

# ACTIVITY GUIDE

## Summer 2024



**RAPRD**  
Redmond Area Park and Recreation District

*"Always Ready To Play..."*

Visit us at [www.raprd.org](http://www.raprd.org)

# BOARD MEMBERS & STAFF

## CASCADE SWIM CENTER AND ADMINISTRATIVE OFFICE

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

## CASCADE SWIM CENTER OFFICE HOURS

Monday-Friday 5:00am to 9:00pm  
Saturday 1:00pm to 5:00pm  
Sunday 12:00pm to 3:00pm  
Available for rent on Saturday and Sunday

*Operational hours are subject to change.*

## RECREATION PROGRAM STAFF OFFICE

2622 SW Glacier Place, Suite 110  
Redmond, OR 97756  
(541) 526-1847

Check us out at [www.raprd.org](http://www.raprd.org) for facility schedules, announcements and more.

## BOARD OF DIRECTORS

Matt Gilman, Chair  
Kevin Scoggin, Vice-Chair  
David Rouse  
Lena Berry  
Mercedes Cook-Bostick

## EXECUTIVE DIRECTOR

Katie Hammer  
(541) 548-7275  
[katie.hammer@raprd.org](mailto:katie.hammer@raprd.org)

## AQUATIC DIRECTOR

Jessica Rowan  
(541) 548-6066  
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## RECREATION MANAGER

Mike Elam  
(541) 526-1847  
[mike.elam@raprd.org](mailto:mike.elam@raprd.org)

## ADMINISTRATIVE SERVICES MANAGER

Vicki Osbon  
(541) 548-7275  
[vicki.osbon@raprd.org](mailto:vicki.osbon@raprd.org)

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

*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.*

## HOW TO REGISTER

- Online at [raprdrecreation.org](http://raprdrecreation.org)
- Visit our office at the Cascade Swim Center.

### General Policy

- Enrollment is on a first-come, first-serve basis.
- Full payment is required at time of registration.
- **Registration deadlines for all programs is 4 business days (Mon.-Fri.) prior to the start of class unless otherwise noted (i.e. drop-in, specific deadline).** Late registrations may occur at the discretion of RAPRD staff if a program is not at capacity.

### Payment

- All information and fees are subject to change without notice.
- Make checks payable to RAPRD. We also accept credit cards and cash.

### In-District Discount

- As Redmond Area Park and Recreation District is property tax supported, there is a discounted fee for all participants who reside within the park district boundaries. The resident fee is listed first and then the fee for participants living outside district boundaries. Ex. \$28.00 I/D; \$36.00 O/D.
- If you have any questions regarding your resident status, please contact our customer service staff at [raprd.org](http://raprd.org) or call us at (541) 548-7275.

### Credits and Refunds

- Requests for a credit or refund shall be done a minimum of 4 business days prior to the beginning of the program. Otherwise, we can only issue a refund or credit if the participants spot is filled. Requests for a credit or refund may be made in person, by phone, or email to [raprd@raprd.org](mailto:raprd@raprd.org).
- 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 RAPRD account for future programs.

### SCHOLARSHIPS

Scholarships are available for most programs. You may apply for a scholarship at the RAPRD Administrative Office at the Cascade Swim Center.

# FACILITIES / PARKS



**Cascade Swim Center**, 465 SW Rimrock Way, Redmond, OR (next to Redmond High School).

A 25 meter indoor pool, diving boards, seasonal canopied outdoor wading pool, 8-10 person spa, ADA showers, family dressing rooms, and locker rooms. The pool is available for private rentals on Saturdays 11:00am-1:00pm and 5:30-7:30pm and on Sundays from 10am-12pm and 3:30-5:30pm. Times are subject to change.

**Borden Beck Wildlife Preserve**, Located on Lower Bridge Road, Redmond, OR.

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



**Tetherow Crossing**, 5810 NW Tetherow Road, Redmond, OR.

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

**High Desert Sports Complex**, 1859 NE Maple Avenue, Redmond, OR.

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



**Pleasant Ridge Community Hall**, 7067 SW Canal Blvd., Redmond, OR.

Community activity and rental facility.



## **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 our Inclusion Coordinator, Brandy Princehorn at (541) 815-8379, or you can email her at [brandy.princehorn@raprd.org](mailto:brandy.princehorn@raprd.org).

## **THE RAPRD HERO PASS**



The Redmond Community is home to many veterans who have bravely served our nation. To honor their service, RAPRD is offering our RAPRD Hero Pass. All honorably discharged 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. There is an annual limit of \$200.00, not to be used with other discounts or scholarships.

Please inquire at the Cascade Swim Center if you would like more information about this program.

**We Salute You, Honor You & Thank You for  
Your Service!!**

# RAPRD GOLF CLASSIC

Program and Scholarship Fundraiser

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



# 2024 RAPRD GOLF CLASSIC

**Saturday, May 4th**  
Shotgun Start at 8:30am



SCAN ME

Register At:  
[raprdgolfclassic.org](http://raprdgolfclassic.org)

**4 PERSON SCRAMBLE**

**\$125/Person or \$500/Team**

Includes Fees, Cart, Range, and Lunch



**Juniper Golf  
Course**

1938 SW Elkhorn Ave,  
Redmond

**PRIZES | SILENT AUCTION | LIMITED SPACE!**

# SUMMER WORKSHOPS WITH LUX HYDRO ART

(Lux Studio address will be included in welcome letter.)

## MOTHER'S DAY FLOWERS WORKSHOP

Ages 6 & UP | Lux Hydro Art Workshop

Splash into the delightful world of water marbling as we transform ordinary silk flowers into a vibrant garden of whimsical flowers for mom! Paint 3 large flowers to arrange in a provided vase with glass pebbles and a bow.

**Ages 6-9 require adult supervision.**

### DATES & TIMES:

Session 1	SA	5/4	2:00pm-3:30pm
Session 2	SA	5/4	4:00pm-5:30pm

**COSTS:** \$25.00 I/D; \$32.50 O/D

## FATHER'S DAY BASEBALL CAP WORKSHOP

Ages 6 & UP | Lux Hydro Art Workshop

In this enchanting workshop, kids will get their hands wet (literally!) with the mesmerizing art of water marbling. They will swirl vibrant colors together to create a unique masterpiece on a cool ball cap that's perfect for their superhero dad! Each cap will be a burst of creativity and a symbol of the love and effort poured into making something special.

**Ages 6-9 require adult supervision.**

### DATES & TIMES:

Session 1	F	5/31	4:30pm-5:30pm
Session 2	F	5/31	6:00pm-7:00pm

**COSTS:** \$30.00 I/D; \$39.00 O/D

## TEACHER GIFT FOR END OF THE SCHOOL YEAR

Ages 6 & UP | Lux Hydro Art Workshop

Celebrate the end of the school year with a heartfelt gift that's as unique as your gratitude! Join our "A Growing Thank You" Workshop, where your kiddo will create a stunning water marbled pot and plant a provided living plant — a perfect token of appreciation for your favorite teacher.

