

Redmond Area Park & Recreation District

ACTIVITY GUIDE

Summer 2019

RAPRD
Redmond Area Park and Recreation District
"Always Ready To Play..."

visit us at www.raprd.org

Brandon Durgan
Photography

Facilities & Parks, Board Members & Staff

Cascade Swim Center and Administrative Office

465 SW Rimrock Drive
P.O. Box 843
Redmond, OR 97756
(541) 548-7275 Phone
(541) 548-6067 Fax

Cascade Swim Center Facility Hours

Monday-Friday 5:00AM to 9PM
Saturday 8AM to 5PM
Sunday 11AM to 3:30PM
Available for rent on Saturday and Sunday

RAPRD Activity Center

2441 SW Canal Blvd.
Redmond, OR 97756
(541) 526-1847 Phone
(541) 526-1848 Fax

RAPRD Activity Center Facility Hours

Monday-Friday 6AM to 9PM
Saturday 9AM to 12PM
Sunday Closed
Available for rent on Saturday only
Operational hours are subject to change.
Check us out at www.raprd.org for facility schedules, announcements and more.

Board of Directors

Hayes McCoy, Chair
Zack Harmon, Vice-Chair ● Matt Gilman
Ed Danielson ● Joanne Fletcher

Executive Director

Katie Hammer
(541) 548-7275
katie.hammer@raprd.org

Aquatic Director

Jessica Rowan
(541) 548-6066
jessica.rowan@raprd.org

Recreation Manager

Mike Elam
(541) 526-1847
mike.elam@raprd.org

Administrative Services Manager

Vicki Osbon
(541) 548-7275
vicki.osbon@raprd.org

Cover photo by Brandon Durgan Photography.



Cascade Swim Center

465 SW Rimrock Drive
Redmond, OR (next to RHS)

RAPRD Activity Center

2441 SW Canal Blvd.
Redmond, OR



Borden Beck Wildlife Preserve

Located on Lower Bridge Road
Redmond, OR



Tetherow Crossing

5810 NW Tetherow Road
Redmond, OR



High Desert Sports Complex

1859 NE Maple Avenue
Redmond, OR



25 meter indoor pool, sand volleyball courts, basketball court, horseshoe pits, picnic area, spray park, wading pool.

Multipurpose activity room, fitness, racquetball, walleyball, equipment and classes, locker rooms, showers and 1/2 court basketball.

Nature and hiking trails, picnic tables, wildlife viewing, fishing and swimming.

Plans for the development of Tetherow Park are on file at the RAPRD office.

Three softball fields, one multipurpose field, playground equipment, Smith Rock BMX Race Track, Field of Dreams R.C. landing strip.

TABLE OF CONTENTS

General Information

District Info & Facilities 2
Registration Information 3

Programs

Word from Executive Director 4
Pioneer Day/Touch a Truck 5
4th of July Celebration 6
Adaptive Recreation 7
Arts & Crafts 8
Active Programs 9
Computer Camp 10
Redmond Gymnastics 11-12
Active Programs 11
Dojo Conditioning Studio 13
Camps, Clinics & Leagues 14-15
Leagues/Outdoor Activities 16
Pickleball 17
Juniper Junior Golf Program 18
Aquatic Wellness 19-20
Fitness & Wellness 21-23
RAPRD Activity Center 24-25
Cascade Swim Center 26
Redmond Aquatic Academy 27
Special Programs & Events 28
Swim Lessons, RACE, Jr. Eels .. 29-30
Recreation Swim & More 31

Registration, Discounts, Cancellations and Refunds

Registration Information

Registration is on a first-come, first-serve basis and payment is required at the time of registration. **Pre-registration is required for ALL programs** unless otherwise noted (i.e. "drop-in").

You can register in person at the reception desk at the Cascade Swim Center or the RAPRD Activity Center. You can register 24/7 online at www.raprd.org. **There are no additional fees to register online.**

Any newly added programs will be indicated with this symbol.



Credits and Refunds

Credits or refunds are available if we are notified four (4) business days prior to the beginning of the program. Otherwise, we can only issue a refund if the participant's spot is filled. With some programs a cancellation fee is charged due to the insurance and uniform fees paid in advance. NO REFUNDS will be issued after the program has begun. NO REFUNDS will be issued for RAPRD sports programs starting three weeks prior to the date of the first scheduled game. Refunds under \$10.00 will be credited to your account for future programs.

In-District Discount

Participants who live within the park district boundaries are given an "in district" (I/D) discount for many of our programs and admissions. This reflects the portion of property taxes paid to support the park district. "Out-of-district" (O/D) residents are encouraged to participate in all of our programs. If you have any questions regarding your resident status, please ask the receptionist or call us at (541) 548-7275 or (541) 526-1847.

Scholarships

Scholarships are available for most programs. You can apply for a scholarship at the Cascade Swim Center or RAPRD Activity Center.

We strive to produce the most accurate, up-to-date activity guide possible. However, schedules are subject to change and programs may be cancelled if minimum enrollment requirements are not met.

RAPRD Mission Statement:

"RAPRD leads our community to health and well-being by providing fun, high-quality recreational experiences and activities for all."

A Word from Our Executive Director

Dear Residents:

I am pleased to introduce Redmond Area Park and Recreation District's Summer 2019 Recreation Guide where you will find a variety of recreation programs that we hope you will enjoy. Please take a moment to look through our programs to see what is available for you and your family.



RAPRD operates the Cascade Swim Center and RAPRD Activity Center. At the pool, we offer everything from swimming lessons and recreation swim to aquatic wellness programs and lap swim. The Activity Center offers a full gym, with weights, cardio equipment and group fitness classes with certified instructors. Our recreation programming also includes sports camps, arts and crafts classes, STEM programs and youth and adult sports leagues. New this summer we are excited to offer RiverQuest, a free STEM program that will occur on Wednesdays throughout the summer and will educate kids in 3rd – 5th grade about the Deschutes River watershed. Go to page 9 for more information about this program.

The RAPRD Board of Directors has voted to place a \$40 million general obligation bond and 5-year operating levy to pay for the operations of the new facility on the May 21, 2019 ballot. If you are interested in learning more about this potential new community recreation center, or want to share your opinion please contact me at katie.hammer@raprd.org or 541-548-7275.

In addition to participating in activities and programs, there are many ways to get involved at RAPRD. Volunteer as a coach, for swim lessons, for a special event or on a committee. The public is also welcome at our Board of Directors meetings which occur the second Tuesday of each month at 7:30am. Agendas and minutes are available on our website at www.raprd.org.

Our staff appreciates any suggestions you may have to improve the programs currently offered or to add new ones. Please feel free to contact us at (541) 548-7275 or raprd@raprd.org with your suggestions and recommendations.

Sincerely,

A handwritten signature in blue ink that reads "Katie Hammer". The signature is fluid and cursive.

Katie Hammer
Executive Director

Want to stay up to date on program happenings? Check out our blog www.raprdblog.org or like us on [Facebook](#).

TOUCH A TRUCK



FREE
Community Event

Touch a Truck



Presented by
RAPRD
Redmond Area Park and Recreation District
"Always Ready To Play..."



To mark the end of Redmond's STEM week, this free community event will bring together all kinds of trucks and other big machines for kids to look at, touch, climb around on and ask questions about. Local companies and organizations are donating drivers and vehicles such as a cement truck, dump truck, big yellow airport snowplow, an excavator and fire trucks. We will also have auto-parts inspired arts and crafts.

Saturday, May 11th, 2019, 11:00am - 3:00pm (quiet hour 11am-12pm)
Redmond High School, Agriculture Bldg. Parking Lot

PIONEER DAY



As part of Historic Preservation Month, RAPRD and the Deschutes Public Library will offer a Pioneer Day event at Tetherow Crossing Park. This free community event will have a general store with penny candy, pioneer era games and activities and nature inspired arts and crafts. While the kids play, we will also have

site tours with historic photos of the historic Tetherow homestead – the oldest building in Deschutes County – and the library will offer listening stations with recordings of local oral histories and information about their genealogy classes and services. Come join us to celebrate this vital piece of Deschutes County cultural heritage and learn about our efforts to save this historic structure!

Saturday, May 18th, 2019, 12:00pm - 4:00pm
Tetherow Crossing Park, 5810 NW Tetherow Rd., Redmond



2019 OLD FASHIONED 4th OF JULY CELEBRATION

Redmond's 2019 Old Fashioned 4th of July Celebration, presented by Central Oregon Truck Company and Pape' Kenworth and hosted by RAPRD is a community event that will be held at Deschutes County Fair and Expo on July 4, 2019, 11:00am - 4:00pm. This is our 8th Annual **FREE** family fun event so gather up your family and come spend the day with us for games, music and fun for all ages. Food and beverages are available for purchase. The fairground rest-rooms are not accessible after 4:00pm.

Activities that will occur during the 4th of July celebration are:

- Pony Rides
- Climbing Wall
- Pie Eating Contest
- Bounce Houses
- Craft Activities
- Zip Line
- Wagon Rides



- Bicycle Course
- Old Fashioned Games
- Bubble Soccer
- Frisbee Golf
- Puzzle Mania
- Three Point Basketball Shootout
- Football Toss



PAPÉ KENWORTH

Stick around after the Old Fashioned 4th of July Celebration to watch the Redmond Fireworks show, hosted by the Redmond Chamber of Commerce. The show, which begins at dusk is sponsored by High Desert Aggregate & Paving.

Visit www.redmondjuly4th.org for more details.

VOLUNTEERS NEEDED



The annual Old Fashioned 4th of July Celebration is a major event for RAPRD. We need you! We need volunteers to make this event the best ever! You will get a volunteer t-shirt.

