

# ACTIVITY GUIDE

## Winter/Spring 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 5am to 7pm  
Saturday 1pm to 5:00pm  
Sunday Closed  
Available for rent on Saturday

***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

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[katie.hammer@raprd.org](mailto:katie.hammer@raprd.org)

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## RECREATION MANAGER

Mike Elam  
(541) 526-1847  
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## 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 from 11am-1pm and 5:30-7:30pm. 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!!**

# ENRICHMENT ACTIVITIES

## CUSTOM NAME BANNER FOR KID'S ROOM

Ages 6 & UP | Lux Hydro Art Workshop (Studio address will be included in welcome letter)

Customize your name on a big banner to proudly hang in your bedroom. You will adhere each letter on individual burlap flags. Then you'll water marble customized embellishments to attach on each end of the banner. (Kid's name will be as written when registered unless otherwise indicated prior to workshop.)

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

### DATES & TIMES:

Session 1	SA	1/20	10:00am-11:30am
Session 2	SA	1/20	3:00pm-4:30pm

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

## WATER MARBLE A VALENTINE BOX WITH CANDY

Ages 6 & UP | Lux Hydro Art Workshop (Studio address will be included in welcome letter)

A sweet gift for kids to create and a gift for someone special in their world! With a demonstration and guided instruction, kids learn the magical art of water marbling on a paper mache box. They will dry and seal their box, then add some Valentine candy (included).

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

### DATES & TIMES:

Session 1	SA	2/10	12:00pm-1:30pm
Session 2	SA	2/10	4:00pm-5:30pm
Session 3	SA	2/10	6:00pm-7:30pm

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

## WATER MARBLE A SILK SCRAF/TABLE RUNNER WORKSHOP

Ages 6 & UP | Lux Hydro Art Workshop (Studio address will be included in welcome letter)

See description above.

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

### DATES & TIMES:

Session 1	F	2/23	3:00pm-5:00pm
Session 2	SA	4/27	12:30pm-2:30pm
Session 3	SA	4/27	4:30pm-6:30pm

**COSTS:** \$49.00 I/D; \$64.00 O/D

## WATER MARBLE A SILK SCRAF/TABLE RUNNER WORKSHOP

Ages 6 & UP | Lux Hydro Art Workshop (Studio address will be included in welcome letter)

Create a stunning 6 foot long, 100% silk scarf or table runner. You will learn to float high pigmented acrylic paint on thickened water, then move the paint with various tools. Choose from a rainbow array of non-toxic paint colors. With guided instruction you will be amazed how simple water marbling is, yet it looks exquisite! This workshop is great for all ages.

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

### DATES & TIMES:

Session 1	F	2/23	3:00pm-5:00pm
Session 2	SA	4/27	12:30pm-2:30pm
Session 3	SA	4/27	4:30pm-6:30pm

**COSTS:** \$49.00 I/D; \$64.00 O/D

## MAGICAL FAIRY GARDEN WORKSHOP

Ages 6 & UP | Lux Hydro Art Workshop (Studio address will be included in welcome letter)

Ready to unleash your magical imagination? Let's get water marbling! Everything including fairy doors and bits and bobbles that fairies love is included. Instructor assistance.

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

### DATES & TIMES:

Session 1	SA	3/2	12:00pm-1:30pm
Session 2	SA	3/2	4:00pm-5:30pm

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

## MINI EASTER TIER TRAY

Ages 6 & UP | Lux Hydro Art Workshop (Studio address will be included in welcome letter)

The perfect project for anyone who loves miniatures! We will be painting on mini Easter eggs, filling mini baskets, decorating bunnies and assorted bit and bobbles for our mini tier tray! Everything, including a mini tier tray is included.

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

### DATES & TIMES:

Session 1	TH	3/14	4:30pm-5:30pm
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**COSTS:** \$35.00 I/D; \$45.50 O/D





# ENRICHMENT ACTIVITIES

## FAUX SUCCULENT GARDEN

Ages 6 & UP | Lux Hydro Art Workshop (Studio address will be included in welcome letter)



Perfect for girl's night out! In this workshop you will water marble 3 wood pots to create a beautiful faux succulent garden. It's easier than it looks! Choose from an assortment of pot shapes and sizes, faux succulents and container colors. Each

succulent garden is complete with water marbled pots, faux succulents, moss, floral foam, stones and garden container.