**Ages 6-9 require adult supervision.**

### DATES & TIMES:

Session 1	TH	6/6	4:30pm-6:00pm
Session 2	TH	6/6	6:30pm-8:00pm

**COSTS:** \$25.00 I/D; \$32.50 O/D

## DECORATING CLOTHES FOR FASHION DOLLS

Ages 6 & UP | Lux Hydro Art Workshop

Calling all young fashion designers! Join us for an exciting and colorful adventure at our "Mini Fashionistas" workshop, where kids can unleash their creativity by painting, tie-dyeing and decorating clothes for fashion dolls. Budding designers will transform plain doll-sized outfits into miniature masterpieces. From vibrant tie-dye patterns to miniature hand-painted designs, the possibilities are endless.

**DATES & TIMES:** Session 1, W, 8/14, 10:00am-11:30am; Session 2, W, 8/14, 5:30pm-7:00pm

**COSTS:** \$25.00 I/D; \$32.50 O/D

## FOURTH OF JULY TEE WORKSHOP

Ages 4 & UP | Lux Hydro Art Workshop

This Fourth of July, give the kiddos something to be proud of—their very own hand-crafted patriotic t-shirts! With our stars and stripes themed t-shirt workshop, they'll be screaming "Happy Birthday USA!" in to time. It's easy, it's fun and they'll be wearing their new masterpiece in time for fireworks! Want matching tees? Sign yourself up too! Unisex cotton tees are pre-washed and prepped for painting. **Registration deadline is Wednesday, June 19th. Ages 4-9 require adult supervision.**

### DATES & TIMES:

Session 1	W	6/26	1:00pm-2:00pm
Session 2	W	6/26	6:30pm-7:30pm

**COSTS:** \$30.00 I/D; \$39.00 O/D

## CUSTOM NAME BANNER WORKSHOP

Ages 6 & UP | Lux Hydro Art Workshop

Custom paint your name on a banner to proudly hang in your bedroom. You will adhere pre-cut letters on individual burlap flags. Then water marble customized embellishments to attach on the ends of the banner. Name will be written as registered unless otherwise indicated prior to workshop.

**Ages 6-9 require adult supervision.**

### DATES & TIMES:

Session 1	W	7/31	10:00am-11:30am
Session 2	W	7/31	5:30pm-7:00pm

**COSTS:** \$35.00 I/D; \$45.50 O/D

## PAINT AND DECORATE SUNGLASSES WORKSHOP

Ages 6 & UP | Lux Hydro Art Workshop

Dive into a world of vibrant colors and creative expression at our "Sun-kissed Shades" workshop, where you'll transform ordinary sunglasses into personalized, summer-ready masterpieces. Paint and embellish to create shades as individual as you!

**Ages 6-9 require adult supervision.**

### DATES & TIMES:

Session 1	W	7/10	10:00am-11:00am
Session 2	W	7/10	5:30pm-6:30pm

**COSTS:** \$20.00 I/D; \$26.00 O/D

# ENRICHMENT ACTIVITIES

## ART EXPLORERS

Grades K-6th | Redmond Senior Center

This is a multimedia art program for K-6th grades. We will use paint, clay, oil pastels, chalks and so much more. This art class is filled with imagination and creativity. Please wear an old shirt as this class tends to get messy. **REGISTRATION DEADLINE IS 1 WEEK PRIOR TO THE START OF CLASS.**

### DATES & TIMES:

Session 1 TH 6/14, 6/21, 6/28 4:00pm-4:45pm

**COSTS:** \$40.00 I/D; \$52.00 O/D

## KID CUISINE

Grades 1st-4th | Redmond Senior Center



Participants in this class will make easy and inexpensive meals, snacks or desserts. Each class participant will learn how to use an oven/burner, proper knife techniques and how to measure. Sign up

today and let's get cooking! **REGISTRATION DEADLINE IS 1 WEEK PRIOR TO THE START OF CLASS.**

### DATES & TIMES:

Session 1 TU 6/4-6/18 4:00pm-5:00pm

Session 2 TU 8/6-8/20 4:00pm-5:00pm

**COSTS:** \$45.00 I/D; \$58.50 O/D

## TUMBLING INTO LEADERSHIP

Ages 6-18 | TBD

Tumbling into leadership is a JR cheer club that is designed to promote confidence, leadership and community while building foundational tumbling skills. We will work on soft skills for high school cheer such as basic tumbling skills and passes, standard jumps, functional exercises to strengthen skills and prepare students for stunting.

### DATES & TIMES:

Session 1 M 6/17-7/8  
Ages 6-12 2:00pm-3:30pm  
Ages 12-18 3:30pm-5:00pm

Session 2 M 8/5-8/26  
Ages 6-12 2:00pm-3:30pm  
Ages 12-18 3:30pm-5:00pm

Session 2 TU 8/27 Last day of Session 2  
Ages 6-12 3:00pm-4:30pm  
Ages 12-18 4:30pm-6:00pm

**COSTS:** \$80.00 I/D; \$104.00 O/D

## KIDS YOGA

Ages 4-12 | Location will be emailed prior to first class



Join professional kids yoga instructor Amber for a class that is all about FUN! Kids Yoga is an engaging class utilizing songs, breathwork and stretching to teach children how to be mindful and connect with their bodies. Yoga mats are provided if you do not have one of your own.

### DATES & TIMES:

Session 1 W & SA 7/10-7/20 3:00pm-3:30pm

Session 2 W & SA 8/14-8/24 3:00pm-3:30pm

**COSTS:** \$80.00 I/D; \$104.00 O/D



## PERINATAL YOGA

Ages 18 & UP | Location will be emailed prior to first class

Join professional perinatal yoga instructor Amber for a class that can benefit both pre and post pregnancy. Perinatal Yoga is a gentle yoga class that helps mothers connect to their body and prepare and/or recover from the birthing process. Safe for all stages of pre and post pregnancy. Yoga mats are provided if you do not have one of your own. **IT IS HIGHLY ADVISABLE TO CONSULT YOUR PHYSICIAN TO MAKE SURE IT IS SAFE FOR YOU TO PARTICIPATE IN YOGA.**

### DATES & TIMES:

Session 1 SA 6/1-6/22 3:00pm-4:00pm

**COSTS:** \$100.00 I/D; \$130.00 O/D

## PLAY PALS

Ages 18 mos.- 5 yrs. | Sam Johnson Park

Fun, language-rich play classes including obstacle courses, crafts, story time, songs, sensory play, and fine-motor activities. Designed and led by a licensed, early intervention speech therapist. Caregivers learn communication strategies while children build friendships and learn through exploration. All abilities welcome!