If you would like to volunteer for our 4th of July Celebration please visit www.redmondjuly4th.org. We will have a volunteer link available as of May 1st. If you have questions, you can contact us at 541-548-7275.

ADAPTIVE RECREATION



Adaptive Programming and Inclusion Services

RAPRD Inclusion Mission Statement:

RAPRD has made a commitment to provide accessible programs and services to the community and shall apply stringent accessibility standards to ensure this commitment is met. RAPRD will provide the least restrictive environment possible, uphold a climate of acceptance through community awareness and support in order to eliminate barriers and encourage the greatest amount of enjoyment and participation.

Inclusion Philosophy:

Per Oregon and local laws, RAPRD does not discriminate based on race, sex (including pregnancy), sexual orientation, gender identity and expression, national origin, religion, marital status, physical or mental disability, or age. RAPRD embraces a philosophy of inclusion that endorses providing integrated inclusive programming. To ensure quality recreation and life enrichment activities are being offered to the entire community, RAPRD has adopted accessibility standards that support adaptability and inclusion considerations for every service provided. RAPRD's philosophy of inclusion emphasizes adaptation over segregation. This philosophy asserts that every feasible endeavor shall be undertaken and every reasonable accommodation made to ensure program offerings are available and accessible. If you or your child have a disability and would like an inclusion consultation please contact Inclusion Coordinator, Brandy Princehorn at (541) 815-8379 or you can email her at brandy.princehorn@raprd.org.

Adaptive Swim Lessons

All ages | 10:00-10:30am & 5:30-6:00pm | 3320

RAPRD offers adaptive swim lessons for swimmers with disabilities. Instruction staff are trained in adaptive aquatics and instruction techniques for participants with development disabilities.

Session 1	M-F	6/17-6/28
Session 2	M-F	7/1-7/12 (7/4-no class; 7/5-no pm)
Session 3	M-F	7/15-7/26
Session 4	M-F	7/29-8/9
Session 5	M-F	8/12-8/23 (8/23-no pm)

\$42.00 I/D, \$55.00 O/D - Session 1, 3, 4 (am/pm), 5 (am)

\$38.00 I/D, \$49.50 O/D - Session 2 (am), 5 (pm)

\$34.00 I/D, \$44.00 O/D - Session 2 (pm)

Autism Society Family Swim Nights

All ages | For dates and times check the weekly pool schedule

Once a month the Autism Society of Central Oregon hosts a family swim night at the Cascade Swim Center. Bring your family and friends for an evening of pool fun. For more information contact Melissa Romo at www.AutismSocietyOregon.org or call 541-419-1064.

Mobile Recreation Bus Rental

The RAPRD Mobile Recreation bus is available to rent for your family/business picnics, parties, events and more. Reserve the bus 2 weeks prior to your event. Staff will bring the bus loaded with arts and crafts, games, sports equipment and other recreation goodies. Call the Activity Center at (541) 526-1847 to reserve your time.



Cost: \$30.00 first hour, \$20.00 ea. additional hour



ARTS & CRAFTS

Toddler Time

2-4 yrs | RAPRD Activity Center | **9613**

A great sensory experience for your toddler. We will use fun games and arts and crafts in this class to focus on developing those fine motor skills for your little one.

Session 1	TU	6/4-6/18	11:00-11:30am
Session 2	TU	7/9-7/23	11:00-11:30am
Session 3	TU	8/6-8/20	11:00-11:30am

\$21.00 I/D, \$27.50 O/D

Crazy About Art

K-5th Grades | RAPRD Activity Center | **3415**

Drawing, painting and more in this fun class designed to teach kids the basics of all art. We will learn to draw in 3D, how to mix colors and other fun art techniques and mediums.

Session 1	TH	6/6-6/20	2:00-2:45pm
Session 2	TH	7/11-7/25	2:00-2:45pm
Session 3	TH	8/8-8/22	2:00-2:45pm

\$25.00 I/D, \$32.50 O/D

Fabulous Foods

K-5th Grades | RAPRD Activity Center | **3557**

Learn great kitchen skills. Every session will focus on a theme and bring you a delicious new recipe each week. Each session is 3 weeks in length, the 1st week we learn how to make a delicious snack, the 2nd week a tasty entrée and the 3rd week we will be making a great desert.

Session 1	Gluten Free	TU	6/4-6/18	12:00-1:00pm
Session 2	Dairy Free	TU	7/9-7/23	12:00-1:00pm
Session 3	Nut Free	TU	8/6-8/20	12:00-1:00pm

\$30.00 I/D, \$39.00 O/D

Paint Night

14 yrs & UP | RAPRD Activity Center | **3415**

Enjoy a two-day class working with acrylic paint on an 11x14 canvas. Each session will present a new theme working and building on your skills. Come in and have fun creating and meeting new people in the community. We promise you will have a good time. All supplies will be provided.

Session 1	W/TH	6/5 & 6/6	6:00-7:30pm
Session 2	W/TH	7/10 & 7/11	6:00-7:30pm
Session 3	W/TH	8/7 & 8/8	6:00-7:30pm

\$40.00 I/D, \$52.00 O/D

Monday in the Park

Grades 3rd-5th | Sam Johnson Park | **3757**

Every Monday morning we will start out with arts and crafts and games at Sam Johnson Park in the pavilion. After we eat lunch we will walk to the Cascade Swim Center for recreation swim. Participants need to bring a water bottle, swimsuit, towel and a sack lunch (optional as Sam Johnson Park is a free lunch site). Drop off your child(ren) at Sam Johnson Park at 10:00am and pick up your child(ren) at the Cascade Swim Center at 3:00pm. There will not be a session the week of July 4th. **Pre-registration is required.**

Session 1	M	6/17	10:00am-3:00pm
Session 2	M	6/24	10:00am-3:00pm
Session 3	M	7/08	10:00am-3:00pm
Session 4	M	7/15	10:00am-3:00pm
Session 5	M	7/22	10:00am-3:00pm
Session 6	M	7/29	10:00am-3:00pm
Session 7	M	8/05	10:00am-3:00pm
Session 8	M	8/12	10:00am-3:00pm
Session 9	M	8/19	10:00am-3:00pm
Session 10	M	8/26	10:00am-3:00pm

\$20.00 I/D, \$26.00 O/D per session

(10% discount given if signing up for all 10 sessions)

ACTIVE PROGRAMS



STEM Saturday

Grades 3rd-5th | RAPRD Activity Center
7673

SCIENCE
TECHNOLOGY
ENGINEERING
MATHEMATICS

This is a fun course happening the first Saturday of each summer month. We will be using the STEM principles to design and build awesome projects. We will be making self powered bottle cars and seeing how design can affect how high a rocket can fly. The catapult will be an open ended design; we will give the children a variety of materials and let their brains work to see what they can design.

Session 1	Bottle Cars	SA	6/1	11am-1pm
Session 2	Bottle Rocket	SA	7/6	11am-1pm
Session 3	Catapult	SA	8/3	11am-1pm

\$15.00 I/D, \$19.50 O/D

RiverQuest

Grades 3rd-5th | 1:00-4:00pm | **3760**

Come explore and learn about the Deschutes watershed. We will be exploring areas along the Deschutes river looking at how the river works and impacts our lives. We will be having multiple guest speakers and fun activities to do during the class. Participants can be dropped off and picked up at the RAPRD Activity Center. **Pre-registration is required.** There will not be a session the week of July 4th.

Session 1	Tetherow Crossing	6/19
Session 2	Borden Beck	6/26
Session 3	Cline Falls	7/10
Session 4	Fireman's Pond or Shevlin Park	7/17
Session 5	Tumalo State Park	7/24
Session 6	Tetherow Crossing	7/31
Session 7	Borden Beck	8/07
Session 8	Cline Falls	8/14
Session 9	Fireman's Pond or Shevlin Park	8/21
Session 10	Tumalo State Park	8/28

FREE

Little Sports Stars

3-5 yrs | RAPRD Activity Center | 1:00-1:30pm
3211

Come and learn the basics in sports. We cover the joys of learning how to play the most popular youth activities out there. FUN is our number one goal.

Session 1 Soccer	TH	6/6-6/20
Session 2 Baseball	TH	7/11-7/25
Session 3 Lacrosse/Soft stick	TH	8/8-8/22

\$21.00 I/D, \$27.50 O/D

Beginner Kendo Fencing for Youth & Adults

12 yrs & UP | RAPRD Activity Center | **8678**

Learn the fun and challenging martial art of Kendo (Japanese fencing). The Redmond Kendo club focuses on teaching traditional Kendo that will promote a strong mind and body for youth and adults in a safe environment. Redmond Kendo club is instructed by Ryan Atagi fifth degree black belt Kendo, second degree black belt Iaido. Price includes a bamboo sword.

Session 1	TH	6/6-6/27	6:00-8:00pm
Session 2	TH	7/11-8/1	6:00-8:00pm
Session 3	TH	8/8-8/29	6:00-8:00pm

\$50.00 I/D, \$65.00 O/D

Participants will receive a \$15.00 discount if they register for multiple sessions and already have a bamboo sword.



COMPUTER CAMP

Youth Tech Inc. is an interactive computer camp that focuses on providing enrichment opportunities to students in the world of computers. With a caring environment at the core of camp values, Youth Tech strives to create a positive learning community that encourages creativity, fun and academic excellence. For more information about Youth Tech Inc. please visit their website at www.youthtechinc.com.

Animation

9-17 yrs | RAPRD Activity Center | **3673**

In this class students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. This class utilizes award winning animation software. Students will create fun interactive animations that they can share with the world.

Session 1 8/5-8/8 9:00am-12:00pm

\$160.00 I/D, \$208.00 O/D

Video Game Design

10-17 yrs | RAPRD Activity Center | **3673**

This course provides students with a fun interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video games to share with their friends and family.