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

### DATES & TIMES:

Session 1 F 4/12 6:00pm-8:00pm

**COSTS:** \$55.00 I/D; \$71.50 O/D

## MOTHER'S DAY GIFT: MARBLE A SILK SCARF/TABLE RUNNER WORKSHOP

Ages 6 & UP | Lux Hydro Art Workshop (Studio address will be included in welcome letter)

See description on page 6.

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

### DATES & TIMES:

Session 1 SA 4/27 12:30pm-2:30pm

Session 2 SA 4/27 4:30pm-6:30pm

**COSTS:** \$49.00 I/D; \$64.00 O/D

## PLAYFUL PARENTING

Ages 1 - 3 Yrs | Pleasant Ridge Community Hall

Join our 10 weeks of Parent/Child group sessions each consisting of 1 hour of supervised parent/child play and 1 hour of parent education with childcare. Enhance your parenting skills, bond with your child and explore topics such as child development, social-emotional learning and the importance of play while strengthening your network and connecting with other parents.

### DATES & TIMES:

Session 1 TH 1/11-3/14 10:00am-12:00pm

**COSTS:** \$180.00 I/D; \$234.00 O/D

## 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 1/4-1/18 4:00pm-4:45pm

Session 2 TH 2/8-2/22 4:00pm-4:45pm

Session 3 TH 3/7-3/21 4:00pm-4:45pm

Session 4 TH 4/4-4/18 4:00pm-4:45pm

Session 5 TH 5/9-5/23 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 1/2-1/16 4:00pm-5:00pm

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

Session 3 TU 3/5-3/19 4:00pm-5:00pm

Session 4 TU 4/2-4/16 4:00pm-5:00pm

Session 5 TU 5/7-5/21 4:00pm-5:00pm

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



Like us on Facebook

[www.facebook.com/Redmond-Area-Park-and-Recreation-District](http://www.facebook.com/Redmond-Area-Park-and-Recreation-District)

# YOUTH SOCCER LEAGUES

## TYKES SOCCER LEAGUES

Grades Pre-k-Kinder | High Desert Sports Complex

Tykes soccer is all about having fun and learning a new sport for our youngest soccer stars. Over a 6-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. Practice locations will be at local schools and dependent on the volunteer coaches request. 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 MONDAY, FEBRUARY 19TH.**

### DATES & TIMES:

Season dates: 4/6-5/11 SA

**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 at the High Desert Sports Complex. Practice locations will be at local schools and dependent on the volunteer coaches request. RAPRD will provide player jerseys. Parents provide shorts, shin guards, socks and a size-4 soccer ball.

**REGISTRATION DEADLINE IS MONDAY, FEBRUARY 19TH.**

### DATES & TIMES:

Season dates: 4/6-5/11 SA

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

## 3RD & 4TH GRADE DEVELOPMENTAL LEAGUES

Grades 3rd & 4th | High Desert Sports Complex

The 3rd & 4th 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. The 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. All games will take place at the High Desert Sports Complex. Practice locations will be at local schools and dependent on the volunteer coaches request. **REGISTRATION DEADLINE IS MONDAY, FEBRUARY 19TH.**

### DATES & TIMES:

Season dates: 4/6-5/11 SA

**COSTS:** \$85.00 I/D; \$110.50 O/D

## 5TH & 6TH GRADE DEVELOPMENTAL LEAGUES

Grades 5th-6th | High Desert Sports Complex

The 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. The 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 6-weeks, based on the request of each volunteer coach. Games are held on Saturday or Sunday each week at the High Desert Sports Complex, weather permitting. **REGISTRATION DEADLINE IS MONDAY, FEBRUARY 19TH.**