### DATES & TIMES:

Session 1 M 7/1-7/22  
Ages 18 mo-3 yr 10:00am-10:45am  
Ages 3-5 yrs. 11:00am-11:45am

**COSTS:** \$114.00 I/D; \$187.00 O/D

### POP-UP CLASSES:

Ages 18 mos,-5 yrs. | Sam Johnson Pavilion

**DATES:** SA, 7/13, 7/20, 8/10, 8/17, 8/24

Same age groups and times as Session 1

**COSTS:** \$36.00 I/D; \$46.80.00 O/D



# OUTDOOR EVENTS

## FLY FISHING CAMP

Ages 10-16 | OFWD Pond

This 3-day fly fishing camp provides students with the skills to go fly fishing. It includes casting, bug identification, knot and fly-tying, water safety and fishing. The goal of the camp is to prepare youth to have the skills to become proficient fly fishers. Students will be provided waders and wade into Spring Creek. Please bring a sack lunch. Pick up and drop off is at the OFWD pond at spring creek on the Metolius river. Space is limited.

### DATES & TIMES:

Session 1 M-W 6/24-6/26 9:00am-1:00pm

**COSTS:** \$60.00 I/D; \$78.00 O/D

### Directions to Spring Creek:

From Sisters drive approx. 9 miles NW on US-20/OR 126 and turn right (look for the Camp Sherman/Metolius River Recreation Area sign). Set your odometer. Veer left at fork and head to Camp Sherman and resorts (2.5 mi). Don't take the right fork that goes to camp grounds, turn right onto Old Hatchery Road (used to be Sternberg Road) and look for Kokanee Karnival sign (4.5 mi), it is the first dirt road to the right past the fire station.

## YOUTH GOLF CLINIC

Ages 8-12 | Eagle Crest - Ridge Pro Shop, 8300 Cooper's Hawk Road

Eagle Crest Golf professionals have designed a one week program that combines 4 days of fun including games, drills and an introduction to the game of golf. Sign up now as space is limited! Eagle Crest will provide clubs if needed. For additional information contact Parker Shaddix, Lead Golf Instructor at [parker.shaddix@eagle-crest.com](mailto:parker.shaddix@eagle-crest.com).

Session 1 M-TH 7/15-7/18 4:30pm-6:00pm  
Session 2 M-TH 8/12-8/15 4:30pm-6:00pm

**COSTS:** \$100.00 I/D; \$130.00 O/D

## ADULT GOLF CLINIC

Ages 17 & UP | Eagle Crest - Ridge Pro Shop, 8300 Cooper's Hawk Road

Eagle Crest Golf professionals have designed a program for beginner golfers that combines 3 separate days of fun including games, drills and an introduction to the game of golf. Sign up now as space is limited! Eagle Crest will provide clubs if needed. For additional information contact Parker Shaddix, Lead Golf Instructor at [parker.shaddix@eagle-crest.com](mailto:parker.shaddix@eagle-crest.com).

Session 1 W 7/24-8/7 5:00pm-6:30pm  
Session 2 W 8/21-9/4 5:00pm-6:30pm

**COSTS:** \$100.00 I/D; \$130.00 O/D

## YOUTH TENNIS CLINIC

Ages 4-17 | Sam Johnson Park

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

### 2 Week Sessions:

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

Session 2 M-TH 7/1-7/11

4-7 yrs. 8:00am-9:00am

8-11 yrs. 9:00am-10:00am

Cost: \$75.00 I/D; \$97.50 O/D

12-17 yrs. 10:00am-11:30am

Cost: \$100.00 I/D; \$130.00 O/D

## ORANGE BALL

Ages 6-10 | Valleyview Courts

This class will cover all stroke fundamentals, serves, volleys, forehand and backhand strokes and fun action court games. A low compression orange ball will be used.

### DATES & TIMES:

Session 1 M 8/5-8/26 10:00am-11:00am

**COSTS:** \$56.00 I/D; \$73.00 O/D

## HIGH SCHOOL

Ages 14-18 | Valleyview Courts

This class is for players that have played Varsity or Junior Varsity team tennis. All drills will be based on the 5 situations of match play ground strokes, net, passing shots, lobs and serve and return.

### DATES & TIMES:

Session 1 W 8/7-8/28 10:00am-11:30am

**COSTS:** \$65.00 I/D; \$84.50 O/D



# BMX, KENDO, JIT-JITSU, HORSEBACK RIDING

## SMITH ROCK BMX SKILLS CLINIC

Ages 5 to Adult | Smith Rock BMX Track

Learn the sport of BMX racing, focusing on the fundamental skills: gate starts, pumping, jumping and turns/passing strategies. Includes a 1 month USA BMX trial membership, 4 clinics and 5 free single point races. For beginner and novice riders. The last day of the clinic will be on a Friday and participants will take part in their first BMX race. Sessions will be at the Smith Rock BMX Track at High Desert Sports Complex. Go to: <https://smith-rock-bmx.square.site> for more details and opportunities. **REGISTRATION DEADLINE IS 3 DAYS PRIOR TO THE START OF CLASS.**

### DATES & TIMES:

Session 1	TH	5/16-6/6	5:15pm-7:00pm
Session 2	TH	6/20-7/11	5:15pm-7:00pm
Session 3	TH	8/15-9/6	5:15pm-7:00pm
Session 4	TH	9/19-10/10	5:15pm-7:00pm

**COSTS:** \$159.00 I/D; \$207.00 O/D



## HORSEBACK RIDING

Ages 7-18 | Diane's Riding Place

**Beginning** - In this intro class Diane starts with the basics including learning 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.

**REGISTRATION DEADLINE IS 48 HOURS BEFORE THE START OF CLASS.**

### DATES & TIMES:

Beginning	SA	8/3-8/17	2:00pm-3:00pm
Intermediate	SA	8/3-8/17	3:00pm-4:00pm

**COSTS:** \$100.00 I/D; \$130.00 O/D



## BEGINNER AND ADVANCED KENDO FOR YOUTH AND ADULTS

Ages 12 & UP | Redmond Proficiency Academy  
OPS Building



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, a fifth degree black belt Kendo and second-degree black belt Iaido. Price includes a bamboo sword. Advanced class discounted for swords already brought. Each session is 3 months. **REGISTRATION DEADLINE IS 1 WEEK PRIOR TO THE START OF CLASS.**

### DATES & TIMES: BEGINNER CLASS

Session 1	TH	7/11-9/26	6:00pm-7:00pm
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**COSTS:** \$120.00 I/D; \$156.00 O/D

### DATES & TIMES: ADVANCED CLASS

Session 1	TU	7/02-9/24	6:00pm-8:00pm
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**COSTS:** \$105.00 I/D; \$136.50 O/D

## BRAZILIAN JIU-JITSU

Ages 4-14 | Connection Rio BJJ, 2498 S Hwy 97, Suite G, Redmond

Brazilian Jiu-jitsu (BJJ) is the best and most practical martial art and self-defense for kids. Everything we teach in our program from warm ups, drills, techniques to live application is all BJJ related. Our program is designed to build our participants up mentally and physically through instilling positive core beliefs, character building, developing boundaries, physical fitness and learning self-discipline in a safe fun environment. Participants will need to purchase a jiu-jitsu uniform through Connection Rio for a 1-time purchase fee of \$60. Please contact Connection Rio at (541) 797-8762 to purchase.