Session 1 8/5-8/8 1:00-4:00pm

\$175.00 I/D, \$227.50 O/D

Gaming & Coding

6-12 yrs | RAPRD Activity Center | **3673**



This course combines two unbelievable experiences for students, gaming and coding. Students spend the morning taking an interactive look at coding and building virtual apps to share with friends. In the afternoon, students build simple video games combining the art of video game design and animation to create interactive characters that fly around the screen. Students are encouraged to bring a sack lunch.

Session 1 7/1-7/3 9:30am-3:30pm

\$200.00 I/D, \$260.00 O/D

Roblox Studio—Programming and Game Development

9-15 yrs | RAPRD Activity Center | **3973**



Calling all Roblox users! Join in with millions of gamers and immerse yourself in your own 3D world. Roblox Studio is a 3D-based program that uses physics, LUA programming and individual creativity to build a world around you and your avatar-unlike any other software. This course will guide students through concepts such as beginner physics, LUA programming and game development. Students in this course will build and publish their multiplayer game to share will friends and family.

Session 1 8/12-8/15 1:00-4:00pm

\$155.00 I/D, \$201.50 O/D

REDMOND GYMNASTICS



Tiny Stars Preschool Gymnastics

3-5 yrs | Redmond Gymnastics Academy | **3612**

This is a fun introduction to gymnastics. Come play with your friends on balance beams, trampolines, bars and super fun obstacle courses. This 45-minute class is just right for learning how to follow directions, getting strong and having fun.

Session 1 6/24-8/21 5:30-6:15pm
(No class July 1st-7th)

M	\$110.00 I/D, \$143.00 O/D
W	\$110.00 I/D, \$143.00 O/D
M & W	\$165.00 I/D, \$214.50 O/D

Session 2 6/25-8/22 11:00-11:45am
(No class July 1st-7th)

TU	\$110.00 I/D, \$143.00 O/D
TH	\$110.00 I/D, \$143.00 O/D
TU & TH	\$165.00 I/D, \$214.50 O/D



CO-ED Summer Camps

3-5 yrs | Redmond Gymnastics Academy | **3612**

Tumbleweeds Cooperative Preschool at Redmond Gymnastics Academy presents CO-ED Summer Camps for 3-5 year olds. Our 3-day preschool camps follow a structured preschool day in Tumbleweeds. Mornings begin with classroom time that includes music, songs, calendar and weather. Participants will learn something connected to the theme of the week, incorporating art, gymnastics and movement each day. These summer camps are a great way to meet new friends, learn new skills and gain confidence away from Mom and Dad. Campers bring their own lunch and will take home a memorable art project from each camp.

Camp 1 Tumble in the Jungle 7/9-7/11 9am-1pm
Camp 2 Under the Sea 8/13-8/15 9am-1pm

\$150.00 I/D, \$195.00 O/D cost per camp

Beginning Gymnastics CO-ED

6-12 yrs | Redmond Gymnastics Academy | **3612**

This is an introduction to gymnastics for children. This one hour class will teach body positions, basic shapes, rolls, jumps and some tumbling. Each class will start with a warm up, teaching appropriate stretching and then short instruction on each event. Everyone will get to try all equipment; bars, beam, trampolines, foam pits and climbing ropes.

Session 1 6/24-8/21 12:15-1:15pm
(No class July 1st-7th)

M	\$145.00 I/D, \$188.50 O/D
W	\$145.00 I/D, \$188.50 O/D
M & W	\$190.00 I/D, \$247.00 O/D

Session 2 6/25-8/22 6:30-7:30pm
(No class July 1st-7th)

TU	\$145.00 I/D, \$188.50 O/D
TH	\$145.00 I/D, \$188.50 O/D
TU & TH	\$190.00 I/D, \$247.00 O/D





REDMOND GYMNASTICS



Dance Sampler: Ballet, & Jazz

6-12 yrs | Redmond Gymnastics Academy | 9632

This is a one hour beginning dance class. These classes will teach the basics of beginning ballet or beginning jazz in a fun environment.

Beginning Ballet:

Session 1 6/24-8/21 4:30-5:30pm
(No class July 1st-7th)

M	\$145.00 I/D, \$188.50 O/D
W	\$145.00 I/D, \$188.50 O/D
M & W	\$190.00 I/D, \$247.00 O/D

Session 2 6/25-8/22 10:00-11:00am
(No class July 1st-7th)

TU	\$145.00 I/D, \$188.50 O/D
TH	\$145.00 I/D, \$188.50 O/D
TU & TH	\$190.00 I/D, \$247.00 O/D

Beginning Jazz:

Session 1 6/24-8/21 6:30-7:30pm
(No class July 1st-7th)

M	\$145.00 I/D, \$188.50 O/D
W	\$145.00 I/D, \$188.50 O/D
M & W	\$190.00 I/D, \$247.00 O/D

Session 2 6/25-8/22 11:00am-12:00pm
(No class July 1st-7th)

TU	\$145.00 I/D, \$188.50 O/D
TH	\$145.00 I/D, \$188.50 O/D
TU & TH	\$190.00 I/D, \$247.00 O/D

Tumbling & Trickling

6-12 yrs | Redmond Gymnastics Academy | 3612

This class is perfect for anyone who likes flipping, twisting and jumping. Super for cheer tumblers as well. Teachers use air tracks, springboards and trampolines to teach air sense and sage landings as well as foam pits for training new skills. Tricking is a new style of tumbling. The best way to describe it is a "free style tumbling."

Session 1 6/24-8/21 5:30-7:00pm
(No class July 1st-7th)

M	\$165.00 I/D, \$214.50 O/D
W	\$165.00 I/D, \$214.50 O/D
M & W	\$240.00 I/D, \$312.00 O/D

Session 2 6/25-8/22 11:00am-12:00pm
(No class July 1st-7th)

TU	\$165.00 I/D, \$214.50 O/D
TH	\$165.00 I/D, \$214.50 O/D
TU & TH	\$240.00 I/D, \$312.00 O/D



Our programs and events have been successful because of our volunteers. Thank you to all of our volunteers!

WE APPRECIATE EACH AND EVERY ONE OF YOU!!

DOJO CONDITIONING STUDIO



Ninja Kids

5-8 yrs | Dojo Conditioning Studio | **9516**

Ninja Kids is designed to build a child's self confidence through muscle development and body awareness. Kids learn bully prevention and self defense. Class is a mixture of Brazilian Jiu-Jitsu, gymnastics and Parkour. This class is fast paced so bring a water bottle.

Session 1	T/TH	6/4-6/27	5:00-6:00pm
Session 2	T/TH	7/9-8/1	5:00-6:00pm
Session 3	T/TH	8/6-8/29	5:00-6:00pm

\$62.00 I/D, \$81.00 O/D

Cage Kids

9-11 yrs | Dojo Conditioning Studio | **3516**

Our instructors instill confidence and skill into every kid. A typical class includes bully prevention, basic Brazilian Jiu-Jitsu, body awareness, fitness, gymnastics and above all a fun, high energy good time. This class encompasses all aspects of fitness including muscle development and discipline.

Session 1	M/W	6/3-6/26	6:00-7:00pm
Session 2	M/W	7/8-7/31	6:00-7:00pm
Session 3	M/W	8/5-8/28	6:00-7:00pm

\$62.00 I/D, \$81.00 O/D



Say Cheese! For program promotion purposes, photographs may be taken of participants from time to time. If you do not wish to have your photo taken, please notify the photographer and/or class instructor. Photos may be used in publications and/or on our website.

Boxing

9 yrs & UP | Dojo Conditioning Studio | **3516**

The Dojo boxing program accommodates adults & children, men & women of all levels and ages. We teach the basic fundamentals of boxing, while providing a great workout. We focus on improving body composition, hand-eye coordination, cardiovascular health and more.

Session 1	M/W	6/3-6/26	6:30-8:00pm
Session 2	M/W	7/8-7/31	6:30-8:00pm
Session 3	M/W	8/5-8/28	6:30-8:00pm

\$62.00 I/D; \$81.00 O/D

Kids Brazilian Jiu-Jitsu

8-11 yrs | Dojo Conditioning Studio | **3516**

Your child will learn respect for others and most importantly, for him/herself. Energy, confidence and spirit rise, as your child becomes a strong, confident individual. A Gi is required, bring your own or purchase one from Dojo.

Session 1	M/W	6/3-6/26	6:30-7:15pm
Session 2	M/W	7/8-7/31	6:30-7:15pm
Session 3	M/W	8/5-8/28	6:30-7:15pm

\$62.00 I/D; \$81.00 O/D

Brazilian Jiu-Jitsu

12 yrs & UP | Dojo Conditioning Studio | **8516**

Brazilian Jiu-Jitsu is a Martial Art sport that focuses on grappling. The principle is that no matter your size, you can successfully defend yourself using leverage and proper technique, applying submissions via joint locks and choke holds. This will improve physical fitness, core strength, stability and flexibility. A Gi is required, bring your own or purchase one from Dojo.

Session 1	TU/TH	6/4-6/27	6:30-8:00pm
Session 2	TU/TH	7/9-8/1	6:30-8:00pm
Session 3	TU/TH	8/6-8/29	6:30-8:00pm

\$62.00 I/D; \$81.00 O/D



SPORTS CAMPS & CLINICS



Flag Football Camp with Coach Ernie Brooks

7-14 yrs | Redmond Early Learning Center | **3651**

Come join Coach Brooks for this fun week long camp to learn the fundamentals of football. Learn to dodge, dart and escape those flag pullers in the defense. Refine those skills needed to punt, pass and kick to make those touchdowns. Both boys and girls are encouraged to attend. Bring a water bottle to camp daily. **Registration deadline is Friday, July 26th.**

Session 1	M-F	8/5-8/9	9:00-11:00am
-----------	-----	---------	--------------

\$65.00 I/D, \$84.50 O/D

Youth Basketball Camp with Coach Ernie Brooks

7-14 yrs | Redmond Early Learning Center | **3609**

Skills, drills and games. Regardless of participant's level of play, this basketball camp will provide them with skills to improve their game. Beginning with passing, dribbling, shooting and rebounding, skills will progress to games that build up to play.