### DATES & TIMES:

Season dates: 4/6-5/11 SA

**COSTS:** \$85.00 I/D; \$110.50 O/D

## 7TH & 8TH GRADE SOCCER LEAGUES

Grades 7th-8th | High Desert Sports Complex

These programs emphasize development, engagement, sportsmanship, teamwork and fun! Practices are held twice-a-week for 6-weeks, based on the request of each volunteer coach. All games will take place at High Desert Sports Complex on Saturday or Sunday, weather permitting. **REGISTRATION DEADLINE IS MONDAY, FEBRUARY 19TH.**

### DATES & TIMES:

Season dates: 4/6-5/11 SA

**COSTS:** \$85.00 I/D; \$110.50 O/D



# CAMPS & LEAGUES

## REDMOND YOUTH FOOTBALL CAMP

Grades 1st-8th | Redmond High School 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 skills development, engagement, sportsmanship, teamwork and player safety and fun. Skills include running, catching, blocking, throwing, tackling and agility. In this one day camp, ALL coaching and instruction will be run by the Redmond Panther and Ridgeview Varsity Football coaches and players. T-shirt and lunch are included. **REGISTRATION DEADLINE IS WEDNESDAY, MAY 27TH.**

### DATES & TIMES:

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

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

## YOUTH LACROSSE LEAGUE

Grades 1st-8th | Bend and Redmond

RAPRD continues our great partnership with the Bend Park and Recreation District to offer the great game of Lacrosse. It's no wonder why Lacrosse is so popular - it's exciting, fast-paced and great fun! A wonderful off-season complement to many other sports, this program emphasizes skill development, participation, teamwork, sportsmanship and fun. RAPRD will create teams from the pool of registered participants. Practices will be in Redmond and games will be in Bend. Volunteer coaches must participate in the coaches clinic held in Bend. Practice gear for coaches includes ball, scrimmage vests and goalie gear. A jersey, helmet, goggles, sticks and mouth guards are provided for each participant. Parents are responsible to provide gloves, shoulder pads and arm/elbow pads. **Registration deadline Is Thursday, February 22, 2024.**

### DATES & TIMES:

Season dates: 4/1 - 5/31

**COSTS:** \$106.00 I/D; \$138.00 O/D

## YOUTH TENNIS ORANGE BALL

Ages 6-10 Yrs. | 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 SA 5/4-5/25 10:00am-11:00am

Session 2 SA 6/1-6/22 10:00am-11:00am

**COSTS:** \$50.00 I/D; \$65.00 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 your child/children. Volunteer coaches will need to submit a volunteer form and a background check each season.**

# SPORTS & GOLF CLASSIC

## DROP IN DODGEBALL

Ages 14 & UP | Elton Gregory Middle School Upper Gym

Come show your skills on the playing court. Show us your best dodge, duck and tuck in this fast paced game of Dodgeball.

### DATES & TIMES:

Monday nights 1/8 8:00pm-10:00pm

**COSTS:** \$4.00 per night

## RAPRD ADULT SOFTBALL LEAGUES

Ages 18 & UP | High Desert Sports Complex

### CO-ED RECREATIONAL

8-weeks of play and a single elimination tournament. Sign your team up now to join a softball league. The season runs from May through mid-August and all games will be played at the High Desert Sports Complex. All leagues will have a single elimination playoff. Teams may have to umpire these games due to umpire shortage. Co-ed Recreational Leagues game days are determined by the night that you register for. Only the first 8 teams for each night will be allowed in league play. For more information call (541) 526-1847 or (541) 548-7275.

Tuesday: Just for Fun  
Wednesday: More competitive  
Thursday: Just for Fun

**Cost:** \$375.00 per team

### CO-ED ASA LEAGUE (dependent on umpire availability)

8-week season, umpires provided. Single elimination playoffs. The season runs from May through mid-August and all games will be played at the High Desert Sports Complex. Teams will register first 8 teams for league. Late team registrations will be accepted at the discretion of RAPRD and will be subject to a late registration fee of \$25.00. For more information call (541) 526-1847 or (541) 548-7275.