### DATES & TIMES:

Session 1	TU/TH	6/04-6/27	
		Ages 4-6	4:00pm-5:00pm
		Ages 7-14	5:00pm-6:00pm

Session 2	TU/TH	7/09-8/01	
		Ages 4-6	4:00pm-5:00pm
		Ages 7-14	5:00pm-6:00pm

Session 3	TU/TH	8/06-8/29	
		Ages 4-6	4:00pm-5:00pm
		Ages 7-14	5:00pm-6:00pm

**COSTS:** \$110.00 I/D; \$143.00 O/D

# YOUTH TECH COMPUTER CAMPS

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](http://www.youthtechinc.com).

Ages - Our age suggestion is ages 10-17 on most classes and 6-10 for youth courses. Commonly we accept students who may be younger. Ultimately, we leave the final decision to the parents as to what you think your student is capable of doing. Our courses are open to any student with a passion for learning.

***NO REFUND AFTER THE FIRST DAY OF CAMP.***

## MOVIE MAKERS

Ages 9-17 | CSC Conference Room

This hands-on, interactive course will instruct students on the world of digital video design and production. Students will film, direct and edit their own digital video creations. Students enrolled in this course will amaze their peers with green screen and special effects work.

### DATES & TIMES:

Session 1 M-TH 6/17-6/20 9:30am-12:00pm

**COSTS:** \$160.00 I/D; \$208.00 O/D

## VIDEO GAME DESIGN

Ages 9-17 | CSC Conference Room

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 game design and produce several different interactive video games to share with their friends and family.

### DATES & TIMES:

Session 1 M-TH 6/17-6/20 1:00pm-3:30pm

**COSTS:** \$170.00 I/D; \$221.00 O/D

## CODE STUDIO

Ages 6-12 | CSC Conference Room

This course offers younger students a fun, interactive look at coding. Students will create virtual apps and write their own programs that they can share with friends and family. This course makes learning to code fun and explores problem solving and programming logic. Students will have access to their accounts so the learning does not end at the door. **\*\*Students should be able to read prior to taking this course.**

### DATES & TIMES:

Session 1 M-W 7/1-7/3 9:30am-12:00pm

**COSTS:** \$135.00 I/D; \$175.50 O/D

## IGAME CREATORS

Ages 6-10 | CSC Conference Room

Want to create video games? This is an introductory course for younger students who want to learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun interactive games.

### DATES & TIMES:

Session 1 M-W 7/1-7/3 1:00pm-3:30pm

**COSTS:** \$135.00 I/D; \$175.50 O/D

## GAMING AND CODING

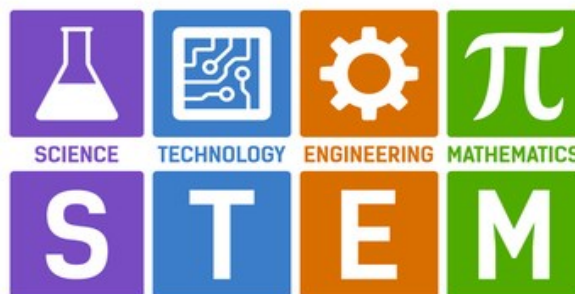
Ages 6-12 | CSC Conference Room

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 should bring a water bottle and sack lunch.

### DATES & TIMES:

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

**COSTS:** \$270.00 I/D; \$351.00 O/D



# FUN WORKS USING STEAM

## (science, technology, engineering, art & math)

### INTRO TO ART WITH FUN WORKS

Ages 5-6 | TBD

Students are introduced to a new project each day of class with an emphasis on creativity and self-expression. Projects include drawing, painting, print-making, sculpture and mixed media. All of which are designed with fun, learning and experimentation a priority. Students will bring home 5 projects during the week.

#### DATES & TIMES:

Session 1	M-F	7/22-7/26	9:00am-12:00pm
Session 2	M-F	8/12-8/16	9:00am-12:00pm

**COSTS:** \$200.00 I/D; \$260.00 O/D

### ART CAMP WITH FUN WORKS

Ages 7-11 | TBD

Students are introduced to a new project each day of class with an emphasis on creativity and self-expression. Projects include drawing, painting, print-making, sculpture and mixed media. Like the intro class with more advanced projects and challenges. All of which are designed with fun, learning and experimentation a priority. Students bring home 5 projects during the week.

#### DATES & TIMES:

Session 1	M-F	7/22-7/26	1:00pm-4:00pm
Session 2	M-F	8/12-8/16	1:00pm-4:00pm

**COSTS:** \$200.00 I/D; \$260.00 O/D

### FUN WORKS ENGINEERING INTRO TO STEAM USING LEGO

Ages 5-6 | TBD

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

#### DATES & TIMES:

Session 1	M-F	7/8-7/12	9:00am-12:00pm
Session 2	M-F	7/29-8/2	9:00am-12:00pm

**COSTS:** \$200.00 I/D; \$260.00 O/D

### FUN WORKS ENGINEERING STEAM USING LEGO

Ages 8-11 | TBD

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

#### DATES & TIMES:

Session 1	M-F	7/8-7/12	1:00pm-4:00pm
Session 2	M-F	7/29-8/2	1:00pm-4:00pm

**COSTS:** \$200.00 I/D; \$260.00 O/D



Science

Technology

Engineering

The Arts

Mathematics

# THE ART OF FLIGHT & WILDERNESS SURVIVAL

## INTRO TO THE ART OF FLIGHT

Ages 5-6 | TBD

Learn and experiment with the fundamentals and principles of 5 aircraft. Each student builds, modifies, decorates and takes home all projects. Paper airplanes, glider airplanes and a water rocket are just a few of the exciting projects built during camp.

### DATES & TIMES:

Session 1 M-F 7/15-7/19 9:00am-12:00pm  
Session 2 M-F 8/05-8/09 9:00am-12:00pm

**COSTS:** \$200.00 I/D; \$260.00 O/D



## THE ART OF FLIGHT

Ages 7-11 | TBD

Learn and experiment with the fundamentals and principles of 5 aircraft. Each student builds, modifies, decorates and takes home all projects. Motorized paper airplanes, glider airplanes and a solid fuel rocket are just a few of the exciting projects built during camp.

### DATES & TIMES:

Session 1 M-F 7/15-7/19 1:00pm-4:00pm  
Session 2 M-F 8/05-8/09 1:00pm-4:00pm

**COSTS:** \$200.00 I/D; \$260.00 O/D



## INTRO TO WILDERNESS SURVIVAL

Ages 6-8 | Tetherow Crossing

No pre-requisites needed. Learn the basics of thriving in the wild in this survival camp that covers a bit of everything! Campers learn confidence, initiative, communication and common sense through fun survival scenarios in teams and on their own. Skills introduced include shelters, fire building, cordage, navigation, knots, traps, primitive skills and more. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. Parents are invited to attend. Bring appropriate clothing, water shoes, bug spray, snacks and lunch. Call Coyle Outside for details about curriculum 541-760-0774.

