:30 PM - 5:00 PM	M: 9/9 - 10/14, T: 10/22 - 12/3	STEM	HAPPY STARS
SPACE EXPLORATION AFTERSCHOOL PROGRAM	<a href="#">306360</a>	5 - 12	T	3:30 PM - 5:00 PM	9/10 - 10/15	STEM	HAPPY STARS
MATHEMATICS ADVANTAGE AFTERSCHOOL PROGRAM	<a href="#">306361</a>	5 - 12	M, TH	3:30 PM - 5:00 PM	M: 10/21 - 12/9 TH: 9/12 - 10/17	STEM	HAPPYSTARS
FUN WORKS INC. INTRO TO STEAM USING LEGO	<a href="#">306660</a>	5 - 6	M - F	9:00 AM - 12:00 PM	W-F: 10/30 - 11/1 M-W: 11/25 - 27 M/TH/F: 12/23 - 27, 12/30 - 1/3	STEM	DIYCAVE
SOCCERJRS - CUBS (3 - 4 YEARS)	<a href="#">303311</a>	1.5 - 2	T, W, TH, SA	TU: 10:00 - 10:55 AM W: 11:00 - 11:55 AM TH: 5:00 - 5:55 PM SA: 9:00 - 9:55 AM, 10:00 - 10:55 AM	T: 9/10 - 10/22, 10/29 - 12/17 W: 9/11 - 10/23, 10/30 - 12/18 TH: 9/12 - 10/24, 10/31 - 12/19 SA: 9/14 - 10/26, 11/2 - 12/21	SPORTS	CASCADE INDOOR SPORTS
SOCCERJRS - TEDDIES (18 MONTHS - 2 YEARS)	<a href="#">303310</a>	3 - 4	M, T, W, TH, SA	M: 5:00 - 5:55 PM T: 11:00 - 11:55 AM, 4:00 - 4:55 PM W: 10:00 - 10:55 AM, 4:00 - 4:55 PM TH: 4:00 - 4:55 PM, 5:00 - 5:55 PM SA: 9:00 - 9:55 AM, 10:00 - 10:55 AM	M: 9/9 - 10/21, 10/28 - 12/16 T: 9/10 - 10/22, 10/29 - 12/17 W: 9/11 - 10/23, 10/30 - 12/18 TH: 9/12 - 10/24, 10/31 - 12/19 SA: 9/14 - 10/26, 11/2 - 12/21	SPORTS	CASCADE INDOOR SPORTS
BITTY BALL BASKETBALL LEAGUE - KINDERGARTEN COED	<a href="#">303400</a>	5 - 6	SA	8:30 AM - 4:00 PM	11/2 - 12/14	SPORTS	CASCADE MIDDLE SCHOOL
BRAZILIAN JIU-JITSU	<a href="#">306755</a>	4 - 6	M & W	1:30 PM - 2:30 PM	9/2 - 9/25, 10/7 - 10/30 11/4 - 11/27, 12/2 - 12/23	SPORTS	CONNECTION RIO JUJITSU
INTRO TO LIL' DRAGONS	<a href="#">306750</a>	4 - 6	M & W	3:20 PM - 3:50 PM	9/4 - 10/2, 10/7 - 10/30 11/4 - 12/4	SPORTS	ODYSSEY MARTIAL ARTS
YOUTH FALL INDOOR SOCCER LEAGUE - SESSION 1 & 2	<a href="#">303340</a>	5 - 7	SA	11:00 AM - 12:00 PM	SESSION 1: 9/14 - 10/26 SESSION 2: 11/2 - 12/21	SPORTS	CASCADE INDOOR SPORTS
TITLE	ACTIVITY	AGES	DAYS	TIME	DATES	CATEGORY	LOCATION

For more opportunities for little ones:

**With A Child Activity Finder**

on pages 36 - 38.

**Family & Parent-Tot Swim Lessons**

on page 70.

**Childcare Opportunities**

on page 73.



# With A Child NEW Activity Finder

Time to play together with the child in your life. To get ready, check out the With A Child Finder and start making plans!

Designed to make finding With A Child activities a breeze, the finder is organized by activity category and date, and lets you search by age, days, time and location to meet your busy schedule.

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

You can view the program description online by clicking the Activity # link or go to the Youth Section featuring the program category.



## Search online too!

Go to our website for the same great With A Child Finder!

Visit [register.bendparksandrec.org](http://register.bendparksandrec.org) and click on With a Child Activity Finder under Search.



WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION
WITH A CHILD: CLAY CREATURES	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	9/7	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY CREATURES	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	9/7	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY ANIMALS	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	9/14	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY ANIMALS	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	9/14	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY GNOMES	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	9/21	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY GNOMES	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	9/21	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY SPOOKY HOUSES	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	9/28	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY SPOOKY HOUSES	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	9/28	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY MONSTERS	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	10/5	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY MONSTERS	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	10/5	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY PUMPKINS	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	10/12	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY PUMPKINS	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	10/12	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY WIND CHIMES	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	10/19	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY WIND CHIMES	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	10/19	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY ANIMAL BOWLS	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	10/26	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY ANIMAL BOWLS	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	10/26	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY DRAGONS	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	11/2	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY DRAGONS	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	11/2	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION

For more information, call 541-389-7275 or visit [bendparksandrec.org](http://bendparksandrec.org)

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

WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION
WITH A CHILD: CLAY HOLIDAY ORNAMENTS	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	11/16	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY HOLIDAY ORNAMENTS	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	11/16	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY HOLIDAY TREES	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	11/23	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY HOLIDAY TREES	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	11/23	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY BELLS	<a href="#">311500</a>	5 - 15	SA	10:00 AM - 12:00 PM	12/14	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: CLAY BELLS	<a href="#">311500</a>	5 - 15	SA	12:30 PM - 2:30 PM	12/14	CLAY & POTTERY	HARMON PARK CLAY STUDIO
WITH A CHILD: KNIFE SKILLS & KITCHEN BASICS	<a href="#">302248</a>	8 - 13	FRI	5:00 PM - 7:30 PM	9/6	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: LET'S MAKE MONKEY BREAD!	<a href="#">302275</a>	7 - 12	SA	2:00 PM - 3:30 PM	9/14	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: MARSHMALLOW MADNESS	<a href="#">302262</a>	8 - 12	TH	5:00 PM - 7:00 PM	9/26	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: TASTY TACOS FOR EVERYONE	<a href="#">302274</a>	8 - 12	SA	10:00 AM - 12:00 PM	9/28	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: LUNCHESES & SNACKS	<a href="#">302276</a>	7 - 12	SA	10:00 AM - 12:30 PM	10/5	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: LET'S MAKE PIZZA	<a href="#">302241</a>	8 - 12	SA	1:30 PM - 4:00 PM	10/12	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: PASTA PALOOZA	<a href="#">302250</a>	7 - 12	SU	11:00 AM - 1:00 PM	10/27	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: MARSHMALLOW MADNESS	<a href="#">302262</a>	8 - 12	SA	1:00 PM - 3:00 PM	11/2	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: SUSHI ROLLING MADE EASY	<a href="#">302259</a>	8 - 13	TH	5:00 PM - 7:00 PM	11/7	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: SUSHI ROLLING MADE EASY	<a href="#">302259</a>	8 - 13	SA	10:00 AM - 12:00 PM	11/9	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: HOT BUTTER DINNER ROLLS	<a href="#">302251</a>	8 - 13	SA	2:00 PM - 4:00 PM	12/7	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: SNACK-CUTERIE	<a href="#">302291</a>	7 - 13	SA	10:00 AM - 12:00 PM	12/7	COOKING & BAKING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: ACRYLIC POURING ON CANVAS	<a href="#">311541</a>	6 - 15	SA	9:00 AM - 11:00 AM	9/7	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: PAINT TOGETHER - SUNFLOWERS	<a href="#">302416</a>	6 - 12	SA	10:00 AM - 12:00 PM	9/14	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
CLASE DE ARTE CON SU HIJO(A): ¡SUMÉRGETEE EN EL MUNDO DE LA PINTURA!/ WITH A CHILD PAINTING IN SPANISH	<a href="#">311503</a>	5 - 102	SA	9:00 AM - 11:00 AM	9/14	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: ACRYLIC POURING ON CANVAS	<a href="#">311541</a>	6 - 15	SA	9:00 AM - 11:00 AM	9/14	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: ACRYLIC POURING ON CANVAS	<a href="#">311541</a>	6 - 15	SA	9:00 AM - 11:00 AM	9/21	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: ACRYLIC POURING ON CANVAS	<a href="#">311541</a>	6 - 15	SA	9:00 AM - 11:00 AM	9/28	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
CLASE DE ARTE CON SU HIJO(A): ¡SUMÉRGETEE EN EL MUNDO DE LA PINTURA!/ WITH A CHILD PAINTING IN SPANISH	<a href="#">311503</a>	5 - 15	SA	9:00 AM - 11:00 AM	10/12	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: PAINT TOGETHER - HAUNTED HOUSE	<a href="#">302416</a>	6 - 12	SA	10:00 AM - 12:00 PM	10/19	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: PAINT TOGETHER - FALL BIRCH TREES	<a href="#">302416</a>	6 - 12	SA	10:00 AM - 12:00 PM	11/16	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
CLASE DE ARTE CON SU HIJO(A): ¡SUMÉRGETEE EN EL MUNDO DE LA PINTURA!/ WITH A CHILD PAINTING IN SPANISH	<a href="#">311503</a>	5 - 15	SA	9:00 AM - 11:00 AM	11/9	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: SELF-PORTRAIT PAINTING	<a href="#">302401</a>	8 - 12	TH	5:00 PM - 7:00 PM	11/21	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: CERAMIC ORNAMENT PAINT NIGHT	<a href="#">302417</a>	6 - 13	TH	5:00 PM - 6:30 PM	12/12	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: PAINT TOGETHER - POLAR BEARS	<a href="#">302416</a>	6 - 12	SA	10:00 AM - 12:00 PM	12/14	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION

Register at [register.bendparksandrec.org](https://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.



WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION
CLASE DE ARTE CON SU HIJO(A): ISUMÉRGETE EN EL MUNDO DE LA PINTURA!/WITH A CHILD PAINTING IN SPANISH	<a href="#">311503</a>	5 - 102	SA	9:00 AM - 11:00 AM	12/14	PAINTING & DRAWING	LARKSPUR COMMUNITY CENTER
WITH A CHILD: FUN WITH FUSED GLASS - FALL VIBES	<a href="#">302438</a>	6 - 13	TH	5:30 PM - 7:00 PM	9/26	GLASS ARTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: FUN WITH FUSED GLASS - HALLOWEEN CANDLES	<a href="#">302438</a>	6 - 13	TH	5:30 PM - 7:00 PM	10/10	GLASS ARTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: FUN WITH FUSED GLASS - FALL BIRCH TREES	<a href="#">302438</a>	6 - 13	T	5:30 PM - 7:00 PM	11/5	GLASS ARTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: FUN WITH FUSED GLASS - HOLIDAY ORNAMENTS	<a href="#">302438</a>	6 - 13	SA	1:00 PM - 2:30 PM	12/4	GLASS ARTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: MINI PUMPKIN FLORAL ARRANGEMENT	<a href="#">302201</a>	6 - 12	FRI	5:00 PM - 6:00 PM	10/18	CRAFTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: GINGERBREAD HOUSE HOLIDAY WORKSHOP	<a href="#">302253</a>	4 - 11	SA	9:30 AM - 10:30 AM	12/7	CRAFTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: GINGERBREAD HOUSE HOLIDAY WORKSHOP	<a href="#">302253</a>	4 - 11	SA	11:00 AM - 12:00 PM	12/7	CRAFTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: THE ART OF SHARED JOURNALING	<a href="#">302285</a>	8 - 12	SA	1:30 PM - 3:00 PM	9/21	CRAFTS	LARKSPUR COMMUNITY CENTER
WITH A CHILD: LEARN TO SKATE	<a href="#">310110</a>	6 - 11	SA	9:55AM - 10:25AM	11/9	ICE SKATE LESSONS	THE PAVILION
WITH A CHILD PROGRAM TITLE	ACTIVITY	AGES	DAY	TIME	DATES	CATEGORY	LOCATION

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

**Looking for Family and Parent-Tot Swim Lessons?**

See page 70.



LET'S  
GET ARTSY!  
.....  
**MULTIMEDIA  
ART CLASSES**  
.....  
PAGE 41

# craft your play

## Clay & Pottery

### Home School Youth Wheel Throwing

**Ages:** 7 - 13

#### Harmon Park Clay Studio

All levels are welcome to learn how to throw pots on the wheel. Follow the process of basic wheel throwing practice, trimming and glazing. Small class sizes will allow more one-on-one time with students to improve their skills. Instructor: Harmon Clay Studio Staff.

\$149.00 ID \$178.80 OD

Activity: [311260](#) - Opens Aug. 5

**M:** 1:00 - 3:00 pm

Session: 9/9 - 30 10/14 - 11/4  
11/18 - 12/16 (no class 11/25)

### Youth Wheel Throwing

**Ages:** 8 - 13

#### Harmon Park Clay Studio

All levels are welcome to learn how to throw pots on the wheel. Follow the process of basic wheel throwing practice, trimming and glazing. Small class sizes will allow more one-on-one time with students to improve their skills. Instructor: Harmon Clay Studio Staff.

\$149.00 ID \$178.80 OD

Activity: [311203](#) - Opens Aug. 5

**M:** 3:30 - 5:30 pm

Session: 9/9 - 30 10/14 - 11/4  
11/18 - 12/16 (no class 11/25)

**Tu:** 3:30 - 5:30 pm

Session: 9/10 - 10/1 10/15 - 11/5  
11/19 - 12/17 (no class 11/26)

**Th:** 3:30 - 5:30 pm  
**- OR -** 6:00 - 8:00 pm

Session: 9/12 - 10/3  
10/17 - 11/14 (no class 11/27)

### Advanced Youth Wheel Throwing

**Ages:** 10 - 17

#### Harmon Park Clay Studio

Advanced potters are welcome to further develop their skills on the wheel. Follow the process of basic wheel throwing practice, trimming and glazing. Small class sizes will allow more one-on-one time with students to improve their skills. Prerequisite: Youth Wheel Throwing. Instructor: Harmon Clay Studio Staff.

\$149.00 ID \$178.80 OD

Activity: [311204](#) - Opens Aug. 5

**M:** 6:00 - 8:00 pm

Session: 9/9 - 30 10/14 - 11/4  
11/18 - 12/16

creativity  
equals  
expression

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

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

### Work for play!

View BPRD jobs available at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).



## Art Station moves into the future

After calling the historic train depot home for many years, the Art Station had to move and has been operating out of temporary spaces listed below for the past year.

Good news though! The BPRD Board of Directors has approved a new facility for the Art Station at Larkspur Park. Plans are underway for a 2026 opening. Keep your eyes open for updates.

### CLAY CLASSES

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

### MULTIMEDIA CLASSES

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

### ART PARTIES

Art parties are a great time for all ages. Clay parties are available on Sundays at Harmon Park Clay Studio. Visit [bendparksandrec.org/artstation](http://bendparksandrec.org/artstation) to learn more.

## Intro to Adult & Teen Wheel Throwing

**Ages:** 14 & up

**Harmon Park Clay Studio**

Learn how to throw different vessels on the wheel and understand the process to create mugs, plates, bowls, vases and more in this class specially designed for beginners.

\$209.00 ID \$250.80 OD

Activity: [311105](#) - Opens Aug. 5

**Tu:** 6:00 - 9:00 pm

Session: 9/10 - 10/15  
10/29 - 12/10 (no class 11/26)



## Crafts & Do-It-Yourself

### Teen Wood Shop Workshop

NO SCHOOL

**Ages:** 13 - 17

**DIYcave**

Cut, carve, sand, create and more in the wood shop! This fun, introductory course will give you a solid foundation in woodworking techniques. You'll learn best practices for many tools in the woodshop including both power tools and hand tools, construction techniques and finishing applications. Participants will use the table saw, jointer, planer, drill press, bandsaw, track saw, disk sander and much more. All materials and tools are included.

\$439.00 ID \$526.80 OD

Activity: [306149](#) - Opens Aug. 5

**Su-W:** 9:00 am - 12:00 pm

Session: 11/24 - 27

## Young Jewelers

**Ages:** 8 - 13

**Larkspur Community Center**

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

\$129.00 ID \$154.80 OD

Activity: [311249](#) - Opens Aug. 5

**M:** 3:30 - 5:30 pm

Session: 9/16 - 10/7 10/14 - 11/4  
11/18 - 12/16

## Kids Woodworking

**Ages:** 11 - 17

**DIYcave**

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

\$209.00 ID \$250.80 OD

Activity: [306156](#) - Opens Aug. 5

**M-T:** 5:00 - 7:00 pm

Session: 10/14 - 15 12/9 - 10



## Kids 3D Printing

**Ages:** 9 - 17

**DIYcave**

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

\$109.00 ID \$130.80 OD

Activity: [306153](#) - Opens Aug. 5

**W:** 5:00 - 8:00 pm

Session: 10/23 12/18



## Kids Welding

NO SCHOOL

**Ages:** 10 - 17

**DIYcave**

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

\$99.00 ID \$118.00 OD

Activity: [306151](#) - Opens Aug. 5

**M:** 12:00 - 2:00 pm

Session: 11/11



## Sheet Metal Art NO SCHOOL

Ages: 10 - 17

### DIYcave

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

\$99.00 ID \$118.80 OD

Activity: [306155](#) - Opens Aug. 5

**M:** 9:00 - 11:00 am

Session: 11/11

- OR -: 5:00 - 7:00 pm

Session: 9/16

## Teen Metal Shop Workshop NO SCHOOL

Ages: 13 - 17

### DIYcave

Let's create with metal! This fun, introductory course will guide you through the process of metal fabrication through creative exploration of the most commonly used tools in the metal shop. Come learn to metal inert gas/MIG weld, bandsaw and plasma cut, heat, form and shape with an oxy/acetylene torch, then apply that knowledge to create your own work of art. All materials and tools are included.

