



ACTIVITY GUIDE

Summer 2025

RAPRD
Redmond Area Park and Recreation District

Visit us at www.raprd.org

"Always Ready To Play..."

BOARD MEMBERS & STAFF

CASCADE SWIM CENTER AND ADMINISTRATIVE OFFICE

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

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 for facility schedules, announcements and more.

BOARD OF DIRECTORS

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

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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
- 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@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.
- 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.

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!!

Program and Scholarship Fundraiser

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



2025 RAPRD GOLF CLASSIC



SCAN ME

Register At:
raprdgolfclassic.org

Saturday, May 3rd
Shotgun Start at 8:30am

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!

JUNIPER GOLF COURSE AND RAPRD GOLF CLASSIC

In partnership with Juniper Golf Course and the RAPRD Golf Classic:

2025 Juniper Golf Academy Programming

Juniper Golf Academy Semester
Camp
PGA Junior League
Boot Camp
PGA Junior Camps

Juniper Golf Course Junior
Juniper Golf Course Men's
Ladies Academy for Beginners (LAB)

For more information go to: <https://www.playjuniper.com/lessons>

Registration:

Call Juniper Golf Shop at (541) 548-3121 or email the Juniper coaches below:

Tam Bronkey, PGA: tbronkey@playjuniper.com

Bobby Kent: bkent@playjuniper.com

Eagle Crest Youth Golf Clinics

Ages 8-12 | 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 Clint O'Neil, 1st Assistant Professional for more information clint.oneil@eagle-crest.com.

Session 1	Tuesday-Friday	7/22-7/25	4:30pm-6:00pm
Session 2	Tuesday-Friday	8/12-8/15	4:30pm-6:00pm

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

Eagle Crest Adult Golf Clinic

Ages 17 & UP | 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 Kevin Story, Head Golf Professional at kevin.story@eagle-crest.com.

Session 1	Wednesdays	7/23, 7/30, 8/6	5:00pm-6:30pm
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Costs: \$110.00 I/D; \$135.00 O/D

ART

MARBLED SILK FLOWERS BOUQUET

Ages 5 & UP | Lux Hydro Art Workshop

Surprise mom on her special day (May 11) with a beautiful water marbled flower bouquet that will leave her feeling loved and appreciated! In this workshop you'll explore the magical art of marbling as you paint 3 beautiful blooms! Also includes a vase, stones or marbles and bow to complete your gift! Studio address will be included in a welcome email prior to the beginning of the workshop. **Please provide a support person for ages 8 and younger.**

DATES & TIMES:

Session 1 SA 5/03 1:00pm-2:30pm
3:00pm-4:30pm

Costs: \$35.00 I/D; 45.50 O/D



TEACHERS APPRECIATION GIFT

Ages 5 & UP | Lux Hydro Art Workshop

Celebrate the end of the school year and show your thanks to your incredible teacher with our Teacher Appreciation Gift Workshop! Paint a pot using water marble techniques and add a provided plant as a thank you to your amazing teacher. What a fun way to end a great school year! Please provide a support person for ages 8 and younger. Lux Studio address will be included in a welcome email prior to the beginning of the workshop. **Please provide a support person for ages 8 and younger.**

DATES & TIMES:

Session 1 SA 06/07 1:00pm-2:30pm
3:00pm-4:30pm

Costs: \$25.00 I/D; \$32.50 O/D

AROUND THE WORLD ART CAMPS

Ages 4-17 | Selva Art Studio, 515 SW Cascade Avenue



Explore the art and culture of Japan, Greece and Mexico while learning a variety of art mediums and techniques!

DATES & TIMES:

Session 1	M-TH	06/23-06/26	Japan
Session 2	M-TH	06/30-07/03	Greece
Session 3	M-TH	07/07-07/10	Mexico
Session 4	M-TH	07/14-07/17	Japan
Session 5	M-TH	07/21-07/24	Greece
Session 6	M-TH	07/28-07/31	Mexico

4-8 yrs. 9:00am-11:30am
9-12 yrs. 12:00pm-2:30pm
13-17 yrs. 3:00pm-5:30pm

Costs: \$160.00 I/D; \$208.00 O/D

WATERCOLOR BASICS

Ages 17 & UP | Selva Art Studio, 515 SW Cascade Avenue



Discover the beauty of watercolor! Learn foundational techniques, brushwork and color blending in this beginner-friendly course designed to help you create stunning, expressive art with confidence.