**REGISTRATION ENDS 1 WEEK PRIOR TO START OF THE ACTIVITY. LATE REGISTRATIONS MAY BE TAKEN BUT NO REFUNDS WILL BE GIVEN AFTER REGISTRATION DEADLINE.**

### DATES & TIMES:

Session 1 M-F 7/29-8/2 9:00am-2:30pm

**COSTS:** \$284.00 I/D; \$369.00 O/D

## INTERMEDIATE WILDERNESS SURVIVAL

Ages 9-11 | Tetherow Crossing

No pre-requisites needed. Skills taught/practiced will include shelters, fire safety/building, knife safety, tracking, foraging teamwork, traps, orienteering, cordage and knots, and primitive skills. We dive even deeper into skills the group finds most engaging. Our goal is building initiative, self-control and judgment skills while connecting with the natural world and having fun. The week ends with an exciting final scenario and a certificate of achievement. Bring appropriate clothing, water shoes, bug spray, snacks and lunch. Call Coyle Outside for details about curriculum 541-760-0774.

**REGISTRATION ENDS 1 WEEK PRIOR TO START OF THE ACTIVITY. LATE REGISTRATIONS MAY BE TAKEN BUT NO REFUNDS WILL BE GIVEN AFTER REGISTRATION DEADLINE.**

### DATES & TIMES:

Session 1 M-F 8/12-8/16 9:00am-4:00pm

**COSTS:** \$350.00 I/D; \$455.00 O/D

# SPORT CAMPS

## REDMOND YOUTH FOOTBALL CAMP

Grades 1st-8th | Redmond HS Football Field

RAPRD is continuing our Redmond Youth Football Camp. In partnership with the Redmond Panther and Ridgeview Raven Football programs to bring football education, training and player safety to Central Oregon. This program emphasizes skill development, engagement, sportsmanship, teamwork, player safety and fun. Skills include running, catching, blocking, throwing, tackling and agility. This one-day camp, ALL coaching and instruction will be run by the Redmond Panther and Ridgeview Raven Varsity Football coaches and players. T-shirt and lunch included. **REGISTRATION DEADLINE IS WEDNESDAY, MAY 29TH.**

### DATES & TIMES:

Session 1 SA 6/1 9:00am-1:00pm

**COSTS:** \$50.00 I/D; \$65.00 O/D

## UK INTERNATIONAL SOCCER CAMP

Ages 4-14 | High Desert Sports Complex

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 their knowledge depending on the age level. Participants should bring a water bottle, sunscreen and for the full day camp, please bring a sack lunch. This camp comes highly recommended by soccer parents.

### DATES & TIMES:

Session 1 M-F 7/8-7/12

**REGISTRATION DEADLINE IS FRIDAY, JUNE 28TH.**

Session 2 M-F 8/12-8/16

**REGISTRATION DEADLINE IS FRIDAY, AUGUST 2ND.**

### TIMES & COST:

Fun in the Sun (4-6 yrs.) 1/2 day  
Skill 'n Thrills (7-10 yrs.) 1/2 or full day  
Compete with Your Feet (11-14 yrs.) 1/2 or full day  
1/2 day 9:00am-12:00pm \$190.00 I/D; \$247.00 O/D  
1/2 day 12:30pm-3:00pm \$175.00 I/D; \$227.50 O/D  
Full day 9:00am-3:00pm \$240.00 I/D; \$312.00 O/D

## YOUTH BASKETBALL CAMP WITH COACH ERNIE BROOKS

Ages 7-14 | Central Christian School

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 19TH.**

### DATES & TIMES:

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

**COSTS:** \$70.00 I/D; \$91.00 O/D

## FLAG FOOTBALL CAMP WITH COACH ERNIE BROOKS

Ages 7-14 | Obsidian Middle School

Come join Coach Brooks for this fun weeklong 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 19TH.**

### DATES & TIMES:

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

**COSTS:** \$70.00 I/D; \$91.00 O/D

## PREMIER PICKLEBALL LESSONS

Ages 5 & UP | Premier Pickleball Center  
(2405 S 1st Street, Suite 3, Redmond, OR)

This is an introduction to the fastest growing sport in the world - pickleball. We will be teaching and developing all aspects of the game, fostering a full understanding of the principles and focusing on the athletic benefits of the game.

### DATES & TIMES:

Session 1 M&W 6/03-6/12 2:00pm-4:00pm  
Session 2 M&W 6/17-6/26 2:00pm-4:00pm  
Session 3 M&W 7/01-7/10 2:00pm-4:00pm  
Session 4 M&W 7/15-7/24 2:00pm-4:00pm  
Session 5 M&W 7/29-8/07 2:00pm-4:00pm  
Session 6 M&W 8/12-8/21 2:00pm-4:00pm  
Session 7 M&W 8/26-9/04 2:00pm-4:00pm

**COSTS:** \$276.00 I/D; \$359.00 O/D

# REDMOND ROCK CHUCK OPEN

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



# REDMOND ROCK CHUCK OPEN 2024

# JULY 12-14

## SAM JOHNSON PARK PICKLEBALL COURTS

**REGISTRATION: \$45**

**ROCK CHUCK PICKLEBALL CLUB  
MEMBERS GET A \$5 DISCOUNT**

**ADDITIONAL EVENTS: \$15**

**WOMEN'S, MIXED, AND MENS DOUBLES ROUND ROBIN**



**NEW MONEY BALL EVENT!**

**\$50/ TEAM TO ENTER | \$500 TO THE WINNING TEAM**

**SIGN UP AT [WWW.PICKLEBALLBRACKETS.COM](http://WWW.PICKLEBALLBRACKETS.COM)**

# SOCCER LEAGUES

## TYKES SOCCER LEAGUES

Grades Pre-K-1st | High Desert Sports Complex

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 and will have one game day, weather permitting, each Saturday. All games will take place on Saturdays and Sundays, while practices will depend on the requests of each volunteer coach. RAPRD provides 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 FRIDAY, AUGUST 2ND.**

### SEASON:

Season Dates: 9/7-10/26

Costs: \$70.00 I/D; \$91.00 O/D

## 1ST & 2ND GRADE INSTRUCTIONAL LEAGUES

Grades 1st-2nd | High Desert Sports Complex

1st & 2nd graders are formally introduced to the fundamentals of soccer. Practices and games will be a little longer and the teams, field 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 on Saturdays and Sundays, weather permitting. Practices, held once-a-week, will depend on the request of each volunteer coach. RAPRD will provide player jerseys. Parents provide shorts, shin guards, socks and a size-4 soccer ball. **REGISTRATION DEADLINE IS FRIDAY, AUGUST 2ND.**