\$469.00 ID \$562.80 OD

Activity: [306148](#) - Opens Aug. 5

**M-Tu:** 9:00 am - 12:00 pm

Session: 12/23 - 31



## Multimedia

### Art Play Group

Ages: 2 - 5

#### Larkspur Community Center

Parents, grandparents, family, nannies and other adults get to connect with their child at this amazing art experience! Each session will have different activities that are play-based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$30.00 ID \$36.00 OD

Activity: [311302](#) - Opens Aug. 5

**F:** 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 9/6 9/20  
10/4 10/18  
11/8 11/22  
12/6 12/20

## Art Start

Ages: 2 - 5

#### Larkspur Community Center

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Join us for play-based art explorations inspired by child-friendly themes. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Anne Rustand.

\$89.00 ID \$106.80 OD

Activity: [311301](#) - Opens Aug. 5

**Tu:** 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 9/10 - 10/1 10/15 - 11/12  
12/3 - 17

**W:** 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 9/11 - 10/2 10/16 - 11/13  
12/4 - 18

**Th:** 9:00 - 10:00 am

- OR - 10:30 - 11:30 am

Session: 9/12 - 10/3 10/17 - 11/14  
12/5 - 19

## Let's Make An Installation

Ages: 7 - 12

#### Larkspur Community Center

Let's make an installation! What is installation art? A whole lot of fun! In this class you will learn a bit about the history of installation art and discover some famous installation artists and their work! You will design and build a model of your own dream installation and we will work together to build our own public art installation! Instructor Anastasia Zielinski.

\$119.00 ID \$142.80 OD

Activity: [311213](#) - Opens Aug. 5

**Th:** 3:30 - 5:30 pm

Session: 9/19 - 10/17



## Art-rageous Camp NO SCHOOL

Ages: 6 - 12

#### Cascade Middle School

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

\$140.00 ID \$168.00 OD

Activity: [311402](#) - Opens Aug. 5

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

Session: 11/25 - 27

\$39.00 ID \$46.80 OD

Activity: [311402](#) - Opens Aug. 5

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

Session: 12/23 12/30

**Th:** 9:00 am - 12:00 pm

Session: 12/26 1/2

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

Session: 12/27 1/3

## Work for play!

View BPRD jobs available at [bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).

## Drawing & Painting

### Ease Into Watercolor Painting

**Ages:** 8 - 13

**Larkspur Community Center**

Take a step forward with your watercolor painting in this class for beginners and anyone wanting to paint more independently. We will begin with the basics, creating fun images and representational paintings while practicing wash techniques, texture methods and design principles. Instructor: Milsia Makris.

\$129.00 ID \$154.80 OD

Activity: [311123](#) - Opens Aug. 5

**Th:** 6:00 - 8:00 pm

Session: 9/19 - 10/3

### Paint Central Oregon Landscapes

**Ages:** 14 & up

**Larkspur Community Center**

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

\$50.00 ID \$60.00 OD

Activity: [311112](#) - Opens Aug. 5

**Sa:** 9:00 - 11:00 am

Session: 10/5            10/12  
10/19            10/26



### Drawing Animals

**Ages:** 7 - 12

**Larkspur Community Center**

Draw fuzzy and furry creatures! Learn how they are made up of shapes and how those shapes fit together to create animals. Complete your drawing with color using different mediums while gaining understanding of light and dark tones. Instructor: Milsia Makris.

\$75.00 ID \$90.00 OD

Activity: [311211](#) - Opens Aug. 5

**Th:** 6:00 - 8:00 pm

Session: 10/17 - 11/7

### Draw Yourself

**Ages:** 7 - 14

**Larkspur Community Center**

Self-portraiture is the cornerstone of every artist's practice. The most introspective art-form, self-portraits are a way to share who you are, how you want to be seen and what's important to you. In this class you will learn a bit about the history of self-portraits and discover some artists who are famous for their self-portraits. Every week we will learn about a new artist and use a different technique to convey our sense of self on the page. The class culminates in exhibition of the students' work at Larkspur Community Center. Instructor: Anastasia Zielinski.

\$119.00 ID \$142.80 OD

Activity: [311227](#) - Opens Aug. 5

**Th:** 3:30 - 5:30 pm

Session: 11/14 - 12/12

## With A Child: Arts & Crafts

### With A Child: Acrylic Pouring on Canvas

**Ages:** 6 - 15 with Adult

**Larkspur Community Center**

Swirl, slip and slide acrylic paint across a canvas and create amazing results together. Learn acrylic pouring technique and applications. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Stephen Teater.

\$69.00 ID \$82.80 OD

Activity: [311541](#) - Opens Aug. 5

**Sa:** 9:00 - 11:00 am

Session: 9/7            9/14  
9/21            9/28

### With A Child: Fun With Clay

**Ages:** 5 - 14 with Adult

**Harmon Park Clay Studio**

Create something new each class including animals, imaginative creatures, bowls and so much more. Learn hand-building skills and techniques and glaze your pieces with bright colors. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Harmon Clay Studio Staff.

\$75.00 ID \$90.00 OD

Activity: [311500](#) - Opens Aug. 5

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

Session: 9/7 - Creatures  
9/14 - Animals  
9/21 - Gnomes  
9/28 - Spooky House  
10/5 - Monsters  
10/12 - Pumpkins  
10/19 - Wind Chimes  
10/26 - Animal Bowls  
11/2 - Dragons  
11/16 - Holiday Ornaments  
11/23 - Holiday Trees  
12/14 - Bells



### With A Child: Paint Together

**Ages:** 6 - 12 with Adult

**Larkspur Community Center**

Enjoy quality time together making a dual-canvas acrylic painting. Each young artist/adult pair receives two canvases to paint an image that when placed together will turn into one masterpiece. The design is prepped prior and the instructor will guide your painting's creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$79.00 ID \$94.80 OD

Activity: [302416](#) - Opens Aug. 5

**Sa:** 10:00 am - 12:00 pm

Session: 9/14 - Sunflowers  
10/19 - Haunted House  
11/9 - Fall Birch Trees  
12/14 - Polar Bears



## Clase de arte con su hijo(a): ¡Sumérgete en el mundo de la pintura! / With A Child Painting in Spanish NEW

**Ages:** 5 & up with Adult  
**Larkspur Community Center**

¡Sumérgete en el mundo de la pintura! Estas clases son aptas para todos los niveles y edades y ofrecen la oportunidad de explorar el óleo pastel, la acuarela, la témpera, el acrílico sobre lienzo, la pintura sobre tela y otras técnicas. No requiere experiencia previa. Actualmente, ésta es la única clase de arte que BPRD ofrece en español, por tal motivo, las familias de habla hispana tienen la prioridad al momento de la inscripción. El costo de la clase cubre la participación de un participante y un adulto. Solo debe inscribir al niño(a).

Dive into the world of painting in Spanish! These classes are suitable for all levels and ages and offer the opportunity to explore pastel oil, watercolor, tempera, acrylic on canvas, painting on fabric and other techniques. No prior painting experience is required. Since this is BPRD's only art class in Spanish, registration is prioritized for Spanish-speaking families. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Christi Zorrilla Soto.

\$50.00 ID \$60.00 OD

Activity: [311503](#) - Opens Aug. 5

**Sa:** 9:00 - 11:00 am

Session: 9/14 10/12  
11/9 12/14

### More "With A Child" classes

View the With A Child  
Finder on pages 36 - 38.



## With A Child: Fun With Fused Glass

**Ages:** 6 - 13 with Adult  
**Larkspur Community Center**

Come enjoy an evening with your young artist and make a fused glass piece of art. Try your creativity in designing with different shapes and color pieces to make the most of your decor. All supplies included. The projects will be kiln-fired and available for pickup a week after class. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$89.00 ID \$106.80 OD

Activity: [302438](#) - Opens Aug. 5

**Th:** 5:30 - 7:00 pm

Session: 9/19 - Fall Vibes  
10/10 - Halloween Candles  
11/7 - Fall Birch Trees  
12/5 - Holiday Ornaments

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

## With A Child: Mini-Pumpkin Halloween Arrangement

**Ages:** 6 - 12  
**Larkspur Community Center**

Create your own mini-pumpkin Halloween arrangement with a child. This workshop covers all the tips and tricks of the trade to make a beautiful and fun Halloween centerpiece. Each adult and child team will take home an arrangement that will wow your family and friends. The fee includes one child and one required accompanying adult. Please only register the child. All supplies included. Instructor: Rae Aldrich.

\$79.00 ID \$94.80 OD

Activity: [302201](#)

**F:** 5:00 - 6:00 pm

Session: 10/18

## With A Child: The Art of Shared Journaling

**Ages:** 8 - 12 with Adult  
**Larkspur Community Center**

Start a special journal for you and your child to trade thoughts and feelings in a fun and easy format. Come learn about the practice of conversation-style journal writing, get started on your first written exchange, and decorate a physical notebook together to make it your own special shared diary. Notebooks will be provided. Please bring any photos or mementos you may wish to decorate your notebook cover with. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Claire-Anne Wood.

\$59.00 ID \$70.80 OD

Activity: [302285](#) - Opens Aug. 5

**Sa:** 1:30 - 3:00 pm

Session: 9/21 10/26



## With A Child: Self-Portrait Painting

**Ages:** 8 - 12 with Adult  
**Larkspur Community Center**

Come travel in time and tell stories through painting! Adult and child duos will create a pair of self-portraits, but with the roles switched so that adults imagine themselves as children and the children as adults. Enjoy the creative process as you both learn about portrait painting using acrylic paints and a slew of mixed media on canvas. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Mila Shelehoff.

\$79.00 ID \$94.80 OD

Activity: [302401](#) - Opens Aug. 5

**Th:** 5:00 - 7:00 pm

Session: 11/21

## With A Child: Ceramic Ornament Paint Night

**Ages:** 6 - 13 with Adult  
**Larkspur Community Center**

Enjoy a fun night with your child painting ceramic holiday ornaments. Select from an assortment of unfinished shapes and designs and let your creativity shine. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [302417](#) - Opens Aug. 5

**Th:** 5:00 - 6:30 pm

Session: 12/12

.....  
**CHILDCARE  
 & DAY  
 CAMPS**  
 .....  
 PAGES 44 - 48



# play together

ENRICHMENT

WEDNESDAYS

## Filling a need with play.

Balancing school, work and life can be challenging for busy families. To help, BPRD is your family's partner for afterschool and no-school day childcare and day camps. We offer positive and enriching play and environments where your child can connect and grow in a way that compliments your needs.

### At Your School

Grades: K - 5

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

\$120.00 ID \$144.00 OD

W: 12:45 - 2:15 pm

Session: 9/11 - 10/23  
 11/6 - 12/18 (no class 11/27)

### BEAR CREEK ELEMENTARY

Grades: K - 5

All Programs: [406601](#) - Opens Aug. 5

#### Happy Habits Fun & Fitness Class

Happy Habits Fun & Fitness Class will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. With a healthy snack provided in class, kids are getting exercise, having fun and building strength of character.

Session: 9/11 - 10/23

#### Experiment With Art

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

Session: 11/6 - 12/18 (no class 11/27)

### ELK MEADOW ELEMENTARY

Grades: K - 5

All Programs: [406603](#) - Opens Aug. 5

#### Ready to Thrive STEM & Spanish

A combination of Spanish and STEM (Science, Technology, Engineering, Mathematics) which provide the tools to enrich the overall development of your child in a fun and creative environment.

Session: 9/11 - 10/23

#### Happy Habits Fun & Fitness Class

Happy Habits Fun & Fitness Class will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. With a healthy snack provided in class, kids are getting exercise, having fun and building strength of character.

Session: 11/6 - 12/18 (no class 11/27)



ENRICHMENT  
WEDNESDAYS

## At Your School

**Grades: K - 5**

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

\$120.00 ID \$144.00 OD

**W: 12:45 - 2:15 pm**

Session: 9/11 - 10/23  
11/6 - 12/18 (no class 11/27)

## HIGH LAKES ELEMENTARY

**Grades: K - 5**

All Programs: [406605](#) - Opens Aug. 5

### Experiment With Art

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

Session: 9/11 - 10/23

### Intro to Japanese Culture

Every week, students will learn about Japanese animation and practice simple Japanese phrases. Playing with origami and learning about Japanese pop culture, students will be introduced to Japanese history and traditional culture.

Session: 11/6 - 12/18 (no class 11/27)

## HIGHLAND ELEMENTARY

**Grades: K - 5**

All Programs: [406606](#) - Opens Aug. 5

### Happy Habits Fun & Fitness Class

Happy Habits Fun & Fitness Class will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. With a healthy snack provided in class, kids are getting exercise, having fun and building strength of character.

Session: 9/11 - 10/23

### Creative Writing

Do you love reading or writing stories? Let your imagination take flight in this dynamic story program. Through games, art, puppets, theater, reading and writing, we will explore the incredible world of storytelling while also having a whole lot of fun! Learn to create fantastic, interesting characters, design the perfect story setting and figure out how to craft an exciting plot that creates conflict and offers satisfying resolution. Beyond just writing, expect to be creating and collaborating with your peers in a supportive environment.

Session: 11/6 - 12/18 (no class 11/27)

## JEWELL ELEMENTARY

**Grades: K - 5**

All Programs: [406607](#) - Opens Aug. 5

### Creative Writing

Do you love reading or writing stories? Let your imagination take flight in this dynamic story program. Through games, art, puppets, theater, reading and writing, we will explore the incredible world of storytelling while also having a whole lot of fun! Learn to create fantastic, interesting characters, design the perfect story setting and figure out how to craft an exciting plot that creates conflict and offers satisfying resolution. Beyond just writing, expect to be creating and collaborating with your peers in a supportive environment.

Session: 9/11 - 10/23

### Fun Works Inc. STEAM Using LEGO®

**Grades: 1 - 5**

Children are introduced to engineering concepts focused on building skills and techniques. Every project built is modified and customized by students and makes fun No. 1! LEGO® motorized gear-drive cars, airplanes and monorail are just a few of the amazing projects.

Session: 11/6 - 12/18 (no class 11/27)



ENRICHMENT  
WEDNESDAYS

**JUNIPER  
ELEMENTARY**

All Programs: [406608](#) - Opens Aug. 5

**Fun, Funky,  
Fresh Dance**

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

Session: 9/11 - 10/23

**Happy Habits Fun  
& Fitness Class**

Happy Habits Fun & Fitness Class will transform traditional running relays, games and drills into bite-sized lessons that teach confidence, integrity and resilience. With a healthy snack provided in class, kids are getting exercise, having fun and building strength of character.

Session: 11/6 - 12/18 (no class 11/27)

**MILLER  
ELEMENTARY**

All Programs: [406610](#) - Opens Aug. 5

**Making Characters**

Dive into the world of making comics! Join us to unleash your imagination and develop your artistic skills. Students can create imaginative self-portraits as monsters and superheroes, gain confidence in their abilities and express themselves through comic-making exercises.

Session: 9/11 - 10/23

**Fun, Funky,  
Fresh Dance**

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

Session: 11/6 - 12/18 (no class 11/27)

**PINE RIDGE  
ELEMENTARY**

Grades: K - 5

All Programs: [406611](#) - Opens Aug. 5

**Intro to Japanese  
Culture**

Every week, students will learn about Japanese animation and practice simple Japanese phrases. Playing with origami and learning about Japanese pop culture, students will be introduced to Japanese history and traditional culture.

Session: 9/11 - 10/23

**Experiment With Art**

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

Session: 11/6 - 12/18 (no class 11/27)

**NORTH STAR  
ELEMENTARY**

Grades: K - 5

All Programs: [406614](#) - Opens Aug. 5

**Experiment With Art**

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

Session: 9/11 - 10/23

**Ready to Thrive  
STEM & Spanish**

A combination of Spanish and STEM (Science, Technology, Engineering, Mathematics) which provide the tools to enrich the overall development of your child in a fun and creative environment.

Session: 11/6 - 12/18 (no class 11/27)



## No School Day Camps

### Westside Village Camp

NO SCHOOL

Ages: 5 - 14

Westside Village School

Pack your no-school day with adventures and creative arts! Get moving with outdoor activities such as walking adventures within two miles of Westside Village Magnet School. Tap into your creative side with drama, music, dancing, drumming, ukulele, art projects, and cooking/baking. Campers should bring lunch each day.

\$225.00 ID \$270.00 OD

Activity: [306401](#)

W-F: 7:45 am - 5:15 pm

Session: 10/30 - 11/1

M-W: 7:45 am - 5:15 pm

Session: 11/25 - 27

\$280.00 ID \$336.00 OD

M/T/Th/F: 7:45 am - 5:15 pm

Session: 12/23 - 27 12/30 - 1/3

### Looking for more No School Day programs?

Check out all the youth program sections and look for this symbol.

NO SCHOOL

## Afterschool Programs



Grades: K - 5

Located at your school

Kids Inc. is currently accepting applications for the waitlist.

Look for more information at [bendparksandrec.org/childcare](http://bendparksandrec.org/childcare).