Monday: Co-Ed ASA  
**Cost:** \$750.00 per team

**REGISTRATION DEADLINE FOR ADULT SOFTBALL LEAGUES IS FRIDAY, APRIL 12TH.**

**SOFTBALL BEGINS THE WEEK OF MAY 27TH.**



## RAPRD GOLF CLASSIC

2nd Annual Youth Program and Scholarship Fundraiser

Saturday, May 4th @ Juniper Golf Course  
8:30am Shotgun Start

4 Person Scramble  
\$125.00 per person  
\$500.00 per team

Fees include Green Fees, Cart, Range and Buffet Lunch

Prizes | Silent Auctions | Limited Space

**Registration deadline is Monday, April 29th**

Register at <https://raprdgolfclassic.org/>



**Many Sponsor Opportunities Available**



# JUG ROCK GYM



Jug Rock Gym, 2605 S. 1st St., Unit 2, Redmond, OR

## JUG ROCK GYM HOLIDAY CAMP

4-6 yrs. | Jug Rock Gym

We are offering day camps during the week of winter break. Registration for these camps will be single day; but if a person registers for 3 or more days there will be a discount. Campers will be playing a mixture of climbing and non-climbing games throughout the day. Participants will need to bring a lunch, snacks and a water bottle for each day's activities. We will learn climbing basics as well as play climbing games that help improve mobility, flexibility, strength and problem solving. We will also play non-climbing games and work on art projects, such as coloring and making snowflakes.

Please contact RAPRD at (541) 548-7275 for the promotional code when you register for 3 or more days.

### DATES & TIMES:

Dates: 12/18-12/22 9:00am-2:00pm

**COSTS:** \$100.00/day I/D; \$130.00 O/D  
\$225.00/3 day (M-W) I/D; \$292.50 O/D  
\$375.00/full week I/D; \$487.50 O/D

## JUG BUGS

4-6 yrs. | Jug Rock Gym

Our Jug Bugs program offers guided climbing time for or youngest climbers. Each participant will be guided to explore the world of climbing through fun climbing games and basic instruction. Offered at relaxed times in the gym. Our Jug Bug instructors aim to bring support and encouragement to help each climber build confidence as they explore climbing. Non-climbing games will help our youngest minds learn basic life skills such as patience and listening through the world of health and wellness. This is an interactive and fun way to introduce kids to important skills they will carry with them in the real world.

### DATES & TIMES:

Session 1 W 1/10-3/13 3:30pm-4:30pm  
Session 2 SA 1/13-3/16 10:00am-11:00am

**COSTS:** \$180.00 I/D; \$234.00 O/D

## ROCK CHUCKS (Homeschool)

Ages 6 & UP | Jug Rock Gym

Rock chucks is designed for homeschool families. This program is offered for all skill levels and a large range of ages with later start times and shortened class lengths. This program focuses on mastering rock-climbing basics while equipping participants with essential tools to improve technique and prevent injuries. We provide a safe and inclusive environment where young climbers can challenge themselves, learn, and grow while also fostering positive social interactions through climbing and non-climbing games.

### DATES & TIMES:

Session 1 TU 1/9-3/12 9:00am-11:00am  
Session 2 W 1/10-3/13 10:00am-11:30am  
Session 3 F 1/12-3/14 9:00am-11:00am

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

## JUG HEADS

9-12 yrs. | Jug Rock Gym

Jugheads is designed for climbers of all skill levels. This program focuses on mastering rock-climbing basics while equipping participants with essential tools to improve technique and prevent injuries. We provide a safe and inclusive environment where young climbers can challenge themselves, learn and grow while also fostering positive social interactions through climbing and non-climbing games.

### DATES & TIMES:

Session 1 M 1/8-3/11 4:00pm-5:00pm  
Session 2 W 1/10-3/13 4:30pm-6:00pm  
Session 3 SA 1/13-3/16 12:00pm-1:30pm

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

## ADULT BOULDERING BASICS

18 yrs. & UP | Jug Rock Gym

Beginning January 10th we will offer single classes every other Wednesday from 6:30-7:30pm for adults. This class will be called "Bouldering Basics" and it will teach an introduction to bouldering. We will learn how to read routes and grades, how to fall safely and some beginner techniques of how to quickly improve people's bouldering. There will be no minimum enrollment for this class. This is a one time class that will be available every other Wednesday.