### SEASON:

Season Dates: 9/7-10/26

Costs: \$70.00 I/D; \$91.00 O/D

## 3RD & 4TH - 5TH & 6TH GRADE DEVELOPMENTAL LEAGUES

Grades 3rd-6th | High Desert Sports Complex

The 3rd/4th & 5th/6th grade leagues are the next step in the RAPRD developmental process. Soccer fundamentals continue to be taught and promoted and more advanced concepts are introduced. Experience gained in the developmental league will equip players to handle the demands of playing in a more physically and mentally challenging environment. RAPRD provides player jerseys. Parents provide shorts, shin guards, socks and a size-4 soccer ball. Practices are held twice-a-week for 8-weeks, based on the request of each volunteer coach. Games are held on Saturdays and Sundays at the High Desert Sports Complex, weather permitting. **REGISTRATION DEADLINE IS FRIDAY, AUGUST 2ND.**

### SEASON:

Season Dates: 9/7-10/26

Costs: \$85.00 I/D; \$110.50 O/D

## 7TH & 8TH GRADE SOCCER LEAGUES 9TH TO 12TH GRADE SOCCER LEAGUES

Grades 7th-8th & 9th-12th | High Desert Sports Complex

These programs emphasize development, engagement, sportsmanship, teamwork and fun! Practices are held twice-a-week for 8 weeks, based on the request of each volunteer coach. All games will take place on Saturdays and Sundays, weather permitting. **REGISTRATION DEADLINE IS FRIDAY, AUGUST 2ND.**

### SEASON:

Season Dates: 9/7-10/26

Costs: \$85.00 I/D; \$110.50 O/D

**Our sports leagues rely on volunteer coaches to be successful. If you are interested in volunteering as a coach, please indicate that when registering. Volunteer coaches will need to submit a volunteer form and a background check each season.**

**The High Desert Sports Complex is ready to rent for your softball event. Please contact Mike Elam at (541) 815-9557 for available dates.**



# GROUP FITNESS SCHEDULE/CLASSES

## SUMMER 2024

### Mondays

**7:45am** - Fitness 4 Life  
**9:15am** - Powercut Plus  
**10:35am** - SilverSneakers® Classic  
**5:30pm** - Zumba Toning®

### Tuesdays

**7:45am** - Zumba®  
**9:00am** - Pumped Up Strength  
 (Virtual Only)  
**9:15am** - Balance & Core  
**10:35am** - Zumba Gold®  
**5:30pm** - Power Combo

### Wednesdays

**7:45am** - Fitness 4 Life  
**9:15am** - Powercut Plus  
**10:35am** - SilverSneakers® Classic  
**5:30pm** - Dance Fitness

### Thursdays

**7:45am** - Fitness 4 Life  
**9:00am** - Pumped Up Strength  
 (Virtual Only)  
**9:15am** - Yoga Strong  
**10:35am** - SilverSneakers® Yoga  
**5:30pm** - Power Combo

### Friday

**7:45am** - Zumba®  
**9:15am** - Cardio Kickboxing

All of RAPRD's fitness classes are taught by Certified Professionals who have completed training through accredited and nationally certified fitness agencies and/or certified programs. Our instructors are the best at what they do. Come try us and see for yourself, your first class of any kind is always free! Get #raprdfit!

All fitness classes will be held at the Redmond Senior Center, 325 NW Dogwood Avenue, Redmond, OR. Fitness classes are for ages 14 and up. 10 visit punch cards are \$32.00 I/D. An unlimited group fitness pass is just \$35.00 I/D per month with NO contract. All classes are subject to change due to attendance.

### POWERCUT PLUS

Get cut with Powercut! This weightlifting and cardio class uses free-weights, resistance bands, steps 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. Every class is different and all levels are welcome.

#### DAYS & TIMES:

Monday & Wednesday 9:15am-10:20am

### POWER COMBO

Power up your fitness game with Power Combo! This class features cardio, High Intensity Interval Training (HIIT) and strength and conditioning that will challenge and tone your muscles. Core work is also added for a fitness experience that is not to be missed. Heart rates will be high and energy even higher! This class is modifiable for all fitness and ability levels.

#### DAYS & TIMES:

Tuesday & Thursday 5:30pm-6:30pm

# FITNESS CLASSES (cont'd)

## BALANCE & CORE

Balance and Core is a yoga-based class that will help your flexibility, posture and strengthen the core. Floor work, standing and balance poses are offered in this class to help with total body stretch and relaxation. Flexibility is the most overlooked element of fitness; make it a part of your schedule!

### DAYS & TIMES:

Tuesday 9:15am-10:20am

## CARDIO KICKBOXING

Cardio Kickboxing mixes martial arts techniques with high-paced cardio for a workout that will challenge both the beginner and elite athletes alike. Build stamina and improve coordination with punches and kicks that will get your heart racing and burn calories. Core work is also added at the end for a workout that challenges the entire body.

### DAYS & TIMES:

Friday 9:15am-10:20am

## YOGA STRONG

Yoga Strong will guide you through a series of body-weight yoga moves with a splash of Pilates that will tone and strengthen all muscle groups. Connect your mind and body through core work, arms, and legs to build endurance mindfully. All ages and ability levels are welcome.

### DAYS & TIMES:

Thursday 9:15am-10:20am

## ZUMBA®

Grab your friends and join the party! Zumba® is for everybody and every-body, designed to bring people together to sweat it on. This dance class mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® classes are often called "exercise in disguise." Come boost your energy and get a serious dose of awesome each time you leave class!

### DAYS & TIMES:

Tuesday & Friday 7:45am-8:45am

## ZUMBA® TONING

All the same as Zumba but with light weights for toning and added strength exercises. Come dance, burn calories and tone target zones such as arms, abs and lower body. Zumba Maraca-like Toning Sticks will help put focus on certain muscle groups so you and your muscles can stay engaged! Join our certified Zumba instructors for this fun energizing workout!

### DAYS & TIMES:

Monday 5:30pm-6:30pm

## DANCE FITNESS

All types of cardio dancing in one unique class! Dance Fitness incorporates world dancing, Latin and Hip Hop among other styles in a class that is sure to get your heart pumping. This class is suitable for beginners to advanced dancers and all age levels. Come discover moves you didn't even know you had!

### DAYS & TIMES:

Wednesday 5:30pm-6:30pm

## ZUMBA GOLD®

Zumba Gold® is for those who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. This class introduces easy to follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

### DAYS & TIMES:

Tuesday 10:35am-11:35am

## FITNESS 4 LIFE

Fitness 4 Life is designed for YOU, regardless of fitness level, with challenges offered in each class available when you are ready for them. From head to toe, this class will improve your muscle strength, range of motion and improve your balance and flexibility. Fitness 4 Life is the best of fitness all in one class!

### DAYS & TIMES:

M/W/TH 7:45am-8:45am

# FITNESS CLASSES (cont'd)

## PUMPED UP STRENGTH - **Virtual Only**

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism. The program content is modified for virtual so that you are standing or using a chair. Perfect for balance, coordination, muscle strength, and a bit of cardio. All no impact, with light to medium weights or no weights. A ribbon type elastic band is optional. You may need a straight back chair.

This is for **everyone** and a great progression for aquatic exercisers who are ready for a challenge and to build more strength. To register for a link to the class, go to [raprd.org](http://raprd.org), and click on "Register Now," then "Programs" and select "Aqua Wellness Classes." You will create an account and register to receive the invitation. Payment can be made online or at the Cascade Swim Center Office. For more information contact Robin Gaudette at [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org).