## Operation Recreation

NO SCHOOL

Grades: K - 5

North Bend and south Bend school locations to be determined

When school isn't in session, it's time to get the Operation going! Operation Recreation, that is! Serious fun that meets the serious needs of the working parent and the fun-seeking child, this program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips. Open to all elementary school children throughout the school district.

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

Activity: [307400](#)

Daily: 7:30 am - 5:30 pm

\$55.00 ID \$66.00 OD

W: 10/30 Locations to be determined

Th: 10/31

F: 11/1

\$165.00 ID \$198.00 OD

M-W: 11/25 - 27 Locations to be determined

\$208.00 ID \$249.60 OD

M-Tu: 12/23 - 27 Locations to be determined

M-Tu: 12/30 - 1/3

Register at [register.bendparksandrec.org](http://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.

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

**Ages:** 6 months - 5 years  
**Juniper Swim & Fitness Center**

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

- Registration is strongly recommended and includes a standard of four scheduled 75-minute visits per session at discounted rate.
- Fee is adjusted for three- or five-visit sessions.
- Each visit is limited to 75 minutes. Sorry, no discount for less time. If you would like your child to stay longer than 75 minutes, it will count as two visits and only available as space allows or if registered.



### Registration Childcare

#### TODDLER

**Ages:** 6 - 29 months.  
Limited availability

\$36.00 ID \$43.20 OD / session

Activity: [305600](#) - Opens Aug. 5

#### PRESCHOOLER

**Ages:** 30 months  
- 5 years old

\$30.00 ID \$36.00 OD / session

Activity: [305601](#) - Opens Aug. 5

**Weekdays:** 9:00 - 10:15 am  
- OR - 10:20 - 11:35 am

Sessions:

M:	9/9 - 30	10/7 - 28
	11/4 - 25	12/2 - 30
T:	9/3 - 24	10/1 - 29
	11/5 - 26	12/3 - 31
W:	9/4 - 25	10/2 - 30
	11/6 - 27	12/4 - 18
Th:	9/5 - 26	10/3 - 31
	11/7 - 21	12/5 - 26
F:	9/6 - 27	10/4 - 25
	11/1 - 22	12/6 - 27

### Drop-in Childcare

*Available if space allows.  
Call 541-706-6191 for availability.*

#### TODDLER

**Ages:** 6 - 29 months.  
Limited availability

\$11.00 ID \$13.20 OD  
per visit up to 75 minutes.

#### PRESCHOOLER

**Ages:** 30 months  
- 5 years old

\$9.25 ID \$11.10 OD  
per visit up to 75 minutes.

**Weekdays:** 9:00 - 10:15 am  
- OR - 10:20 - 11:35 am

Your child can stay for longer than 75 minutes with payment for two visits.

### Sync up to Adult Fitness Classes

Juniper features a great lineup of fitness classes during childcare.

Learn more and view drop-in fitness classes at [bendparksandrec.org/fitness-swim/](http://bendparksandrec.org/fitness-swim/)



## Preschool

### Busy Buddies Preschool Registration

**Ages:** 3 - 5

#### Juniper Swim and Fitness

Busy Buddies Preschool is a school-year program that aligns similarly to the Bend-La Pine Schools calendar. This program includes weekly swim lessons and movement play! Children will enjoy arts and crafts, dramatic play and more while being introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting and a daily snack is provided. No prior swimming experience necessary. Children must be potty-trained. Registration for each school year opens in May.

Limited availability - sign up on wait list if the program is full. The registration holds your spot for the upcoming or current September-May school year program.

A \$20.00 ID/OD non-refundable registration fee is due at time of enrollment and monthly fee of \$260.00 ID / \$312.00 OD is due the 5th of every month September through June. You can register for multiple sessions per week if you choose.

Activity: [405601](#) - Open now

**M/W:** 1:30 - 4:30 pm

Session: 9/9 - 6/11

**Tu/Th:** 1:30 - 4:30 pm

Session: 9/10 - 6/12

No school during Thanksgiving Break (11/25 - 28), Winter Break (12/23 - 1/2) and Spring Break (3/24 - 27) and on Martin Luther King Jr. Day, President's Day, and Memorial Day.

### Looking for programs for ages 5 and under?

Check out the  
Young Child Activity Finder  
on pages 34 - 35.

For more information, call 541-389-7275 or visit [bendparksandrec.org](http://bendparksandrec.org)

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



.....  
**ENRICHMENT  
 ACTIVITIES  
 GALORE**  
 .....  
 PAGES 49 - 56



# Kidding around

## Cooking & Baking

### Beginners Baking 101

Ages: 7 - 12

Samara Learning Center

This baking series will help your child become more creative, independent and helpful in the kitchen. Participating in a focused, small group setting, your baker will receive encouraging instruction and enjoy a fun and messy hands-on baking experience - from mixing batter and rolling pie dough to decorating cupcakes and much more. Plus, your child will bring home tasty treats! All materials included.

\$146.00 ID \$175.20 OD

Activity: [306115](#) - Opens Aug. 5

W: 3:30 - 5:00 pm

Session: 9/11 - 10/2 10/16 - 11/6  
 11/20 - 12/18 (no class 11/27)

### Work for play!

View BPRD jobs available at [bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).

## With A Child: Cooking & Baking

### With A Child: Knife Skills & Kitchen Basics

Ages: 8 - 13 with Adult

Larkspur Community Center

Bring your child to this hands-on kitchen basic skills class. We will prepare easy kid-friendly dishes while we learn about kitchen fundamentals. You'll learn how to cut like a chef, safely and efficiently. We will cover knife skills, kitchen basics and safety. We also will learn about essential tools and cutting boards for stocking a well-equipped kitchen. Bring your best vegetable knife and a small cutting board. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD

Activity: [302248](#) - Opens Aug. 5

F: 5:00 - 7:30 pm

Session: 9/6

## With A Child: Let's Make Monkey Bread!

Ages: 7 - 12 with Adult

Larkspur Community Center

Grab your apron and join us in the kitchen to make fun and tasty Monkey Bread. Together you will bake a sweet version of this popular, fun-to-eat bread while learning several variations to try at home with your family. Bring an apron and to-go containers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$79.00 ID \$94.80 OD

Activity: [302275](#) - Opens Aug. 5

Sa: 2:00 - 3:30 pm

Session: 9/14

## Young Children Activity Finder

A handy list of programs for ages 0 - 5 years old.

Pages 34 - 35,

## 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!



### With A Child: Marshmallow Madness

**Ages:** 8 - 12 with Adult  
**Larkspur Community Center**

Let's whip up some sweet, fluffy, homemade marshmallows. Join us as we put together a few basic ingredients and learn to make marshmallow magic and how to vary flavorings to create original marshmallow treats. Bring an apron and a 9X9 baking pan to take home your final confection creation. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$89.00 ID \$106.80 OD  
Activity: [302262](#) - Opens Aug. 5

**Th:** 5:00 - 7:00 pm

Session: 9/26

**Sa:** 1:00 - 3:00 pm

Session: 11/2

### With A Child Activity Finder

A comprehensive list of  
all the adult with child  
programs.

Pages 36 - 38,

### With A Child: Tasty Tacos for Everyone

**Ages:** 8 - 12 with Adult  
**Larkspur Community Center**

Let's create some amazing taco-inspired meals from around the world - great for sharing and with vegetarian options, too. Bring your best vegetable knife, apron, a small cutting board and to-go containers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD  
Activity: [302274](#) - Opens Aug. 5

**Sa:** 10:00 am - 12:00 pm

Session: 9/28

### With A Child: Lunches & Snacks

**Ages:** 7 - 12 with Adult  
**Larkspur Community Center**

Kids will experiment with making simple weekend lunches yummy enough for the whole family to enjoy. Sample recipes may include favorites such as: hamburger biscuit cups, make-it-your-way sandwich rollups, stove top mac and cheese, corndogs, and banana split chocolate pops. Please bring an apron and a to-go container for any leftovers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD  
Activity: [302276](#) - Opens Aug. 5

**Sa:** 10:00 am - 12:30 pm

Session: 10/5



### With A Child: Let's Make Pizza

**Ages:** 8 - 12 with Adult  
**Larkspur Community Center**

Grab your buddy and let's make pizza together! We'll start from the bottom up to create your very own personal pizza. Your artisan bread-baking instructor will walk you through each step, from perfect pizza dough to the finishing touches. Learn the dough basics from thick to thin crusts and achieving that authentic flavor. Bring an apron, rolling pin, pizza pan or cookie sheet, to-go containers and your appetite! Note: This is not a gluten- or dairy-free class. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$99.00 ID \$118.80 OD  
Activity: [302241](#) - Opens Aug. 5

**Sa:** 1:30 - 4:00 pm

Session: 10/12

### With A Child: NEW Pasta Palooza

**Ages:** 7 - 12 with Adult  
**Larkspur Community Center**

In this hands-on cooking class, you and your junior chef will learn the joy of making homemade pasta with just a few simple ingredients. We will learn about time management when preparing a meal by starting first with preparing the dessert, a fresh strawberry tiramisu. Then it's on to mixing a fresh green salad drizzled with a zesty vinaigrette. Next, we will get to work making pasta paired with an easy-to-make creamy tomato sauce. As a finale, we will enjoy our three-course meal topped off with our tiramisu. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Brenda Chilcott.

\$89.00 ID \$106.80 OD  
Activity: [302250](#) - Opens Aug. 5

**Su:** 11:00 am - 1:00 pm

Session: 10/27



### With A Child: Sushi Rolling Made Easy

**Ages:** 8 - 13 with Adult  
**Larkspur Community Center**

Learn how to make a platter of norimaki sushi rolls - it is easy! We will roll a variety of rice, noodles, vegetables, vegetarian proteins and/or cooked and smoked seafood with condiments in nori, a Japanese seaweed wrap. You will also learn to make cones, California rolls, miso soup from scratch and wakame cucumber sesame salad. Once you get the knack of it, you can throw your own sushi rolling party! Bring a cutting board, large sharp knife, small container for your sushi and an apron. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$99.00 ID \$118.80 OD  
Activity: [302259](#) - Opens Aug. 5

**Th:** 5:00 - 7:00 pm

Session: 11/7

**Sa:** 10:00 am - 12:00 pm

Session: 11/9

## With A Child: Gingerbread House Holiday Workshop

**Ages:** 4 - 11 with Adult

**Larkspur Community Center**

Get a kick-start to holiday fun! Our Gingerbread House Holiday Workshop allows adult/child pairs to work together to design and decorate a gingerbread house creation of their very own. Skip the prep and mess at home, and enjoy spending time with a child creating holiday memories. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Diane Burns.

\$69.00 ID \$82.80 OD

Activity: [302253](#) - Opens Aug. 5

**Sa:** 9:30 - 10:30 am

Session: 12/7

**Sa:** 11:00 am - 12:00 pm

Session: 12/7

## With A Child: Snack-cuterie

**Ages:** 7 - 13 with Adult

**Larkspur Community Center**

How about a kids' snack board based on a charcuterie design and filled with healthy snacks kids love? It's a total win for an afterschool bite, a weekend lunch or more! Kids will learn to create their unique snack board with a variety of items like cheeses, crackers, fruits, veggies, caprese kebobs, protein nut balls and other healthy treats. Bring your best vegetable knife, apron, a small cutting board and to-go containers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Suzanne Landry.

\$89.00 ID \$106.80 OD

Activity: [302291](#) - Opens Aug. 5

**Sa:** 10:00 am - 12:00 pm

Session: 12/7



## With A Child: Hot Butter Dinner Rolls

**Ages:** 8 - 13 with Adult

**Larkspur Community Center**

From start to finish, you will learn the steps to master yeast rolls that will be the highlight of any meal. Once you understand the process, you will work with dairy, flour, and yeast to create your own rolls to take home and enjoy. Let us know if you are gluten or dairy sensitive so that we may accommodate your dietary needs. Bring an apron and to-go containers for any leftovers. The fee includes one child and one required accompanying adult. Please only register the child. Instructor: Elizabeth Guerin.

\$89.00 ID \$106.80 OD

Activity: [302251](#) - Opens Aug. 5

**Sa:** 2:00 - 4:00 pm

Session: 12/7

## Looking for childcare & day camps?

Take a look at the Youth Camps & Childcare section on pages 44 - 48.

## Dance & Movement

### Baby Ninja Classes

**Ages:** 10 - 24 months with Adult

**Free Spirit Yoga - Ninja - Play**

Babies and caregivers will bond and have a blast during these wonderful kids' movement classes! Led by experienced coaches, Baby Ninja Classes include exploration through soft-obstacle courses to develop important gross motor skills including: coordination, balance, grip strength and how to safely turn around to safely move down from obstacles. Weekly themes incorporate yoga movements, songs with hand gestures, parachute play, bubbles and story time. Adults will enjoy meeting other active adults and will learn positive ways to interact with their babies in an active, safe and playful manner. Please only register the child.

\$135.00 ID \$162.00 OD

Activity: [306170](#)

**M:** 9:30 - 10:15 am

Session: 10/21 - 12/2 (no class 11/25)

**Tu:** 11:00 - 11:45 am

Session: 9/10 - 10/15

## Mini-Ninja Classes

**Ages:** 2 - 3 with Adult

**Free Spirit Yoga - Ninja - Play**

Come enjoy these upbeat kids' movement classes! Your children will develop fundamental coordination skills, improve their balance, and build self-confidence as they tackle Ninja Warrior obstacle courses and practice fun yoga poses designed around a weekly theme. Learn how to support your kids as they learn to hang and flip on rings, perform somersaults, climb the rock wall and warped wall, cross balance beams and more. We also play under a parachute, giggle during bubble time, dance together, sing songs and wind down through story time and deep breathing exercises. Adults will enjoy yoga stretching, connecting with other active adults and having fun with their child in an active and uplifting environment. Please only register the child.

\$135.00 ID \$162.00 OD

Activity: [306171](#)

**M:** 10:30 - 11:15 am

Session: 10/21 - 12/2 (no class 11/25)

**W:** 10:30 - 11:15 am

Session: 9/11 - 10/16

## Nano-Ninja Classes

**Ages:** 4 - 5

**Free Spirit Yoga - Ninja - Play**

Strategically designed, Nano-Ninja Classes at Free Spirit aim to improve the essential components of your child's healthy development, such as refining balance, coordination and increasing strength. Our dedicated ninja coaches use positive encouragement to elevate children's self-confidence as they tackle diverse Ninja Warrior obstacle circuits. Team games provide valuable opportunities for your child to develop valuable socialization skills, fostering teamwork and strategic thinking while boosting their heart rate!

\$145.00 ID \$174.00 OD

Activity: [306172](#)

**Tu:** 3:15 - 4:05 pm

Session: 9/10 - 10/15

**Th:** 3:15 - 4:05 pm

Session: 9/12 - 10/17



## Kids Ninja Warrior Classes

**Ages:** 6 - 9

### Free Spirit Yoga - Ninja - Play

Your child can unleash incredible ninja skills while mastering Ninja Warrior obstacle circuits infused with gymnastics, parkour, rock climbing, and fitness conditioning. Our expert ninja coaches focus on specific techniques for conquering the climbing wall, high rings, warped wall, fire pole, cargo net, tilted frame, devil's bridge, cheese wall, balance beam and more. Your child will boost their speed, strength, coordination and agility while enhancing their overall athleticism. At the end of each class, coaches crank up the cardio intensity through super-fun team games.

\$145.00 ID \$174.00 OD

Activity: [306173](#)

**Tu:** 5:30 - 6:30 pm

Session: 9/10 - 10/15

**Th:** 4:15 - 5:15 pm

Session: 9/12 - 10/17

## Ninja Elite Classes

**Ages:** 9 - 13

### Free Spirit Yoga - Ninja - Play

In these high-energy classes, kids will not only master new conditioning techniques but also conquer larger parkour moves and take on dynamic climbing and gymnastics challenges. No matter your child's current skill level, all are welcome, as our expert ninja coaches provide modifications or progressions tailored to individual development. Kids will enhance their balance, refine coordination and boost their self-confidence all while having an absolute blast forming bonds with fellow ninjas.

\$145.00 ID \$174.00 OD

Activity: [306174](#)

**W:** 6:15 - 7:15 pm

Session: 9/11 - 10/16

**Th:** 5:30 - 6:30 pm

Session: 9/12 - 10/17

## Mini-Ninja Camp

**Ages:** 3 - 5

### Free Spirit Yoga - Ninja - Play

Kids will love connecting with our coaches and developing new friendships as they develop fundamental coordination skills through gymnastics, climbing and tumbling movements. Weekly themes include: Ninja Warrior obstacle-based circuits, upbeat group games, parachute play, bubbles, yoga stretching, as well as, cool down time with breathing ball exercises and interactive story time. Through positive direction your children will gain self-confidence while enhancing their balance, increasing their strength, improving their listening skills, and enhancing their body awareness in a fun and safe environment.

\$175.00 ID \$210.00 OD

Activity: [306175](#)

**Th:** 1:00 - 3:00 pm

Session: 9/12 - 10/17

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

## Kids Ninja Warrior Afterschool Camp

**Ages:** 6 - 10

### Free Spirit Yoga - Ninja - Play

Drop-off the kids after school for fun-filled Ninja Warrior Camp - they'll get their energy out and get their exercise in! Through positive encouragement, experienced coaches will lead them through weekly Ninja Warrior circuits that include climbing, parkour, gymnastics and functional fitness movements. Plus, they'll stay active and have fun in our exciting team-games and timed races through our incredible Ninja Warrior course. This is a fantastic chance to meet new ninja friends while building important coordination, balance, speed, strength and agility skills. Let the fun begin! No Class 11/27

\$205.00 ID \$246.00 OD

Activity: [306176](#)

**W:** 1:30 - 4:00 pm

Session: 9/11 - 10/16

10/23 - 12/4 (no class 11/27)



## Happy Hip Hop

**Ages:** 5 - 7

### Academie De Ballet

Come and learn the latest dance style of today's top choreographers. This family-friendly class utilizes moves from street dance, breaking, popping, locking and freestyle and incorporates them into a vibrant dance combination that expresses your individuality.