Registration deadline is Friday, July 26th.

Session 1	M-F	8/5-8/9	12:00-2:00pm
-----------	-----	---------	--------------

\$65.00 I/D, \$84.50 O/D

Diane's Horseback Riding

7-18 yrs | Diane's Riding Place | **3607**

Beginning - In this intro class Diane starts with the basics as you learn how to mount and properly care for a horse as well as how to cinch, saddle and prepare to ride a horse. Horses and tack provided.

Intermediate - Once you've learned the basics it's time to take things a step further with more advanced maneuvers and learn how to better communicate with a horse. Enjoy the art of learning to ride and care for a horse at Diane's Riding Place. Horses and tack provided.

Session 1 SA	8/10-8/31	Beginning	2:00-3:00pm
		Intermediate	3:00-4:00pm

\$100.00 I/D, \$130.00 O/D

Junior Golf Clinic

8-12 yrs | Eagle Crest | **3629**

Eagle Crest golf professionals have designed a 4-day program that combines 8 hours of fun, games, drills and play. Sign up now as space is limited! Eagle Crest will provide clubs if needed. For additional information call Kevin Story, Lead Golf Professional/Academy Director (541) 504-3877.

Session 1	M-TH	7/22-7/25	4:00-6:00pm
-----------	------	-----------	-------------

\$85.00 I/D, \$110.50 O/D

UK International Soccer Camp

4-14 yrs | High Desert Sports Complex | **3611**

Our coaches from the United Kingdom have designed an educational curriculum that focuses on the different levels of development. They instill a philosophy of safety and fun to provide an environment in which children can learn. This ensures, "the best possible soccer experience". The various programs offer games to build confidence, technical development, and challenging game-related situations to enhance the knowledge depending on the age level. This camp comes highly recommended by soccer parents.

Session 1	M-F	7/15-7/19	
		1/2 day	9:00am-12:00pm
			\$118.00 I/D; \$153.50 O/D

		Full day	9:00am-3:00pm
			\$170.00 I/D; \$221.00 O/D

Fun in the Sun (4-6 yrs) 1/2 day only
 Skills 'n Drills (7-10 yrs) 1/2 or full day
 Compete with Your Feet (11-14 yrs) 1/2 or full day



SOCCER LEAGUES



Fall Tykes Soccer League

Pre-K-Kinder | High Desert Sports Complex | **1200**

Tykes soccer is all about having fun and learning a new sport for our youngest soccer stars. Over an 8 week season, players will practice once a week and will have one game-day, weather permitting, each Saturday. All games will take place at the High Desert Sports Complex while practices will depend on the request of each respective volunteer coach. RAPRD will provide player jerseys. Parents are responsible for providing shorts, shin guards, socks and a size 3 soccer ball. Pre-K must be 4 years old by registration deadline. **Registration deadline is Tuesday, July 16th.**

Pre-K-Kinder	9/7-10/26	Size 3 soccer ball
\$65.00 I/D, \$84.50 O/D		

1st & 2nd Grade Instructional Leagues

Grades 1st-2nd | High Desert Sports Complex | **1200**

1st and 2nd graders will be formally introduced to the fundamentals of soccer. Practices and games will be a little longer and the teams, fields and soccer balls will be larger in this next step of the RAPRD soccer experience. Parents can expect their soccer players to learn the basics of dribbling, passing and shooting in a personalized, interactive and fun environment. All games will take place at High Desert Sports Complex on Saturdays; weather permitting, while practices, held once-a-week, will depend on the request of each respective volunteer coach. RAPRD will provide player jerseys. Parents are responsible for providing shorts, shin-guards, socks and a size 4 soccer ball. Teams are not co-ed. Coach's request are not guaranteed. **Registration deadline is Tuesday, July 16th.**

Grades 1st-2nd	9/7-10/26	Size 4 soccer ball
\$65.00 I/D; \$84.50 O/D		

3rd Grade Developmental League

3rd Grade | High Desert Sports Complex | **1208**

The developmental league will focus on reinforcing the fundamentals of soccer. The 3rd grade only league is designed to help our younger players enjoy a structured and fun soccer experience. By limiting any potential age gap or physical advantages, RAPRD third graders will be able to better develop their soccer skills and understanding of the game. Practices will be held twice a week for 8 weeks. RAPRD will provide player jerseys. Parents are responsible for providing shorts, shin-guards, socks and a size 4 soccer ball. Coach's requests are not guaranteed. **Registration deadline is Tuesday, July 16th.**

3rd Grade	9/7-10/26	Size 4 soccer ball
\$80.00 I/D; \$104.00 O/D		

4th & 5th Grade Novice Development Leagues

Grades 4th-5th | High Desert Sports Complex | **1200**

The 4th-5th grade Novice Development League is the next step in the RAPRD development process. Soccer fundamentals will continue to be taught and promoted and more advanced concepts will be introduced. With experience gained in the developmental leagues, 4th and 5th graders will be better equipped to handle the demands of playing in a more physically and mentally challenging environment. RAPRD will provide player jerseys. Parents are responsible for providing shorts, shin-guards, socks and a size 4 soccer ball. Practices will be held twice a week for 8 weeks, based on the request of each volunteer coach. Games will be held on Saturday each week, weather permitting, for 8 weeks. **Registration deadline is Tuesday, July 16th.**

Grades 4th-5th	9/7-10/26	Size 4 soccer ball
\$80.00 I/D, \$104.00 O/D		



LEAGUES/OUTDOOR ACTIVITIES



Middle School Soccer Leagues

Grades 6th-8th | Bend Big Sky Sports Complex | **1208**

RAPRD is partnering with the Bend Park and Recreation District Grades 6-8 Soccer Division. Saturday games will be played in Bend, practices will be held in Redmond twice a week based on request of volunteer coach. Teams will be formed by RAPRD Sports Department. Coaches are required to attend the Bend Park and Recreation District's coach's clinic. This refereed division emphasizes conditioning, advanced development of ball handling and passing skills, the importance of teamwork and game strategy.

Registration deadline is Monday, June 10th.

Game Season 9/7-10/26

\$100.00 I/D, \$130.00 O/D

Youth Tennis

Ages 4-18 yrs | Sam Johnson Park | **9260**

Our tennis program offers something for youth of all ages and abilities. You can start with any session during the summer for a great tennis experience. Our teaching professional, Nathan Saito has more than 20 years teaching experience and is currently the head tennis coach for Redmond High School.

2 Week Session:

Session 1 M-TH 6/17-6/27

4-6 yrs 8:00-9:00am

7-8 yrs 9:00-10:00am

9-11 yrs 10:00-11:00am

\$50.00 I/D, \$65.00 O/D

12-18 yrs 11:00am-12:30pm

\$60.00 I/D, \$78.00 O/D

1 Week Sessions:

Session 1 M-TH 7/1-7/4

Session 2 M-TH 7/29-8/1

4-6 yrs 8:00-9:00am

7-8 yrs 9:00-10:00am

9-11 yrs 10:00-11:00am

\$25.00 I/D, \$32.50 O/D

12-18 yrs 11:00am-12:30pm

\$30.00 I/D, \$39.00 O/D

Grades 3rd-6th Youth Volleyball Leagues

Grades 3rd-4th (Co-Ed), Grades 5th-6th (Not Co-Ed) | Redmond Schools | **3704**

This 5-week recreational league will teach the basic team and individual fundamentals for volleyball. Emphasis will be on teamwork, sportsmanship, skill development and fun. Teams play 6v6 with a shortened net. All levels are welcome! Practices are held twice a week with Saturday games at local schools. Referees are provided. RAPRD will provide player jersey, parent provides a "volley-lite" and knee pads are recommended. Coach's requests are not guaranteed. **Registration deadline is Friday, July 19th.**

Saturday Games: 9/14-10/12

\$65.00 I/D, \$84.50 O/D

Volunteer coaches are needed for our Youth Sport Leagues. You can apply when registering your child. Your assistance will assure the success of our Leagues. We greatly appreciate all of our volunteers.

Coaches' Clinic

Welcome coaches! We are excited to have you join our team and look forward to a great season. **All coaches must attend a pre-season coaches clinic.** All of our coaches must complete concussion training, fill out a coach's volunteer form and consent to a background check prior to the registration deadline. You can pick up these forms at the Cascade Swim Center or Activity Center reception desk. All team rosters, practice times and supplies will be passed out at the clinic. The date of this clinic will be provided to the selected coaches prior to the season.

PICKLEBALL



Beginning Pickleball (Level 1)

18 & UP | Sam Johnson Park | **2252**

This is a great introductory class for those that would like to learn the game of Pickleball. In this class you will learn basic strokes, rules of the game and court positioning.

Session 1	TU	6/4	12:00-1:30pm
Session 2	TU	7/2	12:00-1:30pm
Session 3	TU	8/6	12:00-1:30pm

\$28.00 I/D, \$36.50 O/D per session

Advanced Beginner Pickleball (Level 2)

18 & UP | Sam Johnson Park | **2252**

The next step for beginners. (Please take the beginner class first or have some experience.) In this class you will perfect the basic stroke techniques, strategies and proper court positioning. As well as drill and play format.