**PRE-REGISTRATION REQUIRED.**

### DATES & TIMES:

Every other Wednesday 1/10-5/29 6:30pm-7:30pm

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

## BOULDERING INTERMEDIATE/ADVANCED

16 yrs. & UP | Jug Rock Gym

Jug Rock Gym is thrilled to unveil our new intermediate/advanced climbing classes, designed to build on the foundational lessons of our beginner's course. These sessions will focus on refining body movement, introducing advanced techniques such as heel and toe hooks and enhancing climbing skills through strategic training fundamentals. Participants can expect to climb smarter by learning to engage different muscle groups effectively, ultimately gaining confidence in tracking diverse climbing challenges. Whether you're a seasoned climber or progressing from our beginner's course, these classes offer a dynamic and supportive environment for elevating your climbing prowess. Join us at Jug Rock Gym for a transformative experience in the world of advanced climbing.

**PRE-REGISTRATION REQUIRED.**

### DATES & TIMES:

Every Monday 1/8-5/27 11:00am-12:00pm  
OR 6:00pm-7:00pm

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

# BMX, KENDO & 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 45-day USA BMX trial membership, 4 clinics and 5 free single point races. For beginner and novice riders. 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 4/4, 4/11, 4/18 & F 4/26  
5:15pm-7:00pm

Session 2 TH 5/16, 5/23, 5/30 & F 6/7  
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 5/4-5/18 2:00pm-3:00pm

Intermediate SA 5/4-5/18 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, 628 SW Glacier Ave., Redmond

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, is a fifth degree black belt Kendo and second-degree black belt Iaido. Price includes a bamboo sword. Advanced team discounted for swords already purchased. Each session is 3 months.

### DATES & TIMES: BEGINNER CLASS

Session 1 TH 1/4-3/28 6:00pm-7:00pm  
No class the week of Thanksgiving and Christmas

**COSTS:** \$120.00 I/D; \$156.00 O/D

### DATES & TIMES: INTERMEDIATE/ADVANCED CLASS

Session 1 TU 1/2-3/26 6:00pm-8:00pm

**COSTS:** \$105.00 I/D; \$136.50 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



# GROUP FITNESS SCHEDULE

## WINTER/SPRING 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. Classes are held at the Redmond Senior Center, 325 NW Dogwood Avenue, Redmond, OR.

Classes are for ages 14 & UP. Come try us and see for yourself, your first class of any kind is always free! Get [#raprdfit!](#)

You can purchase a 10 visit punch card for \$32.00 I/D; \$41.50 O/D. Unlimited group fitness is just \$35.00 I/D; \$45.50 O/D per month. **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

The best of fitness all in one class! Fitness 4 Life blends low impact cardio work, strength exercises and moves, and balance and flexibility into one 60 minute workout. You will improve your range of motion and perform activities of daily living with ease by using steps, free weights, resistance tubing and fitness balls. Perfect for the beginner or active older adult.

### DAYS & TIMES:

Monday, Wednesday, Thursday 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 "Programming" 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

In SilverSneakers® Yoga, you'll move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used for seated and standing options to meet a variety of fitness and skill levels. This class is 100% seated or standing, no floorwork will be added and supportive footwear is 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 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

Christmas - 12/24, 12/25  
Opening at noon 12/26  
New Year - 12/31, 1/1/2024

*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 (1-15yrs) \$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   \$52.00 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	Age 14 & UP \$3.50 I/D   \$4.50 O/D		



# 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 with emphasis on muscular strength and endurance, range of motion, posture and stretching. The water is a unique environment making aquatic 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. 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.

If you have questions or concerns, or to check with our contact Robin Gaudette, RN, Aquatic Wellness Coordinator 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. We currently offer Cardio H2O, Cardio Tone and Waves on our class schedule. Check out our schedule on our website. Please contact [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org) with any questions or concerns.

### DAYS & TIMES:

Monday/Wednesday/Friday 9:05am-9:55am

**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	1/11	TH	11:00am-1:00pm
Session 2	2/10	SA	9:00am-11:00am
Session 3	3/14	TH	11:00am-1:00pm
Session 4	4/13	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.