\$234.00 ID \$280.80 OD

Activity: [306570](#) - Opens Aug. 5

**W:** 3:25 - 4:10 pm

Session: 9/11 - 11/20

## Family Yoga Classes

**Ages:** 5 - 8 with Adult

### Free Spirit Yoga - Ninja - Play

Parents/caregivers, partner-up with your kid yogis to practice yoga and mindfulness together. During these special Family Yoga Classes, we teach kid-friendly yoga sequences, partner poses, acro-yoga while introducing breathing techniques and mindfulness practices to your family. Both adults and children will build flexibility and strength, while enjoying special bonding time. These classes are perfect for families who want to practice yoga together and learn ways to bring mindfulness, calm and peacefulness into their daily routines. All levels welcome.

\$145.00 ID \$174.00 OD

Activity: [306179](#) - Opens Aug. 5

**Th:** 4:15 - 5:15 pm

Session: 9/12 - 10/17

10/24 - 12/12

(no class 10/31 & 11/28)

## Tween Yoga Classes

**Ages:** 9 - 13

### Free Spirit Yoga - Ninja - Play

Yoga sequences and partner poses are thoughtfully planned to enhance their flexibility, strength, coordination and body awareness. Beyond the physical practice, classes include journaling, breath-work and mindfulness activities and also arts and crafts projects to foster a sense of calm and mindful concentration. Tweens will be introduced to yoga which will help empower them to breathe deeply, navigate emotions, improve concentration and enhance positive thinking. Additionally, yoga aids young athletes by building strength and preventing injuries during sports activities.

\$145.00 ID \$174.00 OD

Activity: [306178](#)

**Th:** 5:30 - 6:30 pm

Session: 9/12 - 10/17  
10/24 - 12/12  
(no class 10/31 & 11/28)

## Mini Yogi Classes

**Ages:** 3 - 5 with Adult

### Free Spirit Yoga - Ninja - Play

Come and share the joy of yoga with your loved ones! Kids and adults are invited to join our upbeat yoga classes. Tailored around different themes, each class features age-appropriate yoga sequences, engaging games, partner poses, lively songs with movements, interactive story time and even bubbles! Our holistic approach contributes to children's social, mental and physical development. Adults can discover new ways to connect with their little ones through yoga and movement. No prior yoga experience is required.

\$135.00 ID \$162.00 OD

Activity: [306177](#) - Opens Aug. 5

**F:** 10:30 - 11:15 am

Session: 9/13 - 10/18  
10/25 - 12/6 (no class 11/29)

## Little Stars Ballet

**Ages:** 3 - 4

### Academie De Ballet

Guided play of leaping over lily pads, swimming like a mermaid/merman becomes grand jeté in later levels. Action packed lessons engage and enrich your child's dance experience. Join us for a creative journey in learning basic ballet steps and terminology. Children's confidence rises as they explore freedom of movement and learn through dance play. Dress code is required; contact studio for more information. Learn more at [abc Bend.com/petitesetoiles/petitesetoiles-uniform-guide/](http://abc Bend.com/petitesetoiles/petitesetoiles-uniform-guide/)

\$234.00 ID \$280.80 OD

Activity: [306571](#) - Opens Aug. 5

**Sa:** 9:25 - 10:10 am

Session: 9/14 - 11/23

## Fantasy Ballet

**Ages:** 5 - 6

### Academie De Ballet

Children are delighted to dance through all of the magical places while using their newly learned ballet steps. This fantasy-themed ballet class is designed to cultivate your child's creativity, individuality and artistry while discovering ballet terminology and culture of discipline. Dress code is required; contact studio for more information. Learn more at [abc Bend.com/petitesetoiles/petitesetoiles-uniform-guide/](http://abc Bend.com/petitesetoiles/petitesetoiles-uniform-guide/)

\$234.00 ID \$280.80 OD

Activity: [306582](#) - Opens Aug. 5

**Sa:** 10:15 - 11:00 am

Session: 9/14 - 11/23



## Happy Habits Fun & Fitness Class

**Ages:** 2 - 5

### Juniper Park

Our classes keep kids active for a purposeful 60 minutes. We kick things off with a 10-minute warm-up, followed by 25 minutes of activities that boost motor skills, coordination and strength followed up with breath work and positive mindfulness exercise. We wrap up each session with a nutritious snack and social fun.

\$135.00 ID \$162.00 OD

Activity: [306562](#) - Opens Aug. 5

**Sa:** 9:00 - 10:00 am

Session: 9/21 - 10/26  
11/2 - 12/14 (no class 11/30)

## Games

### Chess Wizards NO SCHOOL

**Ages:** 7 - 11

### Cascade Middle School

Join us for fun and challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends and work out your most powerful muscle - your brain! Our camps include fun team chess games like bughouse, recess time, snacks, tournaments and puzzles. Each camper receives a Chess Wizards t-shirt, trophy and puzzle folder. Unleash your brain power and spend some of your time with Chess Wizards!

Activity: [306240](#) - Opens Aug. 5

#### HALF-DAY:

\$310.00 ID \$372.00 OD

**M/Tu/Th/F:** 9:00 am - 12:00 pm  
- OR - 12:00 - 3:00 pm

Session: 12/23 - 27 (no class 12/25)

#### FULL-DAY

\$465.00 ID \$558.00 OD

**M/Tu/Th/F:** 9:00 am - 3:00 pm

Session: 12/23 - 27 (no class 12/25)



## Volunteer with kids!

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

Register at [register.bendparksandrec.org](http://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.



## General Enrichment

### Play Pals NEW

**Ages:** 1.5 - 3 with Adult  
**Larkspur Community Center**

Fun, language-rich play classes for toddlers that include obstacle courses, crafts, story time, songs, sensory play and fine-motor activities. In this class designed and led by a licensed, early intervention speech therapist, caregivers learn communication strategies while children build friendships and learn through exploration. Parents/guardians are required to attend and actively participate in the class.

Activity: [306255](#) - Opens Aug. 5

#### SINGLE SESSION:

\$40.00 ID \$48.00 OD

**Th:** 10:00 - 10:45 am  
- OR - 11:00 - 11:45 am

Session: 9/5 9/12

**F:** 10:00 - 10:45 am  
- OR - 11:00 - 11:45 am

Session: 9/6 9/13

#### FOUR SESSIONS:

\$160.00 ID \$192.00 OD

**Tu:** 10:00 - 10:45 am

Session: 11/5 - 26

**Tu:** 11:00 - 11:45 am

Session: 10/8 - 29 11/5 - 26

**W:** 10:00 - 10:45 am

Session: 11/6 - 27

**W:** 11:00 - 11:45 am

Session: 10/9 - 30 11/6 - 27

## Learning

### Spanish Language Afterschool Program

**Ages:** 5 - 12

#### Happy Stars

Study the Spanish language with a native speaker from Madrid, Spain. This afterschool program will introduce children to basic Spanish language and culture with an emphasis in conversation and language retention, while exposing them to fun themes such as music, dance, cooking and arts.

\$120.00 ID \$144.00 OD

Activity: [306362](#) - Opens Aug. 5

**Th:** 3:30 - 5:00 pm

Session: 10/24 - 12/12

(no class 10/31 & 11/28)



## Music, Theater & Voice

### Drama Club

**Ages:** 5 - 17

#### Larkspur Community Center

An exciting drama class guiding young students through an immersive exploration of the fundamentals of acting, storytelling, and theatrical expression. Each session is designed to be stand-alone or seamlessly combined when taken consecutively. Instructor: Jana Mohr.

\$65.00 ID \$78.00 OD

Activity: [306222](#) - Opens Aug. 5

**Ages:** 5 - 6

**Tu:** 3:00 - 4:00 pm

Session: 9/10 - 10/1 10/15 - 11/5

**Ages:** 7 - 9

**M:** 3:00 - 4:00 pm

Session: 9/9 - 30 10/14 - 11/4

**Tu:** 6:00 - 7:00 pm

Session: 9/10 - 10/1 10/15 - 11/5

**Ages:** 10 - 13

**M:** 4:30 - 5:30 pm

Session: 9/9 - 30 10/14 - 11/4

**Ages:** 14 - 17

**M:** 6:00 - 7:00 pm

Session: 9/9 - 9/30 10/14 - 11/4

### Intro to Drama

**Ages:** 4 - 5

#### Larkspur Community Center

In this class for preschoolers, we will introduce the fundamentals of acting and theatrical expression through song, dance and storytime. Each session is designed to stand alone or seamlessly combine when sessions are taken consecutively. Instructor: Jana Mohr.

\$55.00 ID \$66.00 OD

Activity: [306221](#) - Opens Aug. 5

**W:** 10:40 - 11:30 am

Session: 9/11 - 10/2 10/16 - 11/6



## STEM

### LEGO® Robotics with SPIKE App

**Ages:** 10 - 17

#### DIYcave

In this intro workshop you will build and program robots using LEGO® educational SPIKE app kits. By workshop's end, students will have a solid foundation in LEGO® robotics and be able to create, modify and control their own robotic creations. These workshops are a great first dive before DIYcave's series of robotics and 3D printing classes. Computers and robots will be provided for workshop's duration. No prior robotics or programming experience required. Basic familiarity with computers and technology is beneficial. Be prepared to engage in hands-on activities and work closely with fellow participants to explore the exciting world of LEGO® robotics! Repeat participants are welcome and will progress in skill level. All materials included.

\$139.00 ID \$166.80 OD

Activity: [306159](#) - Opens Aug. 5

**W:** 5:00 - 7:00 pm

Session: 9/18 11/20

## Fun Works Inc. Intro to STEAM Using LEGO®

NO SCHOOL

Ages: 5 - 6

### Elk Meadow Elementary

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

\$120.00 ID \$144.00 OD

Activity: [306660](#) - Opens Aug. 5

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

Session: 10/30 - 11/1

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

Session: 11/25 - 27

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

Session: 12/23 - 27 (no class 12/24 - 25)  
12/30 - 1/3 (no class 12/31 - 1/1)

## Fun Works Inc. STEAM Using LEGO®

NO SCHOOL

Ages: 7 - 12

### Elk Meadow Elementary

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

\$120.00 ID \$144.00 OD

Activity: [306661](#) - Opens Aug. 5

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

Session: 10/30 - 11/1

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

Session: 11/25 - 27

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

Session: 12/23 - 27 (no class 12/24 - 25)  
12/30 - 1/3 (no class 12/31 - 1/1)



## Stop Motion Animation Filmmaking

Ages: 7 - 14

### Samara Learning Center

Combining computer technology with a variety of materials such as LEGO®, clay, paint, hot glue and green screens, filmmakers will construct miniature sets, characters, stories and vignettes reflective of their imaginations. From brainstorming to the final edit, students will be taught stop motion animation techniques and story-telling strategies necessary to produce original, short, animated movies. Emphasis will be put on the step-by-step creative process as practiced in professional creative fields. All materials included.

\$150.00 ID \$180.00 OD

Activity: [306567](#) - Opens Aug. 5

W: 1:30 - 3:00 pm

Session: 9/11 - 10/2 10/16 - 11/6  
11/20 - 12/18 (no class 11/27)

## LEGO® Robotics for the Future NEW Scientist

Ages: 7 - 10

### Samara Learning Center

Let LEGO®s encourage your child to learn about and "see" scientific data in action! In this beginner class, participants will perform basic math operations while coding robotics. Putting 21st century future-ready skills to work, young scientists' robotic creations will feature useful data with such functions as displaying a weather forecast, wind speed and more. All materials included and all your child needs to bring is curiosity!

\$99.00 ID \$118.80 OD

Activity: [306161](#) - Opens Aug. 5

Tu: 2:45 - 3:40 pm

Session: 10/15 - 11/12



Register at [register.bendparksandrec.org](https://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.



### STEM Exploration Afterschool Program NEW

**Ages:** 5 - 12

#### Happy Stars

This afterschool program will help develop children's skills and interest of science and engineering with practical age-related learning projects and fun games that will help keep them engaged and motivated while strengthening their leadership and team-building skills.

\$120.00 ID \$144.00 OD

Activity: [306359](#) - Opens Aug. 5

**M:** 3:30 - 5:00 pm

Session: 9/9 - 10/14

**Tu:** 3:30 - 5:00 pm

Session: 10/22 - 12/3

### Space Exploration Afterschool Program NEW

**Ages:** 5 - 12

#### Happy Stars

5-4-3-2-1, blast off! This fun-focused space science afterschool program is taught by an aerospace engineer whose sons were raised here in Bend and are currently moving toward PhD degrees in Aerospace Engineering by working for the National Aeronautics and Space Administration, better known as NASA. By following NASA directives and utilizing NASA resources, children will have plenty of fun while learning about and developing a love for space exploration.

\$120.00 ID \$144.00 OD

Activity: [306360](#) - Opens Aug. 5

**Tu:** 3:30 - 5:00 pm

Session: 9/10 - 10/15

### Mathematics Advantage Afterschool Program NEW

**Ages:** 5 - 12

#### Happy Stars

This afterschool program aims to strengthen the mathematics skills for the upcoming school year while covering the gaps that may have been missed in previous years which are preventing the enjoyment and success of the subject. All this activity and learning takes place in a fun environment which will help children develop a love for math and increase their overall analytical skills.

\$120.00 ID \$144.00 OD

Activity: [306361](#) - Opens Aug. 5

**M:** 3:30 - 5:00 pm

Session: 10/21 - 12/9

**Th:** 3:30 - 5:00 pm

Session: 9/12 - 10/17



.....  
**LEARN  
 TO PLAY  
 HOCKEY**  
 .....  
 SEE BELOW.

# chill your play

## Learn to Play Hockey Optional Rental Gear

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

Optional rental gear includes a hockey bag and all necessary gear except mouth guard and athletic supporter. The rental fee is \$50.00 ID and \$60.00 OD.

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

## Hockey

### Youth Learn to Play Hockey: Level 1

Ages: 5.5 - 14

#### The Pavilion

Our "Learn to Play" program is designed to introduce young players with little experience to the sport of ice hockey. Designed to develop your fundamentals of the game, we'll work on basic hockey skills, promote physical fitness and above all else have fun. Prerequisite: Completion of Learn to Skate Level 1 class or mastery of basic skating skills including forward skating, stopping and turning. Rental gear is available for \$50.00 ID \$60.00 OD.

\$125.00 ID \$140.00 OD

Activity: [310201](#) - Opens Aug. 5

W: 4:00 - 5:00 pm

Session: 11/6 - 12/18

Need to learn to skate before you can pick up a hockey stick? See the pages 60 - 61 for hockey skate lessons.

### Youth Learn to Play Hockey: Level 2

Ages: 5.5 - 14

#### The Pavilion

Continue progressing your hockey to the next level. Participants will continue to refine their fundamental hockey skills as well as begin to transfer drills into fun, game-like scrimmages. Prerequisite: Learn to Play Hockey Level 1 (or significant previous hockey experience). Rental gear is available for \$50.00 ID \$60.00 OD.

\$125.00 ID \$140.00 OD

Activity: [310202](#) - Opens Aug. 5

W: 5:15 - 6:15 pm

Session: 11/6 - 12/18

## WINTER 2025 ICE SPORTS

Registration opens  
 December 9 - 11.

Make plans for:

**YOUTH HOCKEY LEAGUE**  
**YOUTH SKATE LESSONS**  
**LEARN TO PLAY HOCKEY**

## Rink-reation.

Ice and roller skating and sports feature many benefits - physical exercise, balance and coordination development, personal growth and connection with others. But above all, they're lots of fun. So, get those kiddos in skate lessons or have them play in a league and see their joy of rink-reation.

## Skate Lesson Assessment **FREE**

Unsure which class to register yourself or your child in? Take the guesswork out - come for a free skate skill assessment to ensure you or your child are in the right class. Inquire at the Pavilion front desk or call 541-389-7588 to arrange an appointment.

## Skating Practice **FREE**

Learn to Skate participants skate for free at public skate sessions Monday - Thursday during enrolled dates. Rental skates and "Cheap Skates" sessions not included.

Schedules at [thepavilioninbend.com](http://thepavilioninbend.com)

## Guided Skating With Your Preschooler

### Ages: 3 - 5 with Adult

During Tuesday and Thursday With A Child Skate sessions, free instructor support is available at 10:00 - 11:15 am. Drop-in skating fees apply and direct supervision of your child on the ice required.

Schedules at [thepavilioninbend.com](http://thepavilioninbend.com)

## Learn to Skate: Youth

Ages: 4 - 17

### The Pavilion

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

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



### Our ice skating lessons are...

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

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

**REGISTRATION TIP:** Prerequisites for each class are listed in the class description here and online. We encourage skaters to master each skill level before progressing to the next level.

For more information, call 541-389-7588.

### KinderSkate 1

Ages: 4 - 5

#### The Pavilion

Introduce your young child to ice skating! In this entry-level class, we will learn about sitting and standing on the ice, marching in place, forward marches, dips and glides through fun games and activities. No prerequisite. Protective headgear required - bring a helmet or use ours for free.