Session 1	TU	6/04	9:00-10:30am
Session 2	TU	6/11	9:00-10:30am
Session 3	TU	6/18	9:00-10:30am
Session 4	TU	6/25	9:00-10:30am
Session 5	TU	7/02	9:00-10:30am
Session 6	TU	7/09	9:00-10:30am
Session 7	TU	7/16	9:00-10:30am
Session 8	TU	7/23	9:00-10:30am
Session 9	TU	7/30	9:00-10:30am
Session 10	TU	8/06	9:00-10:30am
Session 11	TU	8/13	9:00-10:30am
Session 12	TU	8/20	9:00-10:30am
Session 13	TU	8/27	9:00-10:30am

\$20.00 I/D, \$26.00 O/D per session

Intermediate Pickleball (Level 3)

18 & UP | Sam Johnson Park | **2252**

Fast moving strategy based drills that will improve your shot technique, reaction time and court position. Perfect your skills with other intermediate players.

Session 1	TU	6/04	10:30am-12:00pm
Session 2	TU	6/11	10:30am-12:00pm
Session 3	TU	6/18	10:30am-12:00pm
Session 4	TU	6/25	10:30am-12:00pm
Session 5	TU	7/02	10:30am-12:00pm
Session 6	TU	7/09	10:30am-12:00pm
Session 7	TU	7/16	10:30am-12:00pm
Session 8	TU	7/23	10:30am-12:00pm
Session 9	TU	7/30	10:30am-12:00pm
Session 10	TU	8/06	10:30am-12:00pm
Session 11	TU	8/13	10:30am-12:00pm
Session 12	TU	8/20	10:30am-12:00pm
Session 13	TU	8/27	10:30am-12:00pm

\$20.00 I/D, \$26.00 O/D per session



JUNIPER **JUNIOR GOLF PROGRAM**



SESSION 1: JUL 9-11 | SESSION 2: AUG 20-22

AGES 5-7	AGES 8-10	AGES 11+
\$100	\$100	\$100
9-11AM	12-2PM	2-4PM

LEARN COMPETE HAVE FUN JUNIPER GOLF COURSE | PLAYJUNIPER.COM | (541) 548-3121

REDMOND AQUATIC WELLNESS



Redmond Aquatic Wellness is a holistic aquatic health and fitness program. Our classes are no longer “aqua aerobics” classes but *Aqua Fitness* classes. With our emphasis on wellness our classes target the different areas of fitness; cardio respiratory endurance, muscular strength and endurance, range of motion, posture and stretching. The water is a unique environment making aqua fitness versatile and inclusive. In collaboration with local healthcare providers, Redmond Aquatic Wellness programs utilize the latest in exercise science to meet the needs of our community. Our program offers classes for all levels of exercisers; from athletes to health seekers, we have a program to suit your needs.

Our Aquatic Wellness classes offer effective classes that are safe and fun. Amazing health and fitness goals can be achieved with water exercise and our programming will help you get there. We have classes Monday-Saturday with a variety of hours and class options. We rotate class types monthly resulting in automatic cross-training. Our exciting class formats include; Cardio H2O (aerobic), Cardio Tone (aerobic with focus on muscular endurance and strength), Waves (interval training) and Circuit Challenge (a fun mix of everything). Aqua Zumba®, is back on Monday evening and Friday morning. Pick up an Aquatic Fitness schedule addendum at the pool or check our [Facebook](#) page under the **Note** section for our current schedule and class descriptions. If you have questions or concerns, or to find the right class for you, contact Robin Gaudette, RN, Aquatic Wellness Coordinator at: robin.gaudette@raprd.org or call her at (541) 548-6066.

Get Your Feet Wet: Introduction to Aquatic Wellness Days

16 yrs & UP | 9:00-11:00am | 5/4

Have you been interested in trying aquatic fitness classes but want to know more? Are you starting a new fitness regimen and want to know what aquatic wellness program best suits your needs? Learn what makes this environment different and how to manipulate the benefits of the water in your favor. Bring your suit, towel and questions to the pool for one of our Introduction to Aquatic Wellness Days and learn more about your options. Class consists of a 90 minute land presentation and a 30 minute pool session. This class is repeated monthly throughout the fall, winter and spring.

Aquatic Fitness Program

16 yrs & UP | M-SA | \$3.50 drop-in, \$35 month

Aqua Fitness is a healthy way to get in shape while having fun. This fitness option limits stress on joints, improves balance and flexibility, cardio respiratory health and muscular strength and endurance. Classes are designed to give a full body workout and are adjustable to all abilities. No swimming ability necessary. Pick up an Aquatic Fitness schedule addendum at the pool or check our [Facebook](#) page under the **Note** section for our current schedule and class descriptions.

Wellness Connection

As part of RAPRD’s Aquatic Wellness Program, all new participants are offered a complimentary Wellness Connection with the Aquatic Wellness Coordinator. A Wellness Connection may include a review of exercise and health history, blood pressure, heart rate and exploration of your exercise needs and goals. Helping you choose the programs at the Cascade Swim Center that will fit your needs. You can make an appointment with Robin via email at robin.gaudette@raprd.org or call (541) 548-6066.



REDMOND AQUATIC WELLNESS

Aqua Gold Active

16 yrs & UP | M/W/F | \$3.50 drop-in, \$35 month

This class is for those of all abilities but geared towards the senior population, beginners and those rehabilitating from injuries or surgery (if cleared by doctor). This class follows an interval format of work and rest periods. Intensity options are always offered and encouraged. This class is a total body workout but with an emphasis on cardio, respiratory and body composition improvements. Pick up an Aquatic Fitness schedule addendum at the pool or check our [Facebook](#) page under the **Note** section for our current schedule and class descriptions.

Aqua Motion

16 yrs & UP | TU | \$3.50 drop-in, \$35 month

Aqua Motion is an entry-level class for seniors and new or rehabilitating exercisers'. This class follows The Arthritis Foundation protocol for mobilizing joints, strengthening muscles, improving posture, balance and providing a functional type of movement. There is minimal to no bouncing. We will focus on Pilates, Yoga and Tai Chi movements to improve core, range of motion and balance. Pick up an Aquatic Fitness schedule addendum at the pool or check our [Facebook](#) page under the **Note** section for our current schedule and class descriptions.

Silver Splash

Active Older Adults | Monday & Thursday | CSC

Silver Splash is the aquatic fitness class empowering active aging. Silver Splash is a fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The water environment provides many benefits when used for aerobic exercise and resistance training. For date and times check our schedule on our [website](#), pick up an aqua fitness schedule addendum at the pool or look on our RAPRD [Facebook](#) page under the **Note** section. If you have questions or concerns, or to find the right class for you, contact Robin Gaudette, RN, Aquatic Wellness Coordinator at: robin.gaudette@raprd.org or call her at (541) 548-6066.

PRIVATE SWIM LESSONS

Many of our swim instructors offer private lessons on their free time. If you wish to be contacted by one of our instructors regarding private lessons, please fill out a private lessons contact request form.

NOTE: CSC staff cannot solicit, organize or administer private lessons, while on duty. Private lessons are privately contracted between the patron and the instructor.

FITNESS & WELLNESS



RAPRD Activity Center Group Fitness Schedule Summer 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45am		Kickstart Conditioning		P90X®		
8:00-9:00am	Fitness 4 Life	Zumba® Gold	Fitness 4 Life		Zumba® Gold	
9:15-10:20am	Powercut Plus	Balance & Core	Powercut Plus	Balance & Core	Cardio Kickboxing	Powercut Plus
4:30-5:30pm	MIXxedFit® Dance Fitness	Yoga-Hatha Flow	MIXxedFit® Dance Fitness	Yoga-Hatha Flow		
5:35-6:35pm	Powercut Plus		Powercut Plus			

Fitness class drop-in \$3.50 or \$28.00 I/D for 12 session punch card. Unlimited group fitness, weights, cardio, basketball, racquetball and walleyball is just \$30.00 I/D per month with NO contract. All classes are located at the RAPRD Activity Center, 2441 SW Canal Blvd., Redmond OR 97756. **All classes are subject to change due to attendance. Please contact the RAPRD Activity Center at (541) 526-1847 for an updated schedule or visit our website at www.raprd.org.**

Kickstart Conditioning

14 & UP | RAPRD Activity Center

Kickstart your morning with this energetic workout that incorporates strength, cardio & core in one workout! This class focuses on toning your muscles with intermittent cardio bursts. Exercises can be modified for all fitness levels and the workout is different each day.

Tuesday 5:45-6:45am

P90X® Live

14 & UP | RAPRD Activity Center

A variety of strength training moves, cardio conditioning and core work. This innovative format helps you build strong, lean muscle and bust through any plateaus that stand in your way.

Thursday 5:45-6:45am



FITNESS & WELLNESS

Powercut Plus

14 yrs & UP | RAPRD Activity Center

Grab your friends for a party! This weight lifting class uses free-weights, resistant bands and fitness balls along with great music to get you through an hour of head to toe muscle work. Cardio intervals are interjected between strength sets. Each class is different and all levels are welcome.

Monday & Wednesday	9:15-10:20am
Monday & Wednesday	5:35-6:35pm
Saturday	9:15-10:20am

Cardio Kickboxing

14 yrs & UP | RAPRD Activity Center

Jab, cross, hook and uppercut will be the terminology used to get your heart racing in this pre-choreographed martial arts based class. The focus of this class is cardiovascular endurance along with a section of added weights concentrating on all the upper body muscle groups.

Friday	9:15-10:20am
---------------	--------------

MiXxedFit® Dance Fitness

14 yrs & UP | RAPRD Activity Center

Discover how much fun a workout can be! In this class you will shake, shimmy, pop, drop and more! Want to improve your overall health, coordination and confidence? Think you can't move your hips or learn a dance? You may be surprised! Many people come for the first time and find they've got moves that have waiting to be unleashed!