DATES & TIMES:

Session 1 M 05/05-05/26 6:00pm-7:30pm

Costs: \$150.00 I/D; \$195.00 O/D

WATERCOLOR FLORALS

Ages 17 & UP | Selva Art Studio, 515 SW Cascade Avenue

Bring blooms to life in watercolor! Explore techniques for painting vibrant, delicate flowers while mastering layering, shading and composition in this creative and inspiring floral-focused course.

DATES & TIMES:

Session 1 M 06/02-06/23 6:00pm-7:30pm

Costs: \$150.00 I/D; \$195.00 O/D



Like us on Facebook

www.facebook.com/Redmond-Area-Park-and-Recreation-District

ENRICHMENT

CPR/FIRST AID/AED

Ages 12 & UP | Cascade Swim Center

In emergency situations, having the skills and knowledge to respond effectively can make a life-saving difference. The Comprehensive CPR, First Aid and AED training course is designed to equip participants with the essential skills required to provide immediate assistance and support to individuals experiencing medical emergencies. Whether you're a concerned citizen, a healthcare professional, a teacher, a coach, or anyone who wants to be prepared to respond in critical situations.

DATES & TIMES:

Session 1	M	05/12	5:30pm-9:30pm
Session 2	M	06/16	5:30pm-9:30pm
Session 3	M	07/21	5:30pm-9:30pm
Session 4	M	08/18	5:30pm-9:30pm

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

WILDERNESS FIRST AID ESSENTIALS

Ages 12 & UP | RPA OSP building, 628 Glacier Avenue, Redmond

Discover the critical skills and knowledge required to provide effective first aid in remote and wilderness settings with our comprehensive Wilderness First Aid Essentials course. Designed for outdoor enthusiasts, adventure guides, hikers, campers and anyone who ventures into the great outdoors, this course equips you with the tools to confidently respond to medical emergencies when professional help may be hours away. Must be CPR certified to take this course. Receive a \$59 refund if you take our CPR course prior to taking this course.

DATES & TIMES:

Session 1	SA/SU	05/10 & 05/11	8:00am-5:00pm
Session 2	SA/SU	08/09 & 08/10	8:00am-5:00pm (1.5 hr. lunch break each day)

COSTS: \$400.00 I/D; \$520.00 O/D

KIDS COOKING

Grades 1st-4th | Recreation Office

Participants will engage all their senses to make easy, delicious, inexpensive dishes with seasonal produce. We'll learn how to use kitchen equipment and basic knife skills to be safe and have fun cooking.

DATES & TIMES:

Session 1	TU	05/06-05/20	4:30pm-5:30pm
Session 2	TU	06/03-06/17	4:30pm-5:30pm
Session 3	TU	07/01-07/22	4:30pm-5:30pm (no class 7/15)

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

CHILD AND BABYSITTER SAFETY (CABS)

Ages 12 & UP | Recreation Office & CSC

The *Child and Babysitting Safety (CABS)* program gives teenagers and young adults everything they need to know for safe and successful babysitting. The program teaches how to get started with a business, build a resume, questions to ask while interviewing families, working with parents and young children and how to keep you safe as well as the child you're caring for, caregiving and first-aid tips. This course is designed to complement the CPR/First Aid/AED program for those beginning to babysit. The vlogger-style videos make learning fun. Possessing these certifications show families you are educated in taking care of their children and are prepared in case the worst were to happen. Session 1 at the Recreation Office; Session 2 & 3 at the CSC Conference Room.

DATES & TIMES:

Session 1	M	06/16	1:00pm-3:00pm
Session 2	M	07/14	1:00pm-3:00pm
Session 3	M	08/11	1:00pm-3:00pm

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

EARLY LEARNING SKILLS

Incoming K-1st Grade | Quince Park



Build reading foundations! Learn letters, sounds and single words in this engaging literacy class. Expect phonics, sight words and word play to build confident early readers.

DATES & TIMES:

Session 1	M/W	07/07-07/23	10:00am-10:50am
Session 2	M/W	08/04-08/20	10:00am-10:50am

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

READERS THEATER

Grades 2nd-5th | Quince Park



Kids act and read! Reader's theater builds accuracy rate and expression through script performances (no set and props). Script is TBD. All reading levels are welcome.