\$70.00 ID \$84.00 OD

Activity: [310101](#) - Opens Aug. 5

Tu: 4:30 - 5:00 pm

Session: 11/5 - 12/17

Tu: 5:05 - 5:35 pm

Session: 11/5 - 12/17

Th: 4:30 - 5:00 pm

Session: 11/7 - 12/19

Sa: 8:45 - 9:15 am

Session: 11/9 - 12/21

### KinderSkate 2

Ages: 4 - 5

#### The Pavilion

Time for your young skater's next step up in skating skill development! In this class, we will develop forward swizzles, backward wiggles, two-foot hops, turns and more. Prerequisite: Completion of KinderSkate 1. Protective headgear required - bring a helmet or use ours for free.

\$70.00 ID \$84.00 OD

Activity: [310102](#) - Opens Aug. 5

Tu: 4:30 - 5:00 pm

Session: 11/5 - 12/17

Th: 4:30 - 5:00 pm

Session: 11/7 - 12/19

Sa: 8:45 - 9:15 am

Session: 11/9 - 12/21

### KinderSkate 3

Ages: 4 - 5

#### The Pavilion

Welcome to the final level for KinderSkate! In this class, we will continue to learn basic skills such as forward skating, backward swizzles, snowplow stops, one-foot glides, and more. Prerequisite: Completion of KinderSkate 2. Protective headgear required - bring a helmet or use ours for free.

\$70.00 ID \$84.00 OD

Activity: [310103](#) - Opens Aug. 5

Tu: 5:05 - 5:35 pm

Session: 11/5 - 12/17

Th: 4:30 - 5:00 pm

Session: 11/7 - 12/19

Sa: 9:20 - 9:50 am

Session: 11/9 - 12/21

## With A Child: Learn to Skate

**Ages:** 6 - 11 with Adult

### The Pavilion

Welcome to Skate School to learn the fundamentals of ice skating! Young skaters - grab a parent, relative or other adult in your life and learn to skate together. We will learn about sitting and standing up on the ice, forward swizzles, snowplow stops on two feet, two-foot hops and more. Register under the child's name; one adult is included. No prerequisite. Skate rentals included.

\$140.00 ID \$168.00 OD

Activity: [310110](#) - Opens Aug. 5

**Sa:** 9:55 - 10:25 am

Session: 11/9 - 12/21

## Learn to Skate: Youth Level 1

**Ages:** 6 - 11

### The Pavilion

In this class for entry-level beginners, we'll work on sitting and standing up on the ice, forward marching, forward swizzles, snowplow stops, and more. No prerequisite. Helmets recommended; bring your own or use ours for free. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310111](#) - Opens Aug. 5

**Tu:** 4:30 - 5:00 pm

Session: 11/5 - 12/17

**Tu:** 5:40 - 6:10 pm

Session: 11/5 - 12/17

**Th:** 4:30 - 5:00 pm

Session: 11/7 - 12/19

**Th:** 5:40 - 6:10 pm

Session: 11/7 - 12/19

**Sa:** 8:45 - 9:15 am

Session: 11/9 - 12/21

**Sa:** 9:20 - 9:50 am

Session: 11/9 - 12/21



## Learn to Skate: Youth Level 2

**Ages:** 6 - 11

### The Pavilion

Building on what we learned in Level 1, we'll develop one-foot glides, backward swizzles, two-foot turns, faster snowplow stops and more. Prerequisite: Completion of Level 1 or KinderSkate 3. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310112](#) - Opens Aug. 5

**Tu:** 4:30 - 5:00 pm

Session: 11/5 - 12/17

**Tu:** 5:40 - 6:10 pm

Session: 11/5 - 12/17

**Th:** 4:30 - 5:00 pm

Session: 11/7 - 12/19

**Th:** 5:05 - 5:35 pm

Session: 11/7 - 12/19

**Sa:** 8:45 - 9:15 am

Session: 11/9 - 12/21

## Learn to Skate: Youth Levels 3

**Ages:** 6 - 11

### The Pavilion

In Level 3 we will develop forward stroking, forward half swizzle pumps, backward one-foot glides, backward snowplow stops and more as we begin to focus on skills specific to figure and/or recreational skating. Prerequisite: Completion of Level 2. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310113](#) - Opens Aug. 5

**Tu:** 4:30 - 5:00 pm

Session: 11/5 - 12/17

**Th:** 4:30 - 5:00 pm

Session: 11/7 - 12/19

**Sa:** 9:55 - 10:25 am

Session: 11/9 - 12/21

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

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



## Specialized Sessions

Youth Fees: \$12.50 / session

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

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

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

### Stick Time

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

Activity: [410401](#) - Youth

### Freestyle

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

Activity: [410160](#)

## Learn to Skate: Youth Level 4

Ages: 6 - 11

### The Pavilion

In this class, we'll take your skating up another level with forward and outside edges around a circle, forward crossovers, two-foot spins, backward half-swizzle pumps and more. This class is often repeated since mastery of these skills is an important foundation needed before attempting the skills of Level 5-6 safely. Prerequisite: Completion of Level 3. Skate rentals included; figure skates only.

\$70.00 ID \$84.00 OD

Activity: [31014](#) - Opens Aug. 5

Tu: 5:05 - 5:35 pm

Session: 11/5 - 12/17

Th: 5:05 - 5:35 pm

Session: 11/7 - 12/19

Sa: 9:55 - 10:25 am

Session: 11/9 - 12/21



## Learn to Skate: Youth Levels 5 - 6

Ages: 6 - 11

### The Pavilion

Continuing your progression, Level 5-6 will develop backward inside and outside edges, backward crossovers, transitioning from two-foot to one-foot spins, more advanced stops, beginning toe-hops, forward spirals and more. This class is often repeated multiple times. Skaters at this level are encouraged to consider joining Bend Ice Figure Skating Club for further instruction and opportunities. Prerequisite: Completion of Level 4. Skate rentals included; figure skates required.

\$70.00 ID \$84.00 OD

Activity: [31015](#) - Opens Aug. 5

Th: 5:05 - 5:35 pm

Session: 11/7 - 12/19

Sa: 9:20 - 9:35 am

Session: 11/9 - 12/21



## Learn to Skate: Youth Hockey Level 1

Ages: 6 - 11

### The Pavilion

Let's learn some hockey-specific ice skating skills! In this advanced-beginner class, we will develop skating skills for hockey such as falling and recovery, hockey stance forward and backward, snowplow stops, backward swizzles, forward C-cuts and more. Wearing hockey gear is optional. No sticks or pucks will be used. Prerequisite: Completion of Learn to Skate: Youth Level 1 class or similar skating experience. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [31020](#) - Opens Aug. 5

Tu: 5:05 - 5:35 pm

Session: 11/5 - 12/17

Th: 5:05 - 5:35 pm

Session: 11/7 - 12/19

## Learn to Skate: Youth Hockey Level 2

Ages: 6 - 11

### The Pavilion

Take your hockey skating skills to the next level! In this class, skaters will work on outside/inside edges, quick starts, forward cross-overs, hockey stops and more. Wearing hockey gear is optional. We recommend skaters move from this class into our Learn to Play Hockey program. No sticks or pucks will be used. Prerequisite: Completion of Learn to Skate: Hockey Level 1. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [31022](#) - Opens Aug. 5

Tu: 5:05 - 5:35 pm

Session: 11/5 - 12/17

Th: 5:05 - 5:35 pm

Session: 11/7 - 12/19

## Learn to Skate: Teen Levels 1 - 3

Ages: 12 - 17

### The Pavilion

Welcome to Skate School where you will learn the fundamentals of ice skating! Depending on your experience and ability, you may learn about falling and recovery, marching forward, two-foot glides, forward swizzles, snowplow stops, one-foot glides, two-foot turns in place, backward snowplow stops, switching direction and more. No prerequisite skills required. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310131](#) - Opens Aug. 5

Tu: 5:40 - 6:10 pm

Session: 11/5 - 12/17

## Learn to Skate: Teen Levels 4 - 6

Ages: 12 - 17

### The Pavilion

Let's develop your skating skills further! Depending on your experience and ability, we may work on forward and backward edges, crossovers, two-foot spins, lunges and more. Suggested prerequisite: Completion of Level 3. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310133](#) - Opens Aug. 5

Tu: 5:40 - 6:10 pm

Session: 11/5 - 12/17



## Learn to Skate: Teen Hockey Skating

Ages: 12 - 17

### The Pavilion

Let's learn some hockey-specific ice skating skills! In this class, you'll develop your skating skills for hockey such as falling and recovery, hockey stance forward and backward, snowplow stops, backward swizzles, forward C-cuts and more. Wearing hockey gear is optional. No sticks or pucks will be used. Prerequisite: Basic ice skating experience prior to the first class - should be able to stand and skate forward confidently and unassisted. Skate rentals included.

\$70.00 ID \$84.00 OD

Activity: [310135](#) - Opens Aug. 5

Tu: 5:40 - 6:10 pm

Session: 11/5 - 12/17



## About Bend Ice

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

### Bend Ice Figure Skating Club

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

Website: [bendicefigureskatingclub.org](http://bendicefigureskatingclub.org)

### Bend Rapids Hockey Club

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

Website: [bendrapidsyouthhockey.org](http://bendrapidsyouthhockey.org)

### Bend Ice Curling Club

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

Website: [sites.google.com/site/bendcurlingcluborg/home](https://sites.google.com/site/bendcurlingcluborg/home)

Register at [register.bendparksandrec.org](http://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.

.....  
**YOUTH VOLLEYBALL LEAGUES**  
 .....  
 PAGE 67

# game time

## 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.

### All-Sports

#### Moment Athletics Friday Night Court Sports

Ages: 8 - 13

Highland Elementary

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

\$34.00 ID \$40.80 OD

Activity: [303051](#) - Opens Aug. 5

F: 6:00 - 9:00 pm

Session: 10/4 11/1  
 12/6

**Work for play  
 at BPRD.**

Learn more at

[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).

### Basketball

#### COBO Advanced Basketball Skills & Drills Training

Grades: 5 - 8

Highland Elementary

Prepare for the coming season as you practice and develop shooting, ball handling, passing, post play, perimeter attack skills, rebounding and defense. The goal is to expose players to advanced training, techniques, and drills that can improve their individual game. Lead by former Mtn. View High School basketball coach Craig Reid and his staff.

\$155.00 ID \$186.00 OD

Activity: [303055](#) - Opens Aug. 5

Grades: 5 - 6

Tu-W: 6:00 - 7:20 pm

Session: 9/24 - 10/9 10/15 - 30

Grades: 7 - 8

Tu-W: 7:25 - 8:45 pm

Session: 9/24 - 10/9 10/15 - 30



#### Caldera Preseason Boys' Basketball Clinics

Grades: 4 - 8

Caldera High School

Held at the Caldera High School Gym and under the direction of Caldera High School boys' basketball coach Ryan Cruz and his staff, these focused clinics will develop and strengthen your skills, helping you prepare for the coming season and tryouts. Space is limited.

\$89.00 ID \$106.80 OD

Activity: [303059](#) - Opens Aug. 5

Su: 5:00 - 7:00 pm

Session: 10/6 - 20

## Caldera Preseason Girls' Basketball Clinics

Grades: 4 - 8

### Caldera High School

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

\$79.00 ID \$94.80 OD

Activity: [303061](#) - Opens Aug. 5

Su: 3:15 - 4:45 pm

Session: 10/6 - 20

## COBO Preseason Basketball Clinics

Grades: 5 - 8

### Cascade Middle School

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

\$69.00 ID \$82.80 OD

Activity: [303056](#) - Opens Aug. 5

Sa: 4:00 - 6:00 pm

Session: 10/12 - 26 10/12 - 26

## Moment Athletics - HoopFest

NO SCHOOL

Ages: 8 - 13

### Pacific Crest Middle School

Music, hoops, friends and fun - perfect for a no-school day! Come play some basketball. Moment Athletics will provide a fun and active tournament structure, with fair play and meaningful competition. Moment Athletics is locally-owned and operated by veteran teacher and coach, CJ Colt. Bring a water bottle.

\$39.00 ID \$46.80 OD

Activity: [303052](#) - Opens Aug. 5

M: 1:00 - 4:00 pm

Session: 11/11

## COBO Basketball Skills Days

NO SCHOOL

Grades: 3 - 8

### Pilot Butte Middle School

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

\$32.00 ID \$38.40 OD

Activity: [303060](#)

Grades: 6 - 8

F: 9:00 - 11:45 am

Session: 11/1

Grades: 3 - 5

M: 9:00 - 11:45 am

Session: 11/11



## Bitty Ball Basketball League

Grades: K - 2

### Cascade Middle School

A good introduction for the younger player, this league focuses on skill development, teamwork and fun. Focused on skills, drills and intra-squad scrimmages and games, teams practice and scrimmage every Saturday. Time of 60-minute program varies. Team t-shirt included.

This program is dependent on volunteer coaches. Anyone interested in coaching, please visit our website to complete a [Volunteer Application](#).

Registration opens: 8/7

Registration deadline: 9/29, 11:59 p.m. or until full.

\$83.00 ID \$99.60 OD

Grade: Activity:

Coed - Grade K [303400](#)

Coed - Grade 1 [303401](#)

Boys - Grade 2 [303403](#)

Girls - Grade 2 [303404](#)

Season: 11/2 - 12/14 (no program 11/30)

## Youth Basketball League

Grades: 3 - 5

### Local schools

This recreational league emphasizes skill development, maximum participation, good sportsmanship, and lots of fun. Teams will practice twice during the week after 6:00 p.m. Coaches will select practice time and location. Games are played on Saturdays at local middle schools.

This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a [Volunteer Application](#).

Registration opens: 8/7

Space is limited.

Registration deadline: 11/10, 11:59 p.m. or until full.

\$99.00 ID \$118.80 OD

Grade: Activity:

Boys - Grade 3 [303405](#)

Girls - Grade 3 [303406](#)

Boys - Grade 4 [303407](#)

Girls - Grade 4 [303408](#)

Boys - Grade 5 [303409](#)

Girls - Grade 5 [303410](#)

Season: 1/2 - 3/1



Register at [register.bendparksandrec.org](http://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.

## Middle School Basketball League

Grades: 6 - 8

This joint program between the Bend-La Pine Schools and BPRD emphasizes individual and team skill development, maximum participation, good sportsmanship and fun. This program is open to all grades 6 - 8 youth for 2024 - 25 school year that live in the Bend-La Pine Schools district. If your school doesn't have a team, register for nearest school. Teams practice during the week, games played on weeknights. Uniform tops are provided.

This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a [Volunteer Application](#).

Registration opens: 8/7

Space is limited.

Boys registration deadline: 10/7,  
11:59 p.m. or until full.

Girls registration deadline: 12/20,  
11:59 p.m. or until full.

\$83.00 ID/OD

Boys' season: 10/30 - 12/19

Girls' season: 1/7 - 2/27

### Cascade Middle School

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

### High Desert Middle School

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

### Pacific Crest Middle School

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

### Pilot Butte Middle School

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

### Sky View Middle School

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

### Three Rivers School

#: [303420](#) - Boys

### La Pine Middle School

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

### Seven Peaks School

#: [303422](#) - Boys [303442](#) - Girls

### St. Francis School

#: [303425](#) - Boys

### Bend International School

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

### Westside School

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

### Cascades Academy

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



## High School Basketball League

Grades: 9 - 12

Cascade Middle School

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

Registration opens: 8/7

Registration deadline: 12/20,  
11:59 p.m. or until full.

\$83.00 ID \$99.60 OD

Grades 9 - 10: [303500](#)

Grades 11 - 12: [303502](#)

Su: 4:00 - 9:00 pm

Session: 1/5 - 2/23

### Adaptive Equipment

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

## Martial Arts

### Intro to Lil' Dragons

Ages: 4 - 6

Odyssey Martial Arts

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

\$89.00 ID \$106.80 OD

Activity: [306750](#) - Opens Aug. 5

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

Session: 9/4 - 10/2 (no class 9/18)  
10/7 - 30  
11/4 - 12/4 (no class 11/25 & 11/27)

### Beginning White Belt Karate

Ages: 6.5 - 12

Odyssey Martial Arts

Discover what martial arts is all about in this class designed for white belt beginners. Students will acquire control, focus, discipline, self-defense skills, confidence and respect, while learning karate techniques and having fun. Bring a water bottle and wear shoes. Please wear comfortable clothing (no jeans) to class.

\$109.00 ID \$130.80 OD

Activity: [306751](#) - Opens Aug. 5

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

Session: 9/4 - 10/2 (no class 9/18)  
10/7 - 30  
11/4 - 12/4 (no class 11/25 & 11/27)

## Brazilian Jiu-Jitsu NEW

Ages: 4 - 14

Connection Rio Jujitsu

Based on the ancient ground-based martial art of Jiu-Jitsu, our Kids Brazilian Jiu-Jitsu program is focused on developing students skills and experiences and taking pride as they grow. Aimed at teaching students to control and subdue an opponent through strength by leverage, the lessons learned in class can extend far beyond the mat, helping create well-rounded character and positive lifelong healthy habits that reach into many aspects of a one's life. Suitable for all skill levels. \$75 uniform fee payable to Connection Rio.

\$155.00 ID \$186.00 OD

Activity: [306755](#) - Opens Aug. 5

Ages: 4 - 6

M/W: 1:30 - 2:30 pm

Session: 9/2 - 25 10/7 - 30  
11/4 - 20

Ages: 7 - 14

M/W: 2:45 - 3:45 pm

Session: 9/2 - 25 10/7 - 30  
11/4 - 20

\$136.00 ID \$163.20 OD

Ages: 4 - 6

M/W: 1:30 - 2:30 pm

Session: 12/2 - 12/23

Ages: 7 - 14

M/W: 2:45 - 3:45 pm

Session: 12/2 - 12/23







## Children's Aikido

**Ages:** 6 - 12

**Oregon Ki Society**

By helping to cultivate good habits at an early age, the practices of Japanese martial arts, Ki-Aikido and Ki Development, offer children a foundation that can help prepare them for a lifetime of positive growth. While children's bodies are growing so are their minds, so we aim to develop them together in Ki's physically active and cooperative learning environment. The goal is that as children grow, they learn to apply these lessons to many of life's activities - school, play, sports and relationships.