Monday & Wednesday	4:30-5:30pm
-------------------------------	-------------

Balance Core & More

14 & UP | RAPRD Activity Center

This is a blend of Pilates and Yoga moves. Along with added strength and core conditioning, this class is designed to help with flexibility, posture and focus on the core muscles. Flexibility is the most overlooked element of fitness; make it a part of your schedule.

Tuesday & Thursday	9:15-10:20am
-------------------------------	--------------

Yoga-Hatha Flow

14 yrs & UP | RAPRD Activity Center



This class explores the foundations of yoga through a guided practice of classical postures (asana) and simple breathing techniques (pranayama). Class will include standing, balancing, seated and reclining postures. We will work through these movements in both their static (Hatha) and fluid forms (Flow), which will combine to build strength, flexibility and an overall sense of body awareness. Variations and modifications will be made to accommodate all levels of experience.

Tuesday & Thursday	4:30-5:30pm
-------------------------------	-------------

SENIOR FITNESS OPPORTUNITIES

Zumba Gold®

50 yrs & UP | RAPRD Activity Center

Experience the dynamic energy of Zumba in a low impact version. This class is great for active older participants or a true beginner with no previous experience who wishes to add the fusion of Latin moves to their workout.

Tuesday & Friday	8:00-9:00am
-----------------------------	-------------

Fitness 4 Life

50 yrs & UP | RAPRD Activity Center

This class is 20 minutes of low impact moves, 20 minutes of strength exercises designed to increase range of motion and 20 minutes of balance and flexibility. Hand-held weights, elastic tubing and fitness balls are offered for resistance. This is a great class for the beginner or the active older adult.

Monday & Wednesday	8:00-9:00am
-------------------------------	-------------

FITNESS & WELLNESS



SENIOR FITNESS OPPORTUNITIES (continued)

Movement that Matters

50 yrs & UP | Redmond Senior Center

Join certified trainer Alicia Smith in this great fitness class. This is a total body conditioning class for the more active "over 50" participant. This class is taught using stability balls, yoga mats, resistance bands and dumbbells. Participants need to bring their own stability ball and mat. Instructor provides dumbbells and resistance bands. A limited number of balls are available for use to try in class. First class is free.

Monday, Wednesday, Friday 9:00-10:00am &
10:30-11:30am

\$20.00 I/D, \$26.00 O/D for 10 session punch card

Silver Splash

Active Older Adults | Monday & Thursday | CSC

Silver Splash is the aquatic fitness class empowering active aging. Silver Splash is a fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The water environment provides many benefits when used for aerobic exercise and resistance training. For date and times check our schedule on our [website](#), pick up an aqua fitness schedule addendum at the pool or look on our RAPRD [Facebook](#) page under the **Note** section. If you have questions or concerns, or to find the right class for you, contact Robin Gaudette, RN, Aquatic Wellness Coordinator at: robin.gaudette@raprd.org or call her at (541) 548-6066.

FITNESS PARTNERS

RAPRD is a partner with Silver & Fit®, Silver Sneakers® and Healthy Contributions for fitness classes, weight/cardio equipment, lap swim and water walking to help older adults achieve better health through regular exercise and health education. These partners provide eligible members with no-cost or low cost fitness memberships and older adult - oriented group exercise classes, through arrangements with certain health plans.

Please contact the reception staff at Cascade Swim Center or RAPRD Activity Center to see if you are eligible for one of these programs.





RAPRD ACTIVITY CENTER

The **RAPRD Activity Center** is located at 2441 SW Canal Blvd. in Redmond, OR. We offer a racquet/walleyball court, upper and lower activity rooms, multi-purpose room, 1/2 basketball court, weight equipment, fitness classes, drop-in gym activities, lockers, showers and ADA shower & restroom.

Public Showers: Showers are available for public use. Users must provide their own towel. The Activity Center is equipped with an ADA shower & restroom.
Cost: \$1.50 | 6am-6pm M-F; 9-11am SA

Lockers: We have a limited number of lockers available for participants during activity use. RAPRD is not responsible for lost or stolen items. RAPRD does not provide locks, please bring your own lock. Lockers are for day use only, please take your personal items with you when you leave.

Drop-in Fees: Classes, weights & cardio \$3.50

Basketball, racquetball, walleyball \$3.00

Senior drop-in for weights, cardio, basketball \$2.50

Facility Passes: We offer a large variety of passes to suit your needs. All passes are for the RAPRD Activity Center with the exception of the Combo Pass which includes the Activity Center and Cascade Swim Center. **If signing up as a couple, be sure to ask about the couples pass.** Every monthly pass purchased gets one "bring-a-pal" pass.

Please note: Home schooled students may count activities towards their PE Credit.

Youth Unlimited Activity Center Pass: We are offering a special pass for youth 18 & younger. Passes can be purchased anytime and are good for 30 days.

14-18 yrs Unlimited basketball, racquetball, walleyball, weights, cardio equip, fitness classes.

Cost: \$26.00/month

8-13 yrs Unlimited basketball, racquetball, walleyball.

Cost: \$19.50/month

I/D—In district cost: O/D—Out of district cost. For more information see page 3.			
General Pass	1 month	6 months	12 months
Full Access Pass	\$30 I/D \$39.00 O/D	\$158 I/D \$205.50 O/D	\$288 I/D \$374.50 O/D
Pass includes: unlimited fitness classes, weights, cardio equip, racquetball, walleyball and basketball			
Couples Full Access Pass	\$50 I/D \$65.00 O/D	\$264 I/D \$343.50 O/D	\$480 I/D \$624.00 O/D
Pass includes: unlimited fitness classes, weights, cardio equip, racquetball, walleyball and basketball			
Family Full Access Pass	\$95 I/D \$123.50 O/D	\$502 I/D \$652.50 O/D	\$912 I/D \$1185.50 O/D
Pass includes: unlimited fitness classes, weights, cardio equip, racquetball, walleyball and basketball			
Senior 60+ Disability	\$25 I/D \$32.50 O/D	\$121 I/D \$157.50 O/D	\$221 I/D \$287.50 O/D
Pass includes: weights, cardio equip, racquetball, and basketball			
Youth Unlimited Pass, 8-13	\$15 I/D \$19.50 O/D		
Pass includes: unlimited basketball, racquetball, walleyball			
Youth Unlimited Pass, 14-18	\$20 I/D \$26.00 O/D		
Pass includes: unlimited fitness classes, weights, cardio equipment, racquetball, walleyball, basketball			
AC/Pool Fitness Combo Pass	\$56 I/D \$72.50 O/D	\$296 I/D \$385.00 O/D	\$538 I/D \$699.50 O/D
Pass includes: unlimited lap swim, water aerobics, land aerobics, weights, cardio equipment			
12 Visit Punch Card	\$28 I/D \$36.50 O/D	Fitness classes, weights cardio equipment	

RAPRD ACTIVITY CENTER



Activity Center Hours:

Monday-Friday 6:00am-9:00pm
Saturday 9:00am-12:00pm
Sunday Closed
(Hours subject to change based on need)

Facility Closures:

July 4th Closed
September 2nd Closed

Weight Equipment & Open Gym

14 yrs & UP | Adult \$3.50, Youth \$2.50, Senior \$2.50

Open gym, cardio and weight equipment is available throughout the day and evenings. Must be at least 14 years old. Passes available at a discounted rate. Please inquire at the front desk. Check our website for weekly schedule.

Activity Center Rental

Facility rental is available with a two week advance notice. In the main facility we have three activity rooms that can be rented for \$20 per hour per room. The activity rooms will accommodate small groups of about 15 people.

The fitness building (next door) can be used for large events with food and drink. This room will accommodate up to 40 people with tables and chairs. Rental is available with a two week advance notice. Rental is \$20.00 per hour.

The High Desert Sports Complex



is ready to rent for your softball event. You can rent the sports complex for your sanctioned or non-sanctioned softball tournament. Please contact Mike Elam at (541) 526-1847 or Vicki Osbon at (541) 548-7275 for available dates.

Friends & Family Playtime

Crawling-8 yrs | M-F | \$2.00 per child | 12:00-3:00pm

Come with your children, meet other families and play in a safe and fun environment. We have tumble mats, toys and blocks. Child(ren) must be accompanied by a parent or adult. Adults are free with paid child admission. Times may change due to other programming.

Racquetball

All ages | \$3.00 per person | \$1.00 to reserve the court ahead of time (1 hour play time if others are waiting to use the court).

Racquetball is a very fast-paced energetic sport. You will have a lot of fun while keeping your heart rate up.

Walleyball

All ages | \$3.00 per person | \$1.00 to reserve the court ahead of time (1 hour play time if others are waiting to use the court).

This fast-paced game incorporates the rules of Volleyball & Racquetball. This is a fun and exciting game.

Personal Training offers you the opportunity to work exclusively with a certified trainer whose primary focus is to help you reach new heights in fitness, whatever your goals. Each session is tailored to meet your individual goals. Personal training sessions are one hour each. To schedule an appointment please call the RAPRD Activity Center at (541) 526-1847.

1 Session	\$ 30.00 I/D, \$37.50 O/D
5 Sessions	\$120.00 I/D, \$156.00 O/D
10 Sessions	\$230.00 I/D, \$299.50 O/D



CASCADE SWIM CENTER

Cascade Swim Center

465 SW Rimrock Dr.
Redmond, OR 97756
(541) 548-6066

Office Hours:

Monday-Friday 5:00am-9:00pm
Saturday 8:00am-5:00pm
Sunday 11:00am-3:30pm

Facility Amenities: A 25 meter indoor pool, diving boards, canopied outdoor wading pool, spray park, ADA aquatic lift, changing rooms with showers, family dressing rooms and 8-10 person spa. The average pool temp is 84°.