### DAYS & TIMES:

Tuesday & Thursday 9:00am-10:00am

## SILVERSNEAKERS® CLASSIC

SilverSneakers® Classic will increase muscle strength, range of movement and improve activities for daily living. You will have a chair for seated exercises and standing support. Our instructor can modify the exercises for your fitness level. Equipment used will be the SilverSneakers® Chair, small resistance balls, handled resistance tubing and free weights.

### DAYS & TIMES:

Monday & Wednesday 10:35am-11:35am

## SILVERSNEAKERS® YOGA

A 100% seated and/or standing yoga session that increases your range of motion, flexibility, coordination, balance and ends with a final relaxation segment at the end. This class has NO floor/mat yoga moves and shoes are required.

### DAYS & TIMES:

Thursday 10:35am-11:35am



RAPRD is a partner with Silver & Fit®, Silver Sneakers® and Renew Active® for fitness classes, 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 our Customer Service staff at Cascade Swim Center to see if you are eligible for one of these programs.



# CASCADE SWIM CENTER



## CASCADE SWIM CENTER

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

## FACILITY AMENITIES

A 25 meter indoor pool, diving boards, seasonal canopied outdoor wading pool, ADA showers, family dressing rooms and locker rooms. Average indoor pool temperature is 84°F. The average wading pool temperature is 90°F. Lockers are available for day use only, bring your own lock.

## 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. The spa is kept at 101°F.

## FACILITY CLOSURES

June 15 - Jay Rowan Memorial Swim Meet  
July 4 - closed  
Aug 23 after 11am - Water Polo Jamboree  
Aug 24-25 - Water Polo Jamboree  
Sept 1-15 - Maintenance Shutdown

*Please watch for announcements at the swim center or on our website regarding schedule changes.*

## PRIVATE POOL RENTALS

The Cascade Swim Center is available to rent for your event on Saturday times at reasonable prices. All fees are due at time of reservation. Visit our website for details, inquire at the pool or call (541) 548-6066 for availability.

## DRESSING ROOMS

Locker rooms are available for a cleansing shower before entering the water which helps us maintain our water quality. The family rooms are open for those using the pool if needed. Please be courteous to other patrons by limiting your time. Strongly perfumed toiletry products and talc powder are prohibited to be courteous to fellow patrons who may have allergies and medical conditions that these products can aggravate.

## GENERAL ADMISSION FEES

Adult (16 & up)	\$3.50 I/D; \$4.50 O/D or 2 tickets
Child (1-15)	\$2.50 I/D; \$3.25 O/D or 1 ticket
Senior (60 & up)	\$1.50 I/D; \$2.00 O/D or 1 ticket
Family	\$12 I/D; \$15.50 O/D 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	\$40 I/D   \$52 O/D	Aqua Fitness, Lap Swim & Therapy Walk	
RX Combo Pass	\$30 I/D   \$39 O/D	Aqua Fitness, Water Walking & Lap 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 Swim, Recreation Swim, Aqua Fitness & Group Fitness	
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	
Drop-in Aqua Fitness Classes	\$3.50 I/D   \$4.50 O/D	Age 14 & UP	

# REDMOND AQUATIC WELLNESS

For swim center programs, check the weekly schedule for times on our website (<https://www.raprd.org/swim-center-schedules-fees>) or check with our customer service staff at the Cascade Swim Center. Drop-in fees or a pass apply to daily programs unless otherwise indicated. The Cascade Swim Center pool temperature is set at 84°F.

## REDMOND AQUATIC WELLNESS

Redmond Aquatic Wellness is a holistic aquatic health and fitness program. The water is a unique environment making this exercise outstandingly versatile and inclusive. Redmond Aquatic Wellness programs utilize the latest in exercise science to meet the needs of our community. Whether you are looking for a low-impact cardiovascular workout, improved flexibility, balance and movement, post-op recovery, stress relief or just great whole body workout, aquatic fitness is ideal.

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. Instructors work with 4 categories of class styles:

- Cardio H2O - cardio aerobic focused
- Cardio Tone - with the emphasis on muscular strength and endurance
- Circuit Challenge - rotating various exercises to focus on different parts of the body
- Waves - a class made up of various intervals.

Come by the pool and check out our line-up of aquatic fitness programming. If you have questions or concerns, speak to our Aquatic Wellness Coordinator, Robin Gaudette, RN, at [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org) or call her at (541) 548-6066.

At this time class offerings are limited so that we are able to accommodate all of our aquatic activities in the daily schedule.

## AQUATIC FITNESS PROGRAM

Ages 16 & UP | Cascade Swim Center

Aqua Fitness is a healthy way to get in shape while having fun. This fitness option limits stress on joints, improves balance and flexibility, cardiorespiratory health, muscular strength and endurance. Classes are designed to give a full body workout and are adjustable to all abilities. No swimming ability necessary. Check out our schedule on our website for day and times.

**COSTS:** \$3.50 I/D; \$4.50 O/D drop-in  
\$35.00 I/D; \$45.50 O/D monthly pass

## GET YOUR FEET WET: AN INTRO TO AQUATIC FITNESS - VIRTUAL

Ages 16 & UP | Zoom Virtual Class

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? Or are you a current student that wants to make sure you are getting the most from your class? Learn what makes this environment different and how to manipulate the benefits of water in your favor. This class will be offered as a Zoom virtual class. You can participate in the class from your computer, phone or tablet. You must be able to download the Zoom program or app. A camera and microphone are not required but will help you participate and ask questions during the class. Contact Robin Gaudette for more information at [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org).

**PRE-REGISTRATION IS REQUIRED AT RAPRD.ORG.**

### DAYS & TIMES:

Session 1	5/16	TH	11:00am-1:00pm
Session 2	6/8	SA	9:00am-11:00am

## WELLNESS CONNECTION

Ages 16 & UP | CSC or Virtually

As part of RAPRD's Aquatic wellness program, new participants are offered a complimentary Wellness Connection with the Aquatics Wellness Coordinator. A Wellness Connection may include a review of exercise and pertinent health history, blood pressure, heart rate and exploration of your wellness needs and goals related to fitness. This will help you choose the program at the Cascade Swim Center that will fit your needs. Initial appointments can be done in person, on the phone or a virtual meeting on Zoom. You can make an appointment with Robin via email at [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org) or call (541) 548-6066.



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.

# SWIM CENTER ACTIVITIES

For swim center programs, check the weekly schedule for times on our website (<https://www.raprd.org/swim-center-schedules-fees>) or check with our customer service staff at the Cascade Swim Center. Drop-in fees or a pass apply to daily programs unless otherwise indicated. The Cascade Swim Center indoor pool temperature is set at 84°F. Drop-in fees or a pass apply to daily programs unless otherwise indicated.