\$99.00 ID \$118.80 OD

Activity: [306756](#) - Opens Aug. 5

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

Session: 10/1 - 24  
12/3 - 1/2 (no class 12/24, 12/31)

\$87.00 ID \$104.40 OD

Activity: [306756](#) - Opens Aug. 5

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

Session: 11/5 - 11/26

## Rock Climbing

### Kids Bouldering NEW

**Ages:** 7 - 11

**Bend Endurance Academy**

Come and experience the movement challenges that bouldering/indoor climbing has to offer in a youth-specific bouldering facility at the Bend Endurance Academy's bouldering club. Classes will be separated by grade and Bend Endurance Academy coaches and instructors tailor sessions to meet the needs of each individual, with a focus on increasing body position awareness, strength, balance and agility. No climbing experience is required. Rental climbing shoes are available for participants at class, all other safety equipment included.

\$200.00 ID \$240.00 OD

Activity: [306601](#) - Opens Aug. 5

**M:** 3:00 - 4:30 pm

Session: 9/9 - 10/21 11/4 - 12/16

**W:** 1:30 - 3:00 pm

Session: 9/11 - 10/23 11/6 - 12/18

**Sa:** 10:00 - 11:30 am

Session: 9/14 - 10/26 11/9 - 12/21

**Su:** 10:00 - 11:30 am

Session: 9/15 - 10/27 11/10 - 12/22

## Scootering

### Fall Scooter Camp

NO SCHOOL

**Ages:** 6 - 17

**Ponderosa Skate Park**

Come get spooky with us! Learn new skills and tricks while we have a blast during instruction time, games like foot down and tag, activities and competitions. Riders will be split into instruction groups with pro riders Coby and Tate Bailey, who will give pointers and demonstrate a progression of tricks. Also during camp, we will have various competitions such as time trials, a skills clinic, best trick and high jump. We'll have a special costume contest too. A scooter and helmet is required; pads are recommended. Bring a water bottle, pencil or pen for your skills review and a sack lunch. Program is weather-dependent.

\$225.00 ID \$270.00 OD

Activity: [306778](#) - Opens Aug. 5

**W-F:** 10:00 am - 2:00 pm

Session: 10/30 - 11/1

## SoccerJrs

### SoccerJrs - Teddies

**Ages:** 1.5 - 2 with Adult

**Cascade Indoor Sports Center**

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence. Adults participate with the child as they learn soccer basics and fun activities. No classes 11/25 - 11/30.

\$115.00 ID \$138.00 OD

Activity: [303310](#) - Opens Aug. 5

**Tu:** 10:00 - 10:55 am

Session: 9/10 - 10/22  
10/29 - 12/17 (no class 11/26)

**W:** 11:00 - 11:55 am

Session: 9/11 - 10/23  
10/30 - 12/18 (no class 11/27)

**Th:** 5:00 - 5:55 pm

Session: 9/12 - 10/24  
10/31 - 12/19 (no class 11/28)

**Sa:** 9:00 - 9:55 am

- OR - 10:00 - 10:55 am

Session: 9/14 - 10/26  
11/2 - 12/21 (no class 11/30)



Register at [register.bendparksandrec.org](http://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.



### SoccerJrs - Cubs

**Ages:** 3 - 4

**Cascade Indoor Sports Center**

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence. An introductory program teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions. We do not play competitive games in this class. No classes 11/25 - 11/30.

\$115.00 ID \$138.00 OD

Activity: [303311](#) - Opens Aug. 5

**M:** 5:00 - 5:55 pm

Session: 9/9 - 10/21  
10/28 - 12/16 (no class 11/25)

**Tu:** 11:00 - 11:55 am  
- OR - 4:00 - 4:55 pm

Session: 9/10 - 10/22  
10/29 - 12/17 (no class 11/26)

**W:** 10:00 - 10:55 am  
- OR - 4:00 - 4:55 pm

Session: 9/11 - 10/23  
10/30 - 12/18 (no class 11/27)

**Th:** 4:00 - 4:55 pm  
- OR - 5:00 - 5:55 pm

Session: 9/12 - 10/24  
10/31 - 12/19 (no class 11/28)

**Sa:** 9:00 - 9:55 am  
- OR - 10:00 - 10:55 am

Session: 9/14 - 10/26  
11/2 - 12/21 (no class 11/30)

### SoccerJrs - Bears

**Ages:** 5 - 6

**Cascade Indoor Sports Center**

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence. This class is designed for kids with little or no soccer experience. No classes 11/25 - 11/30.

\$115.00 ID \$138.00 OD

Activity: [303312](#) - Opens Aug. 5

**M:** 4:00 - 4:55 pm

Session: 9/9 - 10/21  
10/28 - 12/16 (no class 11/25)

**Tu:** 5:00 - 5:55 pm

Session: 9/10 - 10/22  
10/29 - 12/17 (no class 11/26)

**W:** 3:00 - 3:55 pm

Session: 9/11 - 10/23  
10/30 - 12/18 (no class 11/27)

**Th:** 4:00 - 4:55 pm

Session: 9/12 - 10/24  
10/31 - 12/19 (no class 11/28)



## Soccer

### Youth Fall Indoor Soccer League: Sessions 1 & 2

**Grades:** K - 8

**Cascade Indoor Sports Center**

Get out of the cold weather and join a youth indoor soccer league! All skill levels are welcome. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. League games are on Saturdays; one game a week for six weeks with no practices. Team shirt included. Space is limited, Registration is available until program is full or start date. No games 11/25 - 30.

\$120.00 ID \$144.00 OD

Activity: [303340](#) - Opens Aug. 7

**Grade:** K

**Sa:** 11:00 am - 12:00 pm

**Grade:** 1 - 2

**Sa:** 12:00 - 2:00 pm

**Grade:** 3 - 5

**Sa:** 2:00 - 4:00 pm

**Grade:** 6 - 8

**Sa:** 5:00 - 7:00 pm

Session 1: 9/14 - 10/26

Session 2: 11/2 - 12/21 (no games 11/30)



## Track & Field

### Littlefoot Run FREE

**Grades:** K - 5

**Location:** Pine Nursery Park

Join BPRD and Central Oregon Running Klub (CORK) for this classic event! Runners will participate in races of varying lengths (depending on age group) and will get a chance to run with high school cross-country athletes. Registration is day-of near the concession stand walkway, closest to the Yellow Field. Be sure to dress for the weather.

**W:** 3:00 - 5:00 pm

Register at: 3:00 - 3:30 pm

**Date:** 10/2

**Grade:** Race Time:

K - 1 3:35 pm

2 - 3 3:50 pm

4 - 5 4:10 pm

**Volunteer with youth sports.**

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

# Ultimate

## Fall Middle School Ultimate League

Grades: 6 - 8

Mountain View Park

Welcome to BPRD's Middle School Ultimate League. In this coed 5v5 league, players can expect a short team practice followed by a game each week. All players receive a t-shirt and disc.

Registration opens: 8/7

Registration deadline: 9/3,  
11:59 p.m. or until full.

\$68.00 ID \$81.60 OD

Activity: [303602](#)

M/W: 4:30 - 5:45 pm

Session: 9/9 - 10/16



# Volleyball

## NPJ Fall Volleyball Clinics

Grades: 3 - 6

Cascade Middle School

Led by local NPJ club volleyball coaches, come improve your game and have fun with your friends as we get ready for the upcoming season.

\$49.00 ID \$58.80 OD

Activity: [303126](#) - Opens Aug. 5

Ages: 7.6 - 10

Su: 4:30 - 5:45 pm

Session: 10/6 - 20

Ages: 9.5 - 12

Su: 6:00 - 7:15 pm

Session: 10/6 - 20



## Youth Volleyball League

Grades: 3 - 6

Pacific Crest Middle School & Pilot Butte Middle School

This recreational league emphasizes individual and team skill development, maximum court time, good sportsmanship and fun. Teams will practice and play games on Saturdays (no program on 11/30). Practice/game times will vary each week and last 90 minutes.

This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a [Volunteer Application](#).

Registration opens: 8/7

Registration deadline: 9/29,  
11:59 p.m. or until full.

\$85.00 ID \$102.00 OD

Located at:

Pilot Butte Middle School

Grade 3: [303553](#)

Grade 4: [303554](#)

Located at:

Pacific Crest Middle School

Grade 5: [303555](#)

Grade 6: [303556](#)

Sa: 9:00 am - 6:00 pm

Season: 11/2 - 12/14

**Work for play  
at BPRD.**

Learn more at

[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).



## Yo! Sports Fans! Plan ahead for play! 2024-25 Youth Sports League Registration Deadlines

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

### Fall 2024 Registration: Leagues open August 7

Program/League	Dates	Deadline or until full
Fall Ultimate Middle School	Sept. - Oct.	9/3
Youth Volleyball League	Nov. - Dec.	9/29
Bitty Basketball	Nov. - Dec.	9/29
Youth Basketball League	Jan. - Mar.	11/10
Middle School Basketball - Boys	Nov. - Dec.	10/7
Middle School Basketball - Girls	Jan. - Mar.	12/20
High School Basketball League	Dec. - Feb.	12/20

### Winter 2025 Registration: Early December

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

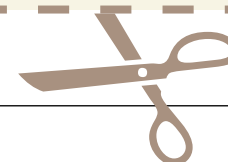
### Spring 2025 Registration: Early February

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

### Summer 2025 Registration: Late March

Program/League	Dates	Deadline or until full
Kindergarten Soccer League	Sept. - Oct.	TBD
Youth Fall Soccer League	Sept. - Oct.	TBD
Youth Flag Football League	Sept. - Oct.	TBD
Middle School Tennis League	Sept. - Oct.	TBD

Be sure to check future Playbooks or the registration website for updates.





GIVE & RECEIVE BACK  
.....  
COACHING MATTERS  
IN OUR COMMUNITY  
.....

give a little, get a lot

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



**Thanks, Coach!**

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

- Youth lacrosse
- Youth softball
- Youth roller hockey



**Thanks, Sponsors!**

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

**RIDGELINE ORAL SURGERY**

Sponsor for kindergarten and youth soccer, flag football and youth volleyball

**THE CENTER**

Sponsor for youth soccer and flag football

**Ready to Coach  
Youth Team Sports?**

**We need you!**

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

- Youth fall soccer leagues
- Flag football leagues
- Youth volleyball leagues
- Middle school tennis league
- Middle school basketball leagues
- Youth basketball leagues
- Youth ice hockey leagues

Sport experience preferred, but mostly need to enjoy working with kids. [Volunteer Application](#) and background check required. Training and support provided. For more information, contact BPRD sports program staff at 541-693-1044 or [sportsinfo@bendparksandrec.org](mailto:sportsinfo@bendparksandrec.org).



**YOUTH SWIM LESSONS**  
.....  
PAGES 70 - 71

# swim for it

## Youth & Teen Fitness

### Teen Fitness

**Ages:** 11 - 17

**Juniper Swim & Fitness Center & Larkspur Community Center**

**FITNESS CENTER USE:** Improve strength and conditioning in our state-of-the-art fitness center. Youth ages 16 - 17 may use the fitness center without restriction although we recommend completing a Fitness Center Orientation. Youth ages 11 - 15 may only workout in the fitness center under direct parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. After orientation, 11 - 15 year-olds need to check in at front desk for a wristband for each fitness center visit. Children 10 years and younger are not allowed in the fitness center.

[View schedules online.](#)

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

[View classes and schedules online.](#)

**Enjoy the water?  
Be a lifeguard or swim instructor.**  
Learn more at [bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).



**Drop in and jump in at Rec Swim!**

BPRD has three great recreation swim sessions available at two facilities:

- Family Swim
- Parent-Child Swim
- Open Recreation Swim

Learn more on page 79 and view schedules at [bendparksandrec.org/recswim](http://bendparksandrec.org/recswim)

**Dive into fitness and swimming.**

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



## Youth Swim Lessons

### Our year-round youth swim lessons are...

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

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

### Swim lessons fill quickly! How to register:

1. **Based on your child's age, select a lesson group:**
  - 6 - 36 months: Parent Tot
  - 30 - 35 months: Sea Stars
  - 3 - 5 years: Journey
  - 6 - 12 years: Level
  - 13 - 16 years: Teen Level
2. **Review lesson descriptions and select level for your child's skills and required class prerequisites. Still not sure? Schedule a swim assessment (below right).**
3. **Determine preferred location.**
4. **Click on blue "View" hyperlinks to see offerings. Fees vary with session lengths.**
5. **Register for the class that matches your child's level.**
6. **If the appropriate lessons are full, be sure to sign up on the waitlist.**



### Parent Tot Swim Lessons

**Ages:** 6 - 36 months

Developmentally appropriate classes provide a safe, encouraging and fun introduction to the wonderful world of water. Parents/guardians work directly with their child under instructor's guidance. Swim diaper required for all children.

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

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

**Fees:** \$115.00 - \$120.00 ID  
\$138.00 - \$144.00 OD

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

Opens August 6

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

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

### Sea Stars Swim Lessons

**Age:** 30 - 35 months

Has your child attended Parent Tot lessons multiple times? Is your child two and a half years old and ready for more? Specially designed for the independent, not quite three year old, this fun and encouraging class will teach your child the basic skills of floating, gliding and water safety. Prerequisite: Parent Tot lessons. Parent participation in the water is required. Swim diaper required for all children.

**Fees:** \$115.00 - \$120.00 ID  
\$138.00 - \$144.00 OD

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

Opens August 6

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

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

### Journey Swim Lessons

**Ages:** 3 - 5

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

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

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

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

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



**Journey 5:** More advanced stroke work including technique and endurance with both crawl stroke and backstroke. Prerequisite: Completion of Journey 4 or front crawl with side breathing 20 feet and backstroke for 20 feet.

**Fees:** \$115.00 - \$120.00 ID  
\$138.00 - \$144.00 OD

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

Opens August 6

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

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

For more information, call 541-389-7275 or visit [bendparksandrec.org](http://bendparksandrec.org)

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

## Level Swim Lessons

**Ages:** 6 - 12

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

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

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

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

**Level 4:** Crawl stroke with rhythmic side breathing and back crawl stroke for 25 meters with increased emphasis on proper technique. Elementary backstroke, breast stroke and dolphin kick introduced. Prerequisite: Comfortably swim crawl stroke with side breathing and backstroke for 45 feet.

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

**Level 6:** Increased endurance and technique in all previously learned strokes including butterfly and breast stroke; flips turns and diving from starting blocks. Prerequisite: Completion of Level 5.

**Fees:** \$115.00 - \$120.00 ID  
\$138.00 - \$144.00 OD

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

Opens August 6

**Juniper Swim & Fitness Center**

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

**Larkspur Community Center**

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

## Teen Level Swim Lessons

**Ages:** 13 - 16

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

**Descriptions available above.**

**Fees:** \$120.00 ID  
\$144.00 OD

**Frequency:** 1 day a week

Opens August 6

**Juniper Swim & Fitness Center**

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



## Swim Lesson Assessment FREE

Take the guesswork out with a free swim assessment to ensure your child is in the right class. Come by the pools at:

**Larkspur Community Ctr.:**

Dates: Now - 8/30  
M-Th: 1:45 & 6:15 pm  
Sa: 3:00 pm

Dates: 9/16 - 12/19  
M-Th: 4:00 & 6:15 pm

**Juniper Swim & Fitness Ctr.:**

Dates: Now - 8/30  
M-Th: 10:30 am,  
4:00 & 6:30 pm  
F: 10:30 am

Dates: 9/16 - 12/19  
M-Th: 4:00 & 6:15 pm  
F: 4:00 pm  
Sa: 8:45 am & 12:30 pm

Email [ann@bendparksandrec.org](mailto:ann@bendparksandrec.org) or [keri@bendparksandrec.org](mailto:keri@bendparksandrec.org) to arrange an appointment to work with your schedule.

## Frequently Asked Questions

**When does registration begin?**

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

**How do I know what lesson to register my child for?**

Come to a swim lesson assessment or read the prerequisite listed under the class description.

**Why are swim lessons so popular?**

Youth swim lessons are some of the most in-demand recreation programs in our community. There are several reasons why. The facility shutdown of the pandemic coupled with area population growth created a backlog of children needing lessons. Even with a full schedule of lessons, we're not able to meet all of the demand, but it is improving. If you are unable to get a spot, please sign up on a waitlist so that we know of your interest and can try to accommodate your child.

**I am on a waitlist, what should I do?**

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

**What lesson level is my child signed up for?**

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

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

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

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

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

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

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

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

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

**Are private or semi-private swim lessons available?**

We are unable to offer private or semi-private lessons at this time as group lessons are our priority. As we bring on more staff, we hope to offer additional swim lesson opportunities.