Spa: Come in and enjoy our beautiful 8-10 person spa. The spa is ADA compliant to allow people with limited mobility to enjoy a therapeutic dip.

Pool Closures:

July 4th Closed
July 5th Close @ 1:00pm
July 6th & 7th Closed
August 23rd Close @ 1:00pm
August 24th & 25th Closed
September 1st-8th Pool Shutdown
Please watch for announcements at the swim center on our website regarding schedule changes.

Dressing rooms: CSC has 2 family dressing rooms with showers. These rooms are reserved for families who have children over 5 that cannot use the public locker room. Please be courteous to other patrons by limiting your time to 15 minutes.

Public Showers: Showers are available during lap swim, fitness class and recreation swim hours. Showers are not available during school and swim lesson programming.

Lockers Available: CSC and RAPRD are not responsible for lost or stolen items. We recommend that you secure your belongings in a locker or take them with you. RAPRD does not provide locks, please bring your own lock. Lockers are for day use only, please take your personal items with you when you leave.

General Admission:

Adult (16 & up) \$3.50 or 2 tickets
Child (1-15yr) \$2.50 or 1 ticket
Senior (60 & up) \$1.50 or 1 ticket
Shower \$1.50 or 1 ticket
Family \$12 or 5 tickets
To qualify for the family rate all members must reside in the same house, 6 people maximum.

General Pass	1 month	6 months	12 months
Individual Pool Pass		\$135 I/D \$175.50 O/D	\$200 I/D \$260 O/D
Family Pool Pass		\$240 I/D \$312 O/D	\$390 I/D \$507 O/D
Child Pool Pass		\$85 I/D \$110.50 O/D	\$140 I/D \$182 O/D
Senior/Disability Pass		\$75 I/D \$97.50 O/D	\$120 I/D \$156 O/D
Aqua Fitness Pass	\$35 I/D \$45.50 O/D	\$180 I/D \$234 O/D	\$300 I/D \$390 O/D
Water Fit Combo Pass	\$45 I/D \$58.50 O/D	Aqua Fitness & Lap Swim	
Therapy Combo Pass	\$40 I/D \$52 O/D	Aqua Gold, Therapy Walking & Lagoon Swim	
RX Combo Pass	\$30 I/D \$39 O/D	Aqua Gold, Therapy Walk & Lagoon Swim (Requires doctor's recommendation and is limited to 4 consecutive months.)	
Ticket Book - 50 tickets	\$75 I/D \$97.50 O/D	Lap & Recreation Swim	
10 Visit Punch Card - Adult	\$32 I/D \$41.50 O/D	Lap & Recreation Swim	
10 Visit Punch Card - Senior	\$12 I/D \$15.50 O/D	Lap & Recreation Swim	
10 Visit Punch Card - Child	\$22 I/D \$28.50 O/D	Lap & Recreation Swim	
12 Visit Punch Card	\$32 I/D \$41.50 O/D	Aqua Fitness	
Drop-in Classes	\$3.50 I/D \$4.50 O/D	Aqua Fitness	

REDMOND AQUATIC ACADEMY



REDMOND AQUATIC ACADEMY SWIM LESSONS

Our Mission

At Redmond Aquatic Academy we believe that teaching water safety saves lives. We believe that learning to swim opens up a world of recreational and fitness opportunities that span a lifetime. Our mission is to provide effective, accessible and engaging aquatic programs for all ages and abilities. How does Redmond Aquatic Academy Program work? Redmond Aquatic Academy programming is based on a progressive levels structure. The program starts with Waterbabies, which is a parent and child water safety and skills program for infants and toddlers.

Our swim lesson program begins with 4 progressive preschool levels that provide the basics of water safety, skills acquisition and building blocks of stroke development. After the preschool levels (or beginning here if the child is over age (6) are the 6 and up Basic levels (White, Orange and Green.) After completing the 6 and up basic levels, parents and participants can choose to continue to the Swim-for-Life recreational track and complete the Blue and Black levels, or branch off to the competitive swimming track; Junior Eels and RACE.

Level Entry Requirements and Progressions

(Participants will be evaluated on the first day of each session & placement may be adjusted by instructor)

Waterbabies

- Requires parent to be in the water with baby.

Preschool Levels

- Preschool Level 1
- Preschool Level 2
- Preschool Level 3
- Preschool Level 4

- No swim experience necessary. Ability to participate in a class environment.
- Comfortably submerge head for 3-5 seconds with bubbles.
- Float on front and back for 5 seconds and recover to a vertical position.
- Streamline front and back with kicking, front crawl stroke.

Age 6 & up Levels

-  White Level
-  Orange Level
-  Green Level
-  Blue Level
-  Black Level

- No experience necessary for this level.
- Float on front and back for 5 seconds and recover to a vertical position.
- Streamline front and back glide with kicking for 5-10 meters.
- Front crawl with side to side breathing & backstroke for 10-15 meters.
- Front crawl with side breathing & backstroke for 25 meters+ and underwater swimming.

Junior Eels Track

Junior Eels levels 1 and 2 are designed for participants who are sincerely interested in competitive swimming. This is a feeder program for the RACE swim team.

- Junior Eels Level 1
- Junior Eels Level 2

- Participants must have successfully completed Green level.
- Participants must have successfully completed Junior Eels level 1.



SPECIAL PROGRAMS & EVENTS

Summer Opening Celebration

SA | 6/15| 1:00-3:30pm | Drop-in fees apply

Join us for fun and food at the Cascade Swim Center to kick off the summer season with a tropical pool party bash. The indoor pool, diving boards, outdoor wading pool and spray pad will be open for your enjoyment. Music, games, prizes and fun for the whole family. Pizza will be available for purchase and proceeds will help support our swim lessons scholarship.

*Lifeguarding Class 2019

15 yrs & UP | Cascade Swim Center

Have you always wanted to be certified as a lifeguard? Or do you have a summer job that requires lifeguard and CPR certification? CSC is offering a lifeguarding course that, when successfully completed, will certify participants with lifeguarding, CPR, First Aid, AED and BBP. This course combines lectures, demonstrations and video with hands-on training and practice. Participants must be strong swimmers able to swim at least 300 meters (12 lengths) without stopping.

***A summer course is under consideration at this time. If you are interested in a summer lifeguarding class, email jessica.rowan@raprd.org with your interest .**

BYOB Kayaking

All ages | SU | 5:00-7:30pm | \$5.00 drop-in fee
Dates: 6/16, 7/14, 8/18

BYOB (bring your own boat) to the Cascade Swim Center on Sunday evenings. Kayaking enthusiasts can practice their skills and float their boats in the safety and comfort of our pool.

Smith Rock Water Polo Club

13-18 yrs | Cascade Swim Center



There is a new club polo opportunity for Redmond area athletes. Smith Rock Water Polo Club, headed by coach Eric Bostard, is a Redmond area water polo club for ages 13-18. Coach Eric has a depth of water polo experience, both as a player and coach at the college club and high school levels. Smith Rock Water Polo Club is a private, competitive club that is hosted at the Cascade Swim Center. The club practices 5 days a week and will be travelling to attend 6 tournaments this season. Whether you are an experienced polo player looking for a club outside of the high school season, or someone just interested in getting started, Smith Rock Water Polo Club is a great opportunity to play. Club season dues are \$350.00. Spring season is March 11th-May 12th, Summer season is May 13th-July 15th. For more information and to register, please email Coach Eric at eric.bostard@gmail.com.

CSC Rentals

For your next party or family gathering, consider reserving the CSC pool. Enjoy the pool with your family and friends. Lifeguard professionals are always present to supervise pool activities. Amenities available to reserve are indoor pool, outdoor children's pool and splash pad (seasonally), "cosmic" pool lighting and "The Rock"; a water inflatable with climbing and a slide. Available to use during your reservation include diving boards and pool toys. The lobby is not available to reserve but you are able to use it during your reservation time. Reservations can be made for a group up to 149 people, for up to 2 hours. For more information and prices please contact the reception desk at CSC or check online at <https://www.raprd.org/rentals>. **Pool parties must be reserved 3 weeks in advance.**

SWIM LESSONS



Waterbabies

6 mos-3 yrs | 10:35-11:05am and 6:05-6:35pm

Waterbabies is a parent and child aquatics program designed to introduce infants and toddlers to water environments, teach basic skills and support parent/child aquatic activities. Swimmers will increase their comfort level both in and out of the water. Parents are included in the water.

Session 1	M-F	6/17-6/28
Session 2	M-F	7/1-7/12 (7/4-no classes, 7/5 no pm)
Session 3	M-F	7/15-7/26
Session 4	M-F	7/29-8/9
Session 5	M-F	8/12-8/23 (8/23-no pm)

\$42.00 I/D, \$55.00 O/D - Session 1, 3, 4 (am/pm)
 \$42.00 I/D, \$55.00 O/D - Session 5 (am)
 \$38.00 I/D, \$49.50 O/D - Session 2 (am), 5 (pm)
 \$34.00 I/D, \$44.00 O/D - Session 2 (pm)

Preschool Levels

3-5 yrs | 10:00-10:30am, 10:35-11:05am, 5:30-6:00pm, 6:05-6:35pm

The pre-school swim lesson program emphasizes positive reinforcement while encouraging kids to have fun and be safe in the water.