## MASTERS SWIM

18 & UP | M/W/F | 7:00-8:00am

Masters swim is an adult fitness opportunity that can challenge you in your fitness and competitive goals. Workouts often require the ability to swim at least 500 meters. In partnership with Central Oregon Masters Association, there will be a coach available Monday, Wednesday and Fridays from 7:00-8:00am.

## RECREATION (OPEN) SWIM

All ages | See website for days and times

Come on down for open swims with the whole family! Diving boards, spa and 25 meter pool. US Coast Guard Approved flotation devices only (no flotation toys or water wings, please). Children below 42" 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. Unaccompanied minors will be required to provide contact information for a parent or guardian prior to entry.

## SWIMSAFEKIDS

Unaccompanied minors under the age of 16 who want to use the Cascade Swim Center without a parent or guardian needs to enroll in SafeSwimKids by a parent or guardian. This is not a program with a fee, but a behavior agreement and contact registration. Available for registration online, or at the reception desk at CSC.

## LAP SWIM/WATER WALKING

All Ages | See Website for days and times

Swim laps or get an independent workout in our 25 meter pool. Please note the signs and choose the lane/area of the pool that matches your activity and skill level. Swim equipment is available for use at no additional charge. 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.

## 19TH ANNUAL REDMOND WATER POLO JAMBOREE

The largest event of its kind in the state of Oregon. Redmond's Water Polo Jamboree is a fast paced water polo event drawing in clubs from around the state for three days of non-stop water polo fun. **August 23rd-25th at the Cascade Swim Center.**

## REDMOND AQUATIC CLUB EELS (RACE)

Ages 5-18 | Cascade Swim Center

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 5-18. It is a year round 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 Shane Bennett at [shane.bennett@raprd.org](mailto:shane.bennett@raprd.org).



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# 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 Aqua Kids 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.

Aqua kids begins with 3 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

- No swim experience necessary. Requires parent to be in the water with baby.

#### Pre-School Levels

#### Preschool Level 1

#### Preschool Level 2

#### Preschool Level 3

- 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.

#### 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. The Blue/Black levels are combined and requires students to swim laps, 25 meters+.

#### Junior Eels Track

Junior Eels is designed for participants who are sincerely interested in competitive swimming. This is a feeder program for the RACE swim team. With effective backstroke and crawl stroke is required.

# SWIM LESSONS

## REDMOND AQUATIC ACADEMY

Ages 3-11 | Cascade Swim Center

For the levels Preschool, Six and Up Basic and Swim-for-Life, please indicate at the time of enrollment if the child is a complete beginner or has had some prior instruction. Students will be benchmark tested on the first day of class to determine what level of instruction to begin at and proceed according to the acquisition of skills, tailored to individual achievement.

Advanced levels are taught entirely in the deep end and participants should be at a level that is commensurate with being able to swim in deep water.

**Times:** 10:00-10:30am; 10:35-11:05am; 5:00-5:30pm; 5:35-6:05pm

### M-F Sessions

Session 1 6/17-6/28  
Session 2 7/01-7/12 (no class July 4th)  
Session 3 7/15-7/26  
Session 4 7/29-8/09  
Session 5 8/12-8/23 (no pm class 8/23)

**Costs:** \$60.00 I/D; \$78.00 O/D  
\$54.00 I/D; \$70.00 O/D - Session 2  
\$54.00 I/D; \$70.00 O/D - Session 5

## WATERBABIES

Ages 6 mos.-3 years | CSC | **Times:** 10:35-11:05am; 5:35-6:05pm

Waterbabies is a class that allows parents to interact with their children in a swim lesson environment. The Waterbabies program is designed for children ages 6 months through 3 years. The program requires that a parent or guardian participate in the water with their child.

### M-F Sessions

Session 1 6/17-6/28  
Session 2 7/01-7/12 (no class July 4th)  
Session 3 7/15-7/26  
Session 4 7/29-8/09  
Session 5 8/12-8/23 (no pm class 8/23)

**Costs:** \$60.00 I/D; \$78.00 O/D  
\$54.00 I/D; \$70.00 O/D - Session 2  
\$54.00 I/D; \$70.00 O/D - Session 5

## ADAPTIVE SWIM LESSONS

All Ages | CSC | 10:35-11:05am; 5:35-6:05pm

Adaptive swim lessons for swimmers with disabilities.

### M-F Sessions

Session 1 6/17-6/28  
Session 2 7/01-7/12 (no class July 4th)  
Session 3 7/15-7/26  
Session 4 7/29-8/09  
Session 5 8/12-8/23 (no pm class 8/23)

**Costs:** \$60.00 I/D; \$78.00 O/D  
\$54.00 I/D; \$70.00 O/D - Session 2  
\$54.00 I/D; \$70.00 O/D - Session 5

## JUNIOR EELS

Ages 6 yrs. & UP | CSC | **Times:** 10:00-10:30am; 5:00-5:35pm

The Junior Eels is a pre-competitive program closely linked to our age group swim team, Redmond Aquatic Club Eels (RACE). The goal of teaching young swimmers the basics they will need for swim team practices and competitions. Young swimmers who have an interest in joining swim team, and have swim skills equivalent to Redmond Aquatic Academy's green level or higher (must be able to swim full lengths of the pool, safely and have basic knowledge of breaststroke and butterfly).

### M-F Sessions

Session 1 6/17-6/28  
Session 2 7/01-7/12 (no class July 4th)  
Session 3 7/15-7/26  
Session 4 7/29-8/09  
Session 5 8/12-8/23 (no pm class 8/23)

**Costs:** \$60.00 I/D; \$78.00 O/D  
\$54.00 I/D; \$70.00 O/D - Session 2  
\$54.00 I/D; \$70.00 O/D - Session 5





# SWIM LESSONS (cont'd)

## YOUTH ADULT (BEGINNERS) SWIM LESSONS

Ages 12 & UP | CSC | 5:35-6:05pm

It's never too late to become a swimmer. Learn to build confidence, basic water adjustment skills, enhance stroke technique 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).

### M-F Sessions

- Session 1 6/17-6/28
- Session 2 7/01-7/12 (no class July 4th)
- Session 3 7/15-7/26
- Session 4 7/29-8/09
- Session 5 8/12-8/23 (no pm class 8/23)

**COSTS:** \$60.00 I/D; \$78.00 O/D  
\$54.00 I/D; \$70.00 O/D - Session 2  
\$54.00 I/D; \$70.00 O/D - Session 5



## 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 private lessons contact request form to be posted on the private lessons board in the staff area. Forms are available at the reception desk. NOTE: CSC staff cannot solicit, organize or administer private lessons, while on duty. Private lessons are privately contracted between the patron and the instructor.

### A WORD TO PARENTS

Our aquatic safety staff team of American Red Cross certified lifeguards strives 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 the safety and enjoyment of all patrons.

All children below 42 inches in height or aged 7 years and under must be accompanied and supervised in the water at all times by a responsible, paying patron 16 years or older. **Infants under the age of 6 months are prohibited from entering the water of the main pool due to the lower temperature (84 degrees). Infants under 6 months are permitted to use the wading pool, which is kept at a higher temperature (90+ degrees).**