## Clases de Natacion para Familias en espanol / Family Swim Lesson in Spanish

**Ages:** 3 & up

**Juniper Swim & Fitness Center**

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

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

\$158.00 ID \$189.60 OD

Activity: [305260](#) - Opens Aug. 6

**Sa:** 12:30 - 1:00 pm

Session: 9/28 - 12/14

## Diving

### Springboard Diving

**Ages:** 9 - 12

**Juniper Swim & Fitness Center**

Learn the basics of how to dive from the 1-meter springboard. The instructor will lead you through the specifics of how to do a diving approach, front jumps, front dives, as well as a basic introduction to the back dive. Additional instruction includes introductions to front flips and twist jumps, along with basic step-by-step progressions. Focused on developing your confidence in a safe environment the sessions will build skills to help you become a successful diver. Prerequisite: Ability to comfortably swim two widths of the pool in the deep end and tread water.

\$58.00 ID \$69.60 OD

Activity: [305570](#) - Opens Aug. 6

**W:** 1:35 - 2:20 pm

- OR - 2:25 - 3:10 pm

Session: 9/25 - 10/23 10/30 - 12/11

**F:** 4:10 - 4:55 pm

- OR - 5:00 - 5:45 pm

Session: 9/27 - 10/25 11/1 - 12/13

**F:** 5:50 - 6:25 pm

Session: 9/27 - 10/25

**F:** 5:50 - 6:35 pm

Session: 11/1 - 12/13 (no class 11/26 or 11/29)

## Swim Team & Programs

### Youth Novice Swim Team

**Ages:** 6.5 - 11

**Juniper Swim & Fitness Center**

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

\$183.00 ID \$219.60 OD

Activity: [305540](#) - Opens Aug. 6

**M/W:** 4:00 - 4:55 pm

Session: 9/23 - 11/20

**Tu/Th:** 3:15 - 4:10 pm

- OR - 4:15 - 5:10 pm

Session: 9/24 - 11/21



### Middle School Novice Swim Team

**Ages:** 10.5 - 14

**Juniper Swim & Fitness Center**

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

\$183.00 ID \$219.60 OD

Activity: [305541](#) - Opens Aug. 6

**Tu/Th:** 5:15 - 6:10 pm

Session: 9/24 - 11/21



### Swim Squad

**Ages:** 14 - 18

**Juniper Swim & Fitness Center**

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

\$148.00 ID \$177.60 OD

Activity: [305542](#) - Opens Aug. 6

**Tu/Th:** 7:10 - 8:00 am

Session: 9/24 - 11/14

### Novice Swim Stroke Clinic

**Ages:** 6.5 - 13

**Juniper Swim & Fitness Center**

These short sessions focus on improving the four racing strokes. Participants must be able to swim 25 meters front crawl stroke using side breathing and 25 meters backstroke with level body position. Newcomers and repeat participants welcome.

\$61.00 ID \$73.20 OD

Activity: [305543](#) - Opens Aug. 6

**M/W:** 4:00 - 4:55 pm

Session: 12/2 - 18

**Tu/Th:** 4:15 - 5:10 pm

- OR - 5:15 - 6:10 pm

Session: 12/3 - 19

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

Learn more at

[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs).





## Preschool

### Busy Buddies Preschool Registration

**Ages:** 3 - 5

#### Juniper Swim and Fitness

Busy Buddies Preschool is a school-year program that aligns similarly to the Bend-La Pine Schools calendar. This program includes weekly swim lessons and movement play! Children will enjoy arts and crafts, dramatic play and more while being introduced to basic educational concepts such as numbers, letters and phonics. Class is taught in a small group setting and a daily snack is provided. No prior swimming experience necessary. Children must be potty-trained. Registration for each school year opens in May.

Limited availability - sign up on wait list if the program is full. The registration holds your spot for the upcoming or current September-May school year program.

A \$20.00 ID/OD non-refundable registration fee is due at time of enrollment and monthly fee of \$260.00 ID / \$312.00 OD is due the 5th of every month September through June. You can register for multiple sessions per week if you choose.

Activity: [405601](#) - Open now

**M/W:** 1:30 - 4:30 pm

Session: 9/9 - 6/11

**Tu/Th:** 1:30 - 4:30 pm

Session: 9/10 - 6/12

No school during Thanksgiving Break (11/25 - 28), Winter Break (12/23 - 1/2) and Spring Break (3/24 - 27) and on Martin Luther King Jr. Day, President's Day, and Memorial Day.

**Try our new  
Young Children  
Activity Finder**

pages 34 - 35.

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

**Ages:** 6 months - 5 years

#### Juniper Swim & Fitness Center

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

- Registration is strongly recommended and includes a standard of four scheduled 75-minute visits per session at discounted rate.
- Fee is adjusted for three- or five-visit sessions.
- Each visit is limited to 75 minutes. Sorry, no discount for less time. If you would like your child to stay longer than 75 minutes, it will count as two visits and only available as space allows or if registered.



### Registration Childcare

#### TODDLER

**Ages:** 6 - 29 months.

Limited availability

\$36.00 ID \$43.20 OD / session

Activity: [305600](#) - Opens Aug. 5

#### PRESCHOOLER

**Ages:** 30 months  
- 5 years old

\$30.00 ID \$36.00 OD / session

Activity: [305601](#) - Opens Aug. 5

**Weekdays:** 9:00 - 10:15 am  
- OR - 10:20 - 11:35 am

Sessions:

M: 9/9 - 30 10/7 - 28  
11/4 - 25 12/2 - 30

T: 9/3 - 24 10/1 - 29  
11/5 - 26 12/3 - 31

W: 9/4 - 25 10/2 - 30  
11/6 - 27 12/4 - 18

Th: 9/5 - 26 10/3 - 31  
11/7 - 21 12/5 - 26

F: 9/6 - 27 10/4 - 25  
11/1 - 22 12/6 - 27

### Drop-in Childcare

*Available if space allows.*

*Call 541-706-6191 for availability.*

#### TODDLER

**Ages:** 6 - 29 months.

Limited availability

\$11.00 ID \$13.20 OD

per visit up to 75 minutes.

#### PRESCHOOLER

**Ages:** 30 months  
- 5 years old

\$9.25 ID \$11.10 OD

per visit up to 75 minutes.

**Weekdays:** 9:00 - 10:15 am  
- OR - 10:20 - 11:35 am

Your child can stay for longer than 75 minutes with payment for two visits.

### Sync up to Adult Fitness Classes

Juniper features a great lineup of fitness classes during childcare.

Learn more and view drop-in fitness classes at [bendparksandrec.org/fitness-swim/](http://bendparksandrec.org/fitness-swim/)

This page intentionally left blank.



Juniper Swim & Fitness Center



The Pavilion

# places to play

## recreation centers



Bend Senior Center



Larkspur Community Center

# let's go!

## Recreation Center Fees & Passes



### One pass, three facilities & hundreds of activities

Choose the pass option that best fits your needs and get ready to move and play.

More information at:  
[bendparksandrec.org/passes/](http://bendparksandrec.org/passes/)

Bend Park & Recreation District offers three unique recreation centers with hundreds of weekly drop-in activities. To use a BPRD facility, choose the fee structure and payment option that best matches your household's 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**

### Match your play with the perfect pass

#### 10-Visit Passes

- **Save an average of 15% off regular fees**
- **Pre-paid to use as you go**

10-visit passes may be used for drop-in activities at all locations. Patrons may use visits for themselves or guests at the same or lower entrance fee. This pass doesn't expire.

#### Monthly Auto-Renewal, 3-Month & Annual Passes

- **Great for the frequent user**
- **Unlimited in and out privileges**
- **Quick and easy check-in**
- **Awesome savings - the more you use your pass, the more you save**

Monthly auto-renewal, 3-month and annual passes may be purchased at any time. Full payment is required at time of purchase. Monthly passes feature auto-renewal with three-month minimum commitment and 3-month and annual passes offer online/in-person renewal. 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/3-month fee with an annual pass. Combine with partner and family pass for the best value!

#### Partner Discount

Save 10% off monthly, 3-month 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.

#### Family Passes

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

#### 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, view the district map at [bendparksandrec.org](http://bendparksandrec.org) or call us at (541) 389-7275.

For more information, call 541-389-7275 or visit [bendparksandrec.org](http://bendparksandrec.org)

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

## DROP-IN FITNESS, SWIM & SKATE IN-DISTRICT FEES & PASSES

Effective beginning June 19, 2024.

### JUNIPER SWIM & FITNESS CENTER LARKSPUR COMMUNITY CENTER & THE PAVILION

#### All passes include:

Drop-in fitness classes, swim activities, hot tub/spa features, fitness centers, indoor track, social activities and public roller skating sessions.

Roller skate rental: \$3.00.

#### Single-visit and 10-visit pass:

Include public ice skating sessions.

#### Monthly, 3-month and annual passes:

Offer a discount of 50% off public ice skating sessions.

Ice skate rental: \$4.00.

Does not include access to registration programs.

See activity details on pages 78 - 84.

<b>Single Visit Admission</b>	Adult (19-64)	\$9.00
	Older Adult* (65-79)	\$8.00
	Youth (3-18)/Honored Citizens (80+)	\$7.00
	Children under 3 with paying adult	Free
<b>10-Visit Pass</b> Save an average of 15%	Adult (19-64)	\$76.50
	Older Adult* (65-79)	\$68.00
	Youth (3-18)/Honored Citizens (80+)	\$59.50
<b>Monthly Auto-Renewal Pass</b> Unlimited visits!	Adult (19-64)	\$65.00
	Older Adult* (64-79)	\$50.00
	Youth (3-18)/Honored Citizens (80+)	\$35.00
	Family - Any mix of 3 or more household members	\$120.00
<b>3-Month Pass</b> Unlimited visits!	Adult (19-64)	\$195.00
	Older Adult* (65-79)	\$150.00
	Youth (3-18)/Honored Citizens (80+)	\$105.00
	Family - Any mix of 3 or more household members	\$360.00
<b>Annual Pass</b> Unlimited visits! Save 20% off the monthly fee.	Adult (19-64)	\$624.00
	Older Adult* (65-79)	\$480.00
	Youth (3-18)/Honored Citizens (80+)	\$336.00
	Family - Any mix of 3 or more household members	\$1,152.00

Older Adult Rate\*: Those born on or before December 31, 1961 will receive the older adult rate even though they may not be 65 years or older yet.

## DROP-IN ICE SEASON IN-DISTRICT PASSES

Effective beginning October 1, 2024

**EARLY BIRD DISCOUNT:  
SAVE 10% IF PURCHASED OCTOBER 1 - 31**

### THE PAVILION: OCTOBER - APRIL

Unlimited drop-in public ice skate sessions.

Ice skate rental: \$4.00.

Does not include access to registration programs.

See activity details on page 78.

<b>Ice Season Pass</b> Unlimited visits for public ice skating sessions	Adult (19-64)	\$325.00
	Older Adult* (65-79)	\$282.00
	Youth (3-18)/Honored Citizens (80+)	\$240.00
	Family - Any mix of 3 or more household members	\$605.00

## DROP-IN ADULT SOCIAL ACTIVITY IN-DISTRICT FEES & PASSES

Effective beginning June 19, 2024.

### BEND SENIOR CENTER

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

Does not include access to registration programs.

See activity details on page 82.

<b>Single Visit Admission</b>	Adult (19-64)	\$3.50
	Older Adult* (65-79)	\$1.50
	Youth (3-18)/Honored Citizens (80+)	\$1.25
<b>10-Visit Pass</b> Save an average of 15%	Adult (19-64)	\$29.00
	Older Adult* (65-79)	\$12.00
	Youth (3-18)/Honored Citizens (80+)	\$10.00
<b>Monthly Pass</b> Unlimited visits!	Adult (19-64)	\$24.00
	Older Adult* (65-79)	\$16.00
	Youth (3-18)/Honored Citizens (80+)	\$13.00



# recreation center activities

## One pass— three facilities & hundreds of sessions

The Fitness, Swim & Skate Monthly, 3-Month and Annual Passes include unlimited lap swim, rec swim, roller skating, fitness center use, spa features use and access to 200+ weekly fitness programs at Juniper Swim & Fitness Center, Larkspur Community Center and The Pavilion.

Monthly, 3-Month and Annual Passes offer 50% discount to ice skating at The Pavilion.

Skate rentals additional fee.

More on pages 76 - 77 and online at [bendparksandrec.org](http://bendparksandrec.org)

## Ice skating & ice sports offered fall through spring

Season to begin in late October.



## Drop-in Ice and Roller Skate Sessions

### Location: The Pavilion

- Roller season: April - September
- Ice season: late October - April
- Facility information on page 84.
- Fees: Pass or drop-in fee. See pages 76 - 77.
- Rental skates available.
- Helmets available to borrow.

More at: [bendparksandrec.org/pavilion](http://bendparksandrec.org/pavilion)

### Open Skate

#### ROLLER & ICE

#### All ages

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.

### OPEN SKATE SPECIAL

Adults are \$7 each when adult accompanies paid child.

Not available for Holiday Skate.

### \$7 Family Skate

#### ROLLER & ICE

#### All ages with adult

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

### \$7 Cheap Skates

#### ROLLER & ICE

#### All ages

Open Skate at a special discounted fee including skate rental.

### \$7 With A Child Skate

#### ROLLER & ICE

#### Ages: 18 & under with adult

Special discounted Open Skate session for adults to skate with their child, up to age 18. Includes skate rental. All children must be accompanied by an adult. Adult and children groups such as homeschool groups or young children play groups are welcome. For ages 5 and under, there is skate instructor support available for a positive experience.

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

### Holiday Skate

#### ICE ONLY

#### All ages

Special Open Skate sessions during fall and winter holiday breaks for all ages and abilities to enjoy the rink.

### Friday Night Roller Dance

#### ROLLER ONLY

#### All ages

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

### Saturday Night Adult Roller Jam

#### ROLLER ONLY

#### Ages: 18 & 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 adults-only skate sessions. We're talking youthful "skate center" vibes and joy!

### Large Groups: 10 & more

School groups and other large groups are welcome at The Pavilion and discounts are available. Reservations are needed for groups of 10 and more. Reservations must be booked 72 hours in advance for special rates. Group reservations are not available during Holiday Skate. Learn more on the [Parties and Groups Fees webpage](#).



## Drop-in Swim Sessions

**Locations: Juniper Swim & Fitness Center and Larkspur Community Center**

- Facility information on pages 83 - 84.
- Fees: Pass or drop-in fee. See pages 76 - 77.

More at: [bendparksandrec.org/recswim](http://bendparksandrec.org/recswim)  
[bendparksandrec.org/lapswim](http://bendparksandrec.org/lapswim)

### 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. Hot tub use only available to ages 16 and up.

### 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. Hot tub use available to ages 6 only while accompanied by an adult.

### 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.

### Lap Swimming & Water Work Out on Your Own

**All ages**

Swim for fitness! Swim for fun! Two facilities welcome you to lap swim or do your own water work out. 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 for you to walk, stabilize, stretch and tone for all abilities and levels. No swimming.

### Hot Tub, Sauna & Steam Room Use

**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.

### Large Groups: 10 or more

School groups and other large groups are welcome for open recreation swim and discounts are available. Reservations are needed for groups of 10 or more. Reservations must be booked 72 hours in advance for special rates. Learn more on the [Parties and Groups Fees webpage](#).

### RECREATION SWIM SPECIAL

Adults are \$7 each when adult accompanies paid child.

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

## let's party!

### ROLLER & ICE SKATING PARTIES

Great for birthday parties and more! During ice season, The Pavilion features an indoor viewing room with fireplace. During roller season, guests can enjoy the outdoor pavilion.

### POOL PARTIES

Make waves at your next celebration with a pool party.

Available at both Juniper and Larkspur pools with options for both indoor and outdoor pool parties.

To learn more about parties and event rental facilities, visit [bendparksandrec.org](http://bendparksandrec.org) or call 541-389-7275.



## 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, AARP Renew Active, Optum One Pass and Silver & Fit. 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](http://bendparksandrec.org/medicare)



## Drop-in Fitness Classes

### Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 83 - 84.
- Fees: Pass or drop-in fee. See pages 76 - 77.

### Ages: 16 & up; 11-15 with adult

#### **DROP-IN CLASSES & SCHEDULES:**

Classes are held on a weekly basis. Check schedules at [bendparksandrec.org/fitness-swim/](http://bendparksandrec.org/fitness-swim/). You can start at any time. Classes are offered on a first-come, first-served basis.

**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](http://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. Our 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/](http://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](http://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](http://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 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](http://bendparksandrec.org/water-fitness)

For more information, call 541-389-7275 or visit [bendparksandrec.org](http://bendparksandrec.org)

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





## Therapeutic Fitness

BPRD can help you make the most of your fitness with targeted therapeutic fitness programs which research has shown to offer health benefits. Here are some health challenges where therapeutic fitness could offer help: mobility issues; chronic conditions, especially related to joints and muscles; preventing injury; preparing for surgery; recovering from surgery or injury; next steps from physical therapy and weight loss. Whether you are seeking low-impact and light-intensity, cardio, strength or mobility, you can take a class or work individually with staff to get back on track.

More at: [bendparksandrec.org/therapeuticfitness](https://bendparksandrec.org/therapeuticfitness)



## Virtual Fitness Classes

### Online

- Fee: Pass or \$4.00 fee.

Keep moving, even remotely! BPRD online classes are brought to you using Zoom, a web-hosted video conference application. Step-by-step instructions are provided to help you get connected. Variety of classes offered in Cardio Fitness & Dance and Strength & Conditioning.

Advance registration is required.

More at: [bendparksandrec.org/virtualfitness/](https://bendparksandrec.org/virtualfitness/)

## Drop-in Fitness Center Use

### Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 83 - 84.
- Fees: Pass or drop-in fee. See pages 76 - 77.

**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

Youth ages 16-17 may use the fitness center without restriction although we recommend completing a Fitness Center Orientation.