Session 1	M-F	6/17-6/28
Session 2	M-F	7/1-7/12 (7/4-no classes, 7/5 no pm)
Session 3	M-F	7/15-7/26
Session 4	M-F	7/29-8/9
Session 5	M-F	8/12-8/23 (8/23-no pm)

\$42.00 I/D, \$55.00 O/D - Session 1, 3, 4 (am/pm)
 \$42.00 I/D, \$55.00 O/D - Session 5 (am)
 \$38.00 I/D, \$49.50 O/D - Session 2 (am), 5 (pm)
 \$34.00 I/D, \$44.00 O/D - Session 2 (pm)

For Adaptive Swim Lessons information see [page 7](#).

Six Yrs & Up Basic Levels

6 yrs & UP | 10:00-10:30am, 10:35-11:05am, 5:30-6:00pm, 6:05-6:35pm

The first 3 levels of the 6 & up program (white, orange & green) are the basic levels. After the completion of these basic levels, they can continue in the color program and take the "Swim-for-Life" track, or branch off to the Junior Eels Program.

Session 1	M-F	6/17-6/28
Session 2	M-F	7/1-7/12 (7/4-no classes, 7/5 no pm)
Session 3	M-F	7/15-7/26
Session 4	M-F	7/29-8/9
Session 5	M-F	8/12-8/23 (8/23-no pm)

\$42.00 I/D, \$55.00 O/D - Session 1, 3, 4 (am/pm)
 \$42.00 I/D, \$55.00 O/D - Session 5 (am)
 \$38.00 I/D, \$49.50 O/D - Session 2 (am), 5 (pm)
 \$34.00 I/D, \$44.00 O/D - Session 2 (pm)

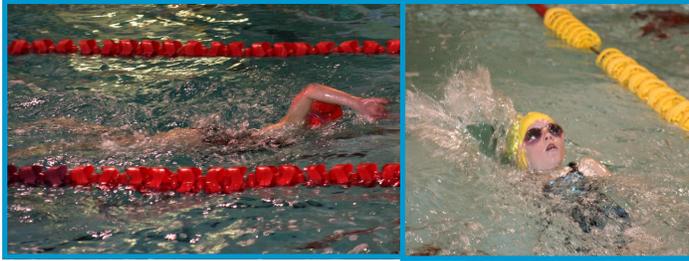
Swim-For-Life Levels

6 yrs & UP | 10:00-10:30am, 10:35-11:05am, 5:30-6:00pm, 6:05-6:35pm

The last two levels of the color program (blue & black) are known as the Swim-for-Life track. The Swim-for-Life water safety and recreational swimming track is designed to provide participants with a well rounded foundation for a lifetime of safe and enjoyable aquatic activities. The focus of this branch of the program is aquatic safety, competence and enjoyment. Participants will graduate from Swim-for-Life with the knowledge and skills to be water safe, competent and confident swimmers. Additionally, participants will be introduced to a wide variety of fun aquatic activities including, snorkeling, water polo, springboard diving and much more.

Session 1	M-F	6/17-6/28
Session 2	M-F	7/1-7/12 (7/4-no classes, 7/5 no pm)
Session 3	M-F	7/15-7/26
Session 4	M-F	7/29-8/9
Session 5	M-F	8/12-8/23 (8/23-no pm)

\$42.00 I/D, \$55.00 O/D - Session 1, 3, 4 (am/pm)
 \$42.00 I/D, \$55.00 O/D - Session 5 (am)
 \$38.00 I/D, \$49.50 O/D - Session 2 (am), 5 (pm)
 \$34.00 I/D, \$44.00 O/D - Session 2 (pm)



SWIM LESSONS RACE JUNIOR EELS

Junior Eels Pre-Competition (Levels 1 & 2) 6 yrs & UP | 5:30-6:00pm

The Junior Eels Competition track is designed for swim lesson participants who have the goal of becoming competitive swimmers and joining the Redmond Aquatic Club Eels (RACE). RACE is Redmond's year around USA Swimming age group swim team (ages 8-18). The focus of the two Junior Eels levels is to prepare participants to be competitive swimmers. Aquatic activities and swim skills that are unrelated to competitive swimming are deemphasized and in some cases, excluded from the curriculum of the Junior Eel levels. The program is designed to be a fun, but rigorous, initiation into the world of competitive swimming. It is recommended that participants in this program have a sincere interest in the sport of swimming and plan on joining a competitive team.

Session 1	M-F	6/17-6/28
Session 2	M-F	7/1-7/12 (7/4-no classes, 7/5 no pm)
Session 3	M-F	7/15-7/26
Session 4	M-F	7/29-8/9
Session 5	M-F	8/12-8/23 (8/23-no pm)

\$42.00 I/D, \$55.00 O/D - Session 1, 3, 4 (am/pm)
 \$42.00 I/D, \$55.00 O/D - Session 5 (am)
 \$38.00 I/D, \$49.50 O/D - Session 2 (am), 5 (pm)
 \$34.00 I/D, \$44.00 O/D - Session 2 (pm)

Youth/Adult (Beginners) Swim Lessons 12 yrs & UP | 6:05-6:35pm

It's never too late to become a swimmer. Learn to build confidence, basic water adjustment skills, enhancement stroke techniques and swim full laps. If you are new to swimming, or want to improve on your limited ability, this class is individualized to meet your needs. Prerequisite: UNABLE to swim 25 meters (1 pool length).

Session 1	M-F	6/17-6/28
Session 2	M-F	7/15-7/26
Session 3	M-F	8/12-8/23 (8/23-no pm)

\$42.00 I/D, \$55.00 O/D - Sessions 1, 2

RACE (Redmond Aquatic Club Eels) 7-18 yrs

Our Mission: To teach children and teens safety, competition and the fun of swimming. RACE is committed to providing an excellent program for children and teens ages 7-18 that teaches youth safety for competition and the fun of swimming. RACE teaches safety for competition and the fun of swimming. It is a program that is split into two seasons. The short-course season runs September through March and the long-course season runs April through August. Achieving excellence is the result of striving each day to do better than the last.

If you want to be on a swim team, get exercise and have fun then RACE is the club for you. RACE provides youth swimmers with opportunities to travel, compete, develop new friendships, achieve goals and have fun. RACE promotes health and fitness as well as responsibility, commitment and sportsmanship among its members. Swimmers interested in joining the RACE swim team must try out. To arrange for an opportunity to try out email Head Swim Coach Heather Thomas at heather.thomas@raprd.org. Visit our team page at <https://www.teamunity.com/Home.jsp?team=orrace>.

Fitness Swimmer Stroke Clinic 12 yrs & UP | 6:05-6:35pm

Know how to swim but want stroke refinement so you can swim laps? Want to improve your techniques for triathlon training? Learn stroke techniques that will assist you in the ability to swim full laps and swim for fitness. We will focus on tips and methods to enhance your stroke. Prerequisite is the ability to swim 25 meters.

Session 1	M-F	7/1-7/12 (7/4-no classes, 7/5 no pm)
Session 2	M-F	7/29-8/9

\$38.00 I/D, \$49.50 O/D-Session 1 (am)
 \$34.00 I/D, \$44.00 O/D-Session 1 (pm)
 \$42.00 I/D, \$55.00 O/D-Session 2

RECREATION SWIM & MORE



Lap and Recreation Swims

For swim center programs, check the weekly schedules for times on our [website](#) or check with the reception desk staff at the Cascade Swim Center. Drop-in fees or a pass apply to daily programs unless otherwise indicated. The CSC pool temperature is set at 84°F.

Family Swim Night

Every Thursday Evening | All ages | \$12.00/family or 5 tickets

Family swim night are recreation swims designated to family participation. No one under the age of 18 will be admitted without a parent or guardian. At least one parent or guardian must participate with their children.

Masters Swim

18 yrs & up | M-F | 5:00-6:30AM

This is an adult fitness opportunity that can challenge you in your fitness and competitive goals. Workouts often require the ability to swim 500 meters. There will be a coached session once a week. Check with reception desk for coached day information. Drop-in only, registration is not required.

Recreation (Open) Swim

All ages | Daily

The pool and diving boards are open for supervised fun. Children below 45" in height or 7 years and under must be accompanied and supervised in the water at all times by a responsible patron 16 years or older. Thursday evening is Family Swim Night.

Lap Swim

All Ages | Daily

Lap swim is intended for individuals striving for fitness and skill improvement. Pool lanes are designated to match each swimmer's individual pace. Swim equipment is available for use at no additional change. Remember to be considerate and share lanes. When 3 or more are lap swimming, all swimmers in the lane must circle swim according to the speed. To "circle swim" swim down one side of the lane and back up the other side.

A Word to Parents

Our aquatic staff of American Red Cross certified lifeguards strive to maintain the highest standards in emergency training. Our goal is to provide our patrons with a safe, clean atmosphere in which families can enjoy themselves in a recreational environment. The purpose of the aquatic staff is not to supervise your child, but to prevent accidents from happening. Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for safety and enjoyment of all patrons. All children below 42" in height or 7 years and younger must be accompanied and supervised in the facility at all times by a responsible adult.

For swim center programs, check the weekly schedule for times www.raprd.org/cscheme.html, check with the reception desk staff at the Cascade Swim Center or check our Facebook page under Notes.



NONPROFIT
U.S. POSTAGE
PAID
BEND, OR
PERMIT NO. 12

THE RAPRD HERO PASS

The Redmond Community is home to many veterans who have bravely served our nation. To honor their service RAPRD is introducing our RAPRD Hero Pass. All Redmond Area veterans who live within the District boundaries are eligible to receive the Hero Pass Card.

Recipients may use this card to receive a 20% discount toward RAPRD recreation, fitness or enrichment programs at both the RAPRD Activity Center and Cascade Swim Center. There is an annual limit of \$200.00, not to be used with other discounts or scholarships. Please inquire at the Cascade Swim Center or Activity Center if you would like more information about this program.



We Salute you, Honor you & Thank You for your service!!