DATES & TIMES:

Session 1	M/W	07/07-07/23	
		Grades 2nd-3rd	11:00am-11:50am
		Grades 4th-5th	12:00pm-12:50pm
Session 2	M/W	08/04-08/20	
		Grades 2nd-3rd	11:00am-11:50am
		Grades 4th-5th	12:00pm-12:50pm

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

CONNECTION RIO BJJ

MUAY THAI

Ages 7-14 | Connection Rio BJJ,
Connection Rio 2498 Hwy 97, Suite G,
Redmond



Our Kid's Muay Thai provides a positive outlet for your child to focus on building mental fortitude and becoming physically fit while building a lifelong technical skill set in the martial arts in a fun and safe learning environment. Not only do we provide skills for self-defense, Connection Rio programming teaches and instills the importance of prevention rather than engaging in altercation. Uniforms needed to participate (\$60), can be purchased at Connection Rio.

DATES & TIMES:

Session 1	TU/TH	05/06-05/29	5:00pm-6:00pm
Session 2	TU/TH	06/03-06/26	5:00pm-6:00pm
Session 3	TU/TH	07/08-07/31	5:00pm-6:00pm

COSTS: \$125.00 I/D; \$162.50 O/D

KIDS JUDO

Ages 7-14 | Connection Rio BJJ,
Connection Rio 2498 Hwy 97, Suite G,
Redmond



A martial art providing the fundamental knowledge of controlling the range with throws and takedown defense. Our Judo instruction allows practitioners to feel more comfortable in any situation, starting from the feet. Uniforms needed to participate (\$60), can be purchased at Connection Rio.

DATES & TIMES:

Session 1	SA	05/10-05/31	12:00pm-1:00pm
Session 2	SA	06/07-06/28	12:00pm-1:00pm
Session 3	SA	07/05-07/26	12:00pm-1:00pm

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

YOUTH NO-GI BJJ

Ages 7-14 | Connection Rio BJJ,
Connection Rio 2498 Hwy 97, Suite G,
Redmond



When it comes to real life applicable self-defense, Brazilian Jiu Jitsu is the best form of martial arts for children and to combat bullying. This class focuses on fundamental movements, drills and techniques with live application. Uniforms needed to participate (\$45), can be purchased at Connection Rio.

DATES & TIMES:

AGES 4-7 (Children must be able to listen to instructions)

Session 1	TU/TH	05/06-05/29	4:00pm-4:45pm
Session 2	TU/TH	06/03-06/26	4:00pm-4:45pm
Session 3	TU/TH	07/08-07/31	4:00pm-4:45pm

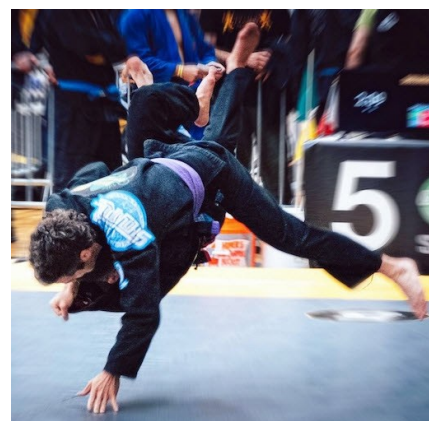
COSTS: \$125.00 I/D; \$162.50 O/D

DATES & TIMES:

AGES 7-14

Session 1	F	05/09-05/30	5:00pm-6:00pm
Session 2	F	06/06-06/27	5:00pm-6:00pm
Session 3	F	07/11-08/01	5:00pm-6:00pm

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



WILDERNESS SURVIVAL

INTRO TO WILDERNESS SURVIVAL

Ages 6-9 | Tetherow Crossing

No prerequisites 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 won't get to everything, there's too much, but the week is packed! We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement which parents are invited to attend. Bring appropriate clothing, water shoes, bug spray, snacks and lunch. Is this camp a good fit for my participation? 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.**

DATES & TIMES:

Session 1 M-F 08/11-08/15 9:00am-2:30pm

COSTS: \$322.00 I/D; \$419.00 O/D



INTERMEDIATE WILDERNESS SURVIVAL

Ages 8-11 | 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. Is this camp a good fit for my participation? 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.