Youth ages 11-15 may only workout in the fitness center under direct parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. After orientation, 11-15 year-olds need to check in at front desk for a wristband for each fitness center visit.

Children 10 years and younger are not allowed in the fitness center.

More at: [bendparksandrec.org/fitness-centers](https://bendparksandrec.org/fitness-centers)

## Personal Training

### Juniper Swim & Fitness Center and Larkspur Community Center

- Facility information on pages 83 - 84.

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/](https://bendparksandrec.org/fitness-swim/personal-training/)

Register at [register.bendparksandrec.org](https://register.bendparksandrec.org) • Fall registration opens August 5 - 7 at 6:00 a.m. daily. Check Activity # for opening date.

How to register, scholarships and refund/cancellation policy on pages 4 - 7. • Program locations on page 85. • Park and trail lists on pages 86 - 89.



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, AARP Renew Active, Optum One Pass and Silver & Fit. 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](http://bendparksandrec.org/medicare)

## Drop-in Older Adult Social Activities

### Larkspur Community Center - Home of the Bend Senior Center

- Facility information on page 84.
- Fees: Pass or drop-in fee. See pages 76 - 77.
- More at: [bendparksandrec.org/bend-senior-center](http://bendparksandrec.org/bend-senior-center)

BPRD is proud to serve and welcome older adults to social activities, such as games and group gatherings.

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

### Brown Bag Lunch & Learn Series FREE

Tuesdays • 12:00 - 1:30 p.m. | Fall through Spring | Presented in partnership with PacificSource Medicare Health Plans.

Feed your body and your mind as local experts share their knowledge about issues important to you. Bring your lunch; dessert and coffee are on us. Check online schedule for topics each month.

### Wednesday Afternoon at the Movies FREE

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

### Super Tuesday Brunch

Join us for a tasty brunch on the second Tuesday of each month. Check online schedule for cost and times.

### 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. Four different groups meet regularly. Check online schedules for details.

### Pool/Billiards

Come enjoy a game of billiards. Fun times and good friendships guaranteed! Check online schedule for days and times.

### Cards & Games

Join a game of Bridge, Mexican Train, Mahjongg or Pinochle. Inquire at the front desk to join a game.

### The ABC & D's of Medicare FREE

Join us for an informational Q & A session about Medicare on the fourth Wednesday of each month. Check online schedule or call for next session.

### Technology & Troubleshooting NEW

Join the Deschutes Library for free technology advice and support. Bring your smart phone, laptop, tablet or watch in. Sessions are first-come, first-serve for up to 20 minutes per person every third Wednesday each month.

### Musical Mornings NEW

Gather for a casual morning of fun with music, coffee and games. Our DJ has a catalog of over 18,000 songs and radio commercials from the 40s through the 80s! Check online schedule for days and times.

### 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 is designed especially for drivers age 50 and older. The class meets 8:30 a.m. - 3:00 p.m. with a lunch break. Fees are \$20.00 for AARP members; \$25.00 for non-members. For the next class and to register, call 503-676-3653.

For more information, call 541-389-7275 or visit [bendparksandrec.org](http://bendparksandrec.org)

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



# recreation centers

## centered on play

Bend Park and Recreation District features three recreation centers - Juniper Swim and Fitness Center, The Pavilion and Larkspur Community Center - Home of the Bend Senior Center.

You're invited to visit one, two or all three for any of the hundreds of hosted weekly activities including fitness classes, swim sessions, roller or ice skating and enrichment activities.

- Fees and Passes, pages 76 - 77
- Drop-in Roller Skating, page 78
- Drop-in Swimming, page 79
- Drop-in Fitness, pages 80 - 81
- Drop-in Adult Social Activities, page 82

## Recreation Center Holiday Hours

### September 2 - 16:

Juniper Swim & Fitness Center:  
50-meter Pool closed for maintenance.

### September 2:

Juniper Swim & Fitness Center:  
12:00 - 4:30 p.m.

Larkspur Community Center: Closed

The Pavilion: Closed

### November 11:

All recreation centers open regular hours.

### November 28:

All recreation centers closed.

### November 29:

All recreation centers open regular hours.

### December 24:

Juniper Swim & Fitness Center:  
Closed at 1:00 p.m.

Larkspur Community Center:  
Closed at 1:00 pm

The Pavilion: Closed at 5:30 pm

### December 25:

All recreation centers closed.

### December 31:

Juniper Swim & Fitness Center:  
Closed at 5:30 pm

Larkspur Community Center:  
Closed at 5:30 pm

The Pavilion: 8:00 am - 4:00 pm

### January 1:

Juniper Swim & Fitness Center:  
9:00 am - 12:00 pm

Larkspur Community Center: Closed

The Pavilion: 10:00 am - 8:00 pm

## Juniper Swim & Fitness Center

Located in the heart of Bend's east side, Juniper serves as our community swim and fitness facility and features fitness and recreation opportunities to people of all ages and abilities.

### Location

800 NE 6th Street, Bend, OR 97701

Juniper Swim & Fitness Center is located in Juniper Park. For public transit, Juniper is located two blocks from the Hawthorne Street transit center of Cascade East Transit.

### Phone

541-389-7665 (POOL)

### Hours

Monday - Thursday: 5:30 a.m. - 8:00 p.m.

Friday: 5:30 a.m. - 7:30 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 8:00 a.m. - 6:00 p.m.

Holiday hours at left.

## Fees, Schedules & Information

Visit [bendparksandrec.org/juniper](http://bendparksandrec.org/juniper) for schedules, rules and regulations.

Fees on pages 76 - 77.

### Rentals

The pools are available to rent. Details online.

### Social Media

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

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

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

## Activities

Childcare & Preschool

Fitness Classes

Fitness Center

Personal Training

Swim Lessons

Swimming

Therapeutic Fitness

Wellness & Relaxation

## Swimming Pools, Spa Features & Fitness Amenities

Indoor/Outdoor Olympic 50-Meter Pool

Indoor 25-Meter Pool

Indoor Children's Pool

Outdoor Activity Pool

(Open Late May to early September)

Hot Tub / Steam Room / Dry Sauna

Fitness Center, Studios & Equipment



## 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

Larkspur is located in Larkspur Park. For public transit, use Cascade East Transit routes #5, 6 or 9.

### Phone

541-388-1133

### Hours

Monday - Friday: 6:00 a.m. - 8:00 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 10:00 a.m. - 2:00 p.m.

Holiday hours on page 83.

### Fees, Schedules & Information

Visit [bendparksandrec.org/larkspur](http://bendparksandrec.org/larkspur) for schedules, rules and regulations.

Fees on pages 76 - 77.

### Social Media

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

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

### Rentals

Event Room, meeting rooms and pool are available to rent. Details online.

### Activities

Enrichment Activities  
for All Ages

Fitness Classes

Fitness Center

Personal Training

Swim Lessons

Swimming

Therapeutic Fitness

Wellness & Relaxation

### Swimming Pool, Hot Tub, Fitness Amenities & Walk/Jog Track

Recreation & Leisure Pool

Current Channel with Hydro Feature

Accessible, ADA-friendly Features including an elevator-style wheelchair lift for independent control.

Hot Tub

Fitness Center & Group Fitness Rooms

Walk/jog Track

### Bend Senior Center

3,500-sq.-ft. Event Room and Kitchen

Social Lounge, Billiards Room, Book and Puzzle Lending Library and Free Wi-Fi



## 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.

### Location

1001 SW Bradbury Way  
Bend Oregon 97702

The Pavilion is located at the Simpson and Colorado Avenue roundabout. For public transit, The Pavilion can be accessed via Cascade East Transit.

### Phone

541-389-7588 (SK8T)

### Hours

Days and times vary. Check online schedules for sessions.

Holiday hours on page 83.

### Fees, Schedules & Information

Visit [bendparksandrec.org/pavilion](http://bendparksandrec.org/pavilion) for schedules, rules and regulations.

Fees on pages 76 - 77.

### Social Media

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

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

### Rentals

Rink, outdoor pavilion, lawn area and indoor viewing room are available to rent. Details online.

### 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

### Amenities

NHL-size Ice Sheet (Late October - April)

Roller Sports Flooring (April - September)

Skatepark (April - September)

Viewing Room

## Fall 2024 Program Locations

Locations of all seasonal programs are in alphabetical order below.

### Academie De Ballet Classique

1900 NE 3rd St #104, Bend, OR 97701

### Aspen Hall

18920 Shevlin Park Rd, Bend, OR 97701

### Bear Creek Elementary School

51 NE 13th St, Bend, OR 97702

### Bend Endurance Academy

222 SE Reed Market Rd, Bend, OR 97702

### Bend International School

63034 O.B. Riley Rd, Bend, OR 97703

### BPRD District Office

799 SW Columbia St, Bend, OR 97702

### Caldera High School

60925 SE 15th St, Bend, OR 97702

### Cascade Indoor Sports Center

20775 NE High Desert Ln, Bend, OR 97701

### Cascade Middle School

19619 Mountaineer Way, Bend, OR 97702

### Cascades Academy

19860 Tumalo Reservoir Rd, Tumalo, OR 97703

### Connection Rio Jujitsu Bend

1620A NE 3rd St, Bend, OR 97701

### DIYcave

444 SE 9th St #150, Bend, OR 97702

### Elk Meadow Elementary School

60880 Brookwood Blvd, Bend, OR 97702

### Free Spirit Yoga + Ninja + Play

320 SW Powerhouse Dr, Suite 150, Bend, OR 97702

### Happy Stars

61383 S Hwy 97, Suite F, Bend, OR 97703

### Harmon Park Clay Studio

1100 NW Harmon Blvd, Bend, OR 97702

### High Desert Middle School

61111 SE 27th St, Bend, OR 97702

### High Lakes Elementary School

2500 NW High Lakes Loop, Bend, OR 97701

### Hollinshead Park & Barn

1235 NE Jones Rd, Bend, OR 97701

### Jewell Elementary School

20550 Murphy Rd, Bend, OR 97702

### Juniper Elementary School

1300 NE Norton Ave, Bend, OR 97701

### Juniper Park

800 NE 6th St, Bend, OR 97701

### Juniper Swim & Fitness Center

800 NE 6th St, Bend, OR 97701

### Larkspur Community Center - Home of the Bend Senior Center

1600 SE Reed Market Rd, Bend, OR 97702

### La Pine Middle School

16360 1st St, La Pine, OR 97739

### Miller Elementary School

300 NW Crosby Dr, Bend, OR 97703

### Mountain View Park

1975 NE Providence Dr, Bend, OR 97701

### North Star Elementary School

63567 NW Brownrigg Ln, Bend, OR 97703

### Norton Ave Apartments

415 NE Norton Ave, Bend, OR 97701

### Odyssey Martial Arts

924 B SE Wilson Ave, Bend, OR 97702

### Oregon Ki Society

20685 Carmen Loop, Bend, OR 97702

### The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

### Pacific Crest Middle School

3030 NW Elwood Ln, Bend, OR 97703

### Pilot Butte Middle School

1501 NE Neff Rd, Bend, OR 97701

### Pine Ridge Elementary

19840 Hollygrape St, Bend, OR 97702

### Ponderosa Elementary School

3790 NE Purcell Blvd, Bend, OR 97701

### Ponderosa Park Skatepark

225 SE 15th St, Bend, OR 97702

### Riverbend Community Room - BPRD District Office

799 SW Columbia St, Bend, OR 97702

### Samara Learning Center

230 NE 9th St, Bend, OR 97701



### Seven Peaks School

19660 Mountaineer Way, Bend, OR 97702

### Sky View Middle School

63555 NE 18th St, Bend, OR 97701

### St. Francis of Assisi Catholic School

2450 NE 27th St, Bend, OR 97701

### Three Rivers School

56900 Enterprise Dr, Sunriver, OR 97707

### Twin Knolls Transition Co-op

2500 NE Twin Knolls Dr, Bend, OR 97702

### Westside Village School

1101 NW 12th St, Bend, OR 97703

# Featured Trails

**Hit the trails! Here are some favorites in the more than 80 miles of trails in the BPRD system.**

Looking for more details and/or more trails?

An interactive map is available online at [bendparksandrec.org](http://bendparksandrec.org) and a print map is available at our facilities.

For additional information on parks and trails, visit [bendparksandrec.org](http://bendparksandrec.org) or call 541-389-7275.



Cascade Highlands Trail

## TRAIL ACCESSIBILITY

It is the goal of Bend Park and Recreation District to provide trail access for all. However, some trails may present obstacles, running slopes, cross slopes, narrow tread widths and unstable surfaces, making them inaccessible for some users. Trails at Alpenglow, Farewell Bend, Riverbend, Pioneer and Pine Nursery parks offer the best access for visitors with mobility aids. Updated information about the condition and accessibility of trails is available by calling 541-389-7275. It is the trail user's responsibility to determine if trail difficulty is appropriate for their skill level.

## DOGS ON TRAILS & IN PARKS

Unless otherwise indicated, dogs must be leashed on trails and in parks. Bend has nine areas for people to recreate with their dogs off-leash. Dogs are not allowed in Riley Ranch Nature Reserve.



TRAIL NAME	ACCESS	MILES	SURFACE	CRUISER / ROAD BIKING	MTN / GRAVEL BIKING	DOG-FRIENDLY	WALKING & RUNNING	NATURE TRAIL	STROLLER-FRIENDLY	ACCESSIBLE
Alpenglow Park Trails	Alpenglow Park	3.5	paved, compacted gravel, natural	●		●	●	●	●	●
Alpine Park Trails	Alpine Park	0.7	paved, natural		●	●	●	●		
Big Sky Park Trails	Big Sky Park	0.8	compacted gravel		●	●	●			
Cascade Highlands Trail	Overturf Park	2.9	paved, compacted gravel, natural	●	●	●	●	●		
Central Oregon Historic Canal Trail	Blakely Park	4.0	compacted gravel		●	●	●	●		
Coyner Trail	Ponderosa Park and Juniper Park	1.1	paved	●	●	●	●	●	●	●
Deschutes River Trail - Awbrey Reach	Sawyer Park	3.9	compacted gravel		●	●	●	●		
Deschutes River Trail - Old Mill Reach	Farewell Bend Park, McKay Park, Riverbend Park	2.7	paved	●		●	●	●	●	●
Deschutes River Trail - Pioneer Reach	Columbia Park, Drake Park, Harmon Park, Pacific Park, Pioneer Park, Miller's Landing Park	1.7	paved, compacted gravel, road/sidewalk connection	●		●	●		●	●
Deschutes River Trail - River Run Reach	First Street Rapids Park, Pioneer Park, Sawyer Park	1.46	paved, compacted gravel		●	●	●	●		
Deschutes River Trail - South Canyon Reach	Farewell Bend Park, Riverbend Park	3.0	paved, compacted gravel, natural		●	●	●	●		
Discovery Trail	Discovery Park	5.5	paved, natural, road/sidewalk	●		●	●			
Haul Road Trail	McKay Park, Miller's Landing Park, Riverbend Park, Farewell Bend Park	3.8	paved	●	●	●	●	●	●	●
Larkspur Trail	Larkspur Park, Pilot Butte Neighborhood Park	3.9	paved, compacted gravel	●	●	●	●	●	●	●
Outback Trail	Discovery Park	2.5	paved, compacted gravel, natural	●	●	●	●	●	●	●
Pine Nursery Park Trails	Pine Nursery Park	4.7	paved	●		●	●		●	●
Riley Ranch Trails	Riley Ranch Nature Reserve	3.2	compacted gravel, natural				●	●		
Rockridge Park Trails	Rockridge Park	1.7	paved, compacted gravel, natural		●	●	●	●		
Sawyer Park Trails	Sawyer Park	2.0	paved, compacted gravel, natural			●	●	●		
Shevlin Park Trails	Shevlin Park	23	paved, compacted gravel, natural		●	●	●	●		
Stone Creek Park Trail	Stone Creek Park	1.0	paved, compacted gravel			●	●	●		
West Bend Trail	Skyliner Road	3.6	paved, natural	●		●	●	●	●	●

# 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](http://bendparksandrec.org) and a print map is available at our facilities.

For additional information on parks and trails, visit [bendparksandrec.org](http://bendparksandrec.org) or call 541-389-7275.



Boyd Park



Big Sky Park

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						●	●			●	●	●		●		
Fieldstone Park	3750 Eagle 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	●									●	●	●		●		



Hillside I Park



Juniper Park



Pacific Park

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
Harvest Park	63240 NW Lavacrest St										●		●				
Hillside I Park	2050 NW 12th St		●								●	●					
Hillside II Park	910 NW Saginaw Ave			●													
Hixon Park	125 SW Crowell Way																
Hollinshead Park	1235 NE Jones Rd				●	●							●				
Hollygrape Park	19489 SW Hollygrape St										●	●					
Jaycee Park	478 Railroad St		●								●		●				
Juniper Park	800 NE 6th St	●						●	●		●	●	●				●
Juniper Swim & Fitness Center	800 NE 6th St					●							●				
Kiwanis Park	800 SE Centennial Blvd	●	●								●	●		●			
Larkspur Community Center	1600 SE Reed Market Rd											●					
Larkspur Park	1700 SE Reed Market Rd		●					●	●		●	●	●				
Lewis & Clark Park	2520 NW Lemhi Pass Dr		●									●					
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		•								•		•				



River Rim Park

## Park & Trail Rules & Regs

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](http://bendparksandrec.org).

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 a.m. to 10:00 p.m. 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 system.
- Vehicles must remain on roadways or in parking areas. No parking on district property between 10:00 p.m. and 5:00 a.m.
- 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; charcoal grills are not 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 sections.
- No motorized vehicles allowed on trails.



get ready  
to play

*play for life*