# 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.

## MASTERS SWIM

18 years & UP | See Website for days and times

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. Coached sessions are Monday & Wednesday at 7:00am and Fridays at 7:30am. Drop-in only, registration not required.



## LIFEGUARDING COURSE

Ages 15 & UP | Cascade Swim Center

Have you always wanted to be certified as a lifeguard? This fall, CSC is offering lifeguarding course that, when successfully completed, will certify participants with lifeguarding, CPR, First Aid and 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. This is a very popular class and space is limited so sign up early.

### DAYS & TIMES:

Spring Break 3/25-3/29 Online 10:00am-4:00pm  
3/30 In the water 5:00pm-7:00pm

Costs: \$175.00 I/D; \$227.50 O/D

## REDMOND AQUATIC CLUB EELS (RACE)

Ages 7-18 | 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 6-18. 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).

# 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.

## RECREATION 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.

## 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 commiserate with 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.



## A WORD TO PARENTS

Our Aquatic staff 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).

## 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.



# 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

- 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.



# SWIM LESSONS

## REDMOND AQUATIC ACADEMY

Ages 3-11 | Cascade Swim Center

For the levels Preschool, Six and Up Basic and Six and Up Advanced, 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.

### Ages 3-5 | Ages 6-11

#### M/W/F Sessions

**Times:** 5:00pm-5:30pm OR 5:35-6:05pm

Session 1 1/3-1/19 (no class 1/1)

Session 2 1/22-2/9

Session 3 2/12-3/1

Session 4 3/4-3/22

Session 5 4/1-4/19

Session 6 4/22-5/10

Session 7 5/13-5/31 (no class 5/27)

**COSTS:** \$54.00 I/D; \$70.00 O/D  
\$48.00 I/D; \$63.00 O/D Sessions 1 & 7

#### TU/TH Sessions

**Times:** 5:00pm-5:30pm OR 5:35-6:05pm

Session 1 1/2-2/1

Session 2 2/6-3/7

Session 3 4/2-5/2

Session 4 5/7-6/6

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

## WATERBABIES

Ages 6 mos.-3 years

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/W/F Sessions

**Times:** 5:35-6:05pm

Session 1 1/3-1/19 (no class 1/1)

Session 2 1/22-2/9

Session 3 2/12-3/1

Session 4 3/4-3/22

Session 5 4/1-4/19

Session 6 4/22-5/10

Session 7 5/13-5/31 (no class 5/27)

**COSTS:** \$54.00 I/D; \$70.00 O/D  
\$48.00 I/D; \$63.00 O/D Sessions 1 & 7

## JUNIOR EELS PRE-COMPETITION

Ages 6-11

Junior Eels is a pre-competitive program closely linked to our age group swim team, Redmond Aquatic Club Eels (RACE.) This course is 10 sessions long on Tuesdays and Thursdays, with the goal of teaching young swimmers practice and competition. Young swimmers who have an interest in joining a 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 a basic knowledge of breaststroke and butterfly).

#### TU/TH Sessions

**Times:** 5:00pm-5:30pm

Session 1 1/2-2/1

Session 2 2/6-3/7

Session 3 4/2-5/2

Session 4 5/7-6/6

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

## YOUTH ADULT 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.

#### TU/TH Sessions

**Times:** 5:35pm-6:05pm

Session 1 1/2-2/1

Session 2 2/6-3/7

Session 3 4/2-5/2

Session 4 5/7-6/6

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

## ADAPTIVE SWIM LESSONS

Ages 3 & UP

Adaptive swim lessons are for patrons with disabilities.

#### M/W/F Sessions

**Times:** 5:00-5:30pm

Session 1 1/3-1/19 (no class 1/1)

Session 2 1/22-2/9

Session 3 2/12-3/1

Session 4 3/4-3/22

Session 5 4/1-4/19

Session 6 4/22-5/10

Session 7 5/13-5/31 (no class 5/27)

**COSTS:** \$54.00 I/D; \$70.00 O/D  
\$48.00 I/D; \$63.00 O/D Sessions 1 & 7