

## ADULT FENCING-BEGINNING FOIL #8670

**Ages 15 and up**

**Session 1 Jan 30-March 19**

**Session 2 April 2-May 21**

**Monday 6:30-8:00PM**

**Fencibles, 63830 Clausen Dr., Ste 200, Bend**



Explore the challenging and exciting sport of fencing offered by RAPRD with the training provided by Fencibles.

Participants will be instructed in the basic footwork of fencing, blade work and tactics so you can enjoy the sport in a safe manner. Equipment will be provided. Please wear a t-shirt, running shoes and athletic pants (no shorts or jeans). Sessions include eight classes.

**Cost \$85.00 I/D \$110.50 O/D**

## ACROVISION TAEKWONDO - #7653

**Ages 6 and up**

**Session 1 Jan 3-26**

**Session 2 Jan 31-Feb 23**

**Session 3 Mar 6-29**

**Session 4 Apr 3-26**

**Session 5 May 1-24**

**Tue./Thur. 7:00-8:00PM**

**RAPRD Activity Center**

Taekwondo provides an opportunity for students to train in a complete martial arts system.

Taekwondo, translation foot, fist way, is a Korean Martial Art that dates back over 2000 years. This class provides an opportunity to learn respect, Korean culture, discipline, fitness, self-defense and enhanced self-confidence. Through the five tenets: courtesy, integrity, perseverance, self-control and indomitable spirit, students find that what they learn in class can be practiced in their everyday lives. *Uniforms are required and will be available for \$35 at the first class.* Join any session, classes are ongoing and non-sequential.

**Cost \$69.00 I/D \$89.70 O/D**

## DISCOVER SCUBA DIVING - #7321

**Ages 10 years—adult**

**Session 1 February 11**

**Saturday 9:00AM-1:00PM**

**Cascade Swim Center**



Have you ever wondered what it is like to breath underwater? This is your opportunity to try scuba in the comfort of the Cascade Swim Center pool. This one day class provides participants with both land and water based training. It includes an introduction to scuba gear, information about basic safety

and the chance to don gear and get in the water. This is the perfect opportunity to try it without a long-term commitment. After completion of the class the instructor will have more information about Open Water Scuba Certification. Instructor is PADI certified. All gear is included in the class cost. If you have your own gear you may bring it (mask or snorkel). ***PADI waivers must be signed at the time of registration. Registration deadline is February 1st.*** RAPRD is proud to offer this class in conjunction with Center Oregon Diving.

**Cost \$75.00 I/D \$97.50 O/D**

## THANK YOU RAPRD VOLUNTEERS

Our programs and events have been successful because of our volunteers. RAPRD is fortunate to have terrific volunteers. Without each and every one of you our programs would not be the success they are. Thank you to all of our volunteers.

***We truly appreciate each and every one of you!***