DATES & TIMES:

Session 1 M-F 08/04-08/08 9:00am-4:00pm

COSTS: \$371.00 I/D; \$483.00 O/D



STEM USING LEGO®

ADVENTURES IN STEM USING LEGO® MATERIALS

Ages 5-8 | TBD

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

DATES & TIMES:

Session 1 M-TH 06/30-07/03 9:00am-12:00pm

COSTS: \$136.00 I/D; \$177.00 O/D

STEM EXPLORATIONS USING LEGO® MATERIALS

Ages 7-12 | TBD

Master your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

DATES & TIMES:

Session 1 M-TH 06/30-07/03 1:00pm-4:00pm

COSTS: \$136.00 I/D; \$177.00 O/D

MINECRAFT ENGINEERING USING LEGO MATERIALS

Ages 5-8 | TBD

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecraft to harvest raw resources and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

DATES & TIMES:

Session 1 M-F 07/21-07/25 9:00am-12:00pm

COSTS: \$169.00 I/D; \$220.00 O/D

MINECRAFT MASTERS ENGINEERING USING LEGO® MATERIALS

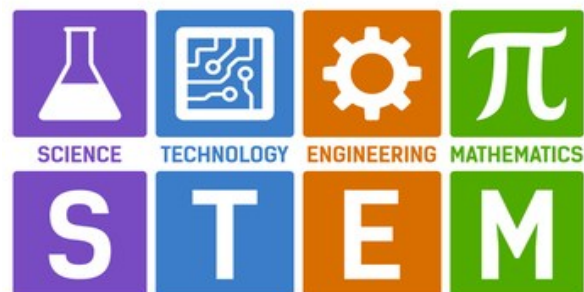
Ages 7-12 | TBD

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out "Creepers," craft mystical items that only true masters can wield and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

DATES & TIMES:

Session 1 M-F 07/21-07/25 1:00pm-4:00pm

COSTS: \$169.00 I/D; \$220.00 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.

Age - 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.

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 06/16-06/19 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 06/16-06/19 1:00pm-3:30pm

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

iCODE

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 06/30-07/02 9:30am-12:00pm

COSTS: \$140.00 I/D; \$182.00 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 06/30-07/02 1:00pm-3:30pm

COSTS: \$140.00 I/D; \$182.00 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. Please bring a sack lunch and water bottle.

DATES & TIMES:

Session 1 M-W 06/30-07/02 9:30am-3:30pm

COSTS: \$280.00 I/D; \$364.00 O/D



TUMBLING AND MORE

ALL SKILLS TUMBLING

Grades 6th-12th | RPA OPS Building, 628 SW
Glacier Avenue, Suite 200

This tumbling class is designed for students in middle or high school who are looking to try something new or advance their tumbling skills. Students will master techniques and build strength as they prepare for their next skill. Primary skills taught in this course are: cartwheels, roundoffs, back walkovers, front walkovers, dive rolls and back handsprings. No experience is necessary, but there is a wider range of skills taught in this class.

Session 1 W June 4, 11, 18, 25 5:15-6:15pm
Session 2 W July 2, 9, 16, 23
Session 3 W August 6, 13, 20, 27 5:15-6:15pm

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

BEGINNER/INTERMEDIATE TUMBLING

Grades 1st-5th | RPA OPS Building, 628 SW
Glacier Avenue, Suite 200

This tumbling class is designed for elementary school students who are looking to try something new or advance their tumbling skills. Students will master techniques and build strength as they prepare for their next skill. The primary skills taught in this course are cartwheels, roundoffs, somersaults, bridge ups and handstands. No experience is necessary for this class.

Session 1 W June 4, 11, 18, 25 3:15-4:15pm
Session 2 W July 2, 9, 16, 23
Session 3 W August 6, 13, 20, 27 3:15-4:15pm

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

INTERMEDIATE/ADVANCED TUMBLING

Grades 1st-5th | RPA OPS Building, 628 SW
Glacier Avenue, Suite 200

This tumbling class is designed for students in elementary school who are looking to advance their tumbling skills. Students will master techniques and build strength as they prepare for their next skill. Primary skills taught in this course are: roundoffs, dive rolls, front walkovers, and back handsprings.

Prerequisite: Students must have mastery of a cartwheel and handstand to be in this course. Students who cannot perform a cartwheel or display the strength to do a handstand should register for the Beginning/Intermediate class.

Session 1 W June 4, 11, 18, 25 4:15-5:15pm
Session 2 W July 2, 9, 16, 23
Session 3 W August 6, 13, 20, 27 4:15-5:15pm

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

FLY FISHING CAMP

Ages 10-17 | 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. Instruction will be conducted by members of the Central Oregon Flyfishers and ODPW Certified Angling Education Instructors. The location is the OFWD pond at Spring Creek on the Metolius River in Camp Sherman. Drop off and pick up are at the same location. Please bring a sack lunch. Space is limited.

DATES & TIMES:

Session 1 M-W 06/23-06/25 9:00am-2:00pm

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.

HORSEBACK RIDING

Ages 7-18 | Diane's Riding Place, 65535 Cline
Falls Road

Beginning - In this beginning class, you will learn 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 8/02-8/16 2:00pm-3:00pm
Intermediate SA 8/02-8/16 3:00pm-4:00pm

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

YOUTH SOCCER LEAGUES

TYKES SOCCER LEAGUES

Grade 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 a 8-week season, players will practice once a week and will have a game day, weather permitting, each Saturday or Sunday. Practice locations and times are dependent on volunteer coach's availability and will be held at HDSC or local schools. RAPRD provides player jersey. Parents are responsible for providing shorts, shin guards, socks and a size-3 soccer ball. Pre-K participants must be 4 years old by registration deadline. **REGISTRATION DEADLINE IS FRIDAY, AUGUST 1ST.**

Season Dates: SA, SU 09/06-10/26

Costs: \$75.00 I/D; \$98.00 O/D

1ST & 2ND GRADE INSTRUCTIONAL LEAGUES

Grades 1st-2nd | High Desert Sports Complex

1st & 2nd graders are 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. Soccer players will learn the basics of dribbling, passing and shooting in a personalized, interactive and fun environment. Over an 8-week season, players will practice once a week and will have a game day, weather permitting, each Saturday or Sunday. Practice locations, days and times are dependent on volunteer coach's availability and will be held at HDSC or local schools. RAPRD will provide player jerseys. Parents provide shorts, shin guards, socks and a size-4 soccer ball. **REGISTRATION DEADLINE IS FRIDAY, AUGUST 1ST.**

Season Dates: SA, SU 09/06-10/26

Costs: \$75.00 I/D; \$98.00 O/D

3RD & 4TH GRADES DEVELOPEMENTAL 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 our players will gain will equip them to handle the demands of playing in a more physically and mentally challenging environment. Over an 8-week season, players will practice once a week and will have a game day, weather permitting, each Saturday or Sunday. Practice locations and times are dependent on volunteer coach's availability and will be held at HDSC or local schools. RAPRD provides player jersey. Parents provide shorts, shin guards, socks and a size-4 soccer ball. **REGISTRATION DEADLINE IS FRIDAY, AUGUST 1ST.**

Season Dates: SA, SU 09/06-10/26

Costs: \$90.00 I/D; \$117.00 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 our players will gain will equip them to handle the demands of playing in a more physically and mentally challenging environment. Over an 8-week season, players will practice twice a week and will have a game day, weather permitting, each Saturday or Sunday. Practice locations and times are dependent on volunteer coach's availability and will be held at HDSC or local schools. RAPRD provides player jersey. Parents provide shorts, shin guards, socks and a size-4 soccer ball. **REGISTRATION DEADLINE IS FRIDAY, AUGUST 1ST.**

Season Dates: SA, SU 09/06-10/26

Costs: \$90.00 I/D; \$117.00 O/D

7TH & 8TH GRADE SOCCER LEAGUES 9TH to 12TH GRADE SOCCER LEAGUES

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

This league emphasizes development, engagement, sportsmanship, teamwork and fun! Over an 8-week season, players will practice twice a week and will have a game day, weather permitting, each Saturday or Sunday. Practice locations and times are dependent on volunteer coach's availability and will be held at HDSC or local schools. RAPRD provides player jersey. Parents provide shorts, shin guards, socks and a size-4 soccer ball. **REGISTRATION DEADLINE IS FRIDAY, AUGUST 1ST.**

Season Dates: SA, SU 09/06-10/26

Costs: \$90.00 I/D; \$117.00 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. Volunteer coaches will need to submit a volunteer form and a background check each season.

SPORTS CAMPS & CLINICS

BEGINNER AND ADVANCED KENDO FOR YOUTH AND ADULTS

Ages 12 & UP | RPA OPS Building, 628 SW Glacier Avenue, Suite 200



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 is discounted for swords already bought. Each session is 3 months. **REGISTRATION DEADLINE IS 1 WEEK PRIOR TO THE START OF CLASS.**

DATES & TIMES: BEGINNER CLASS

Session 1 TH 07/03-09/25 6:00pm-7:00pm

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

DATES & TIMES: ADVANCED CLASS

Session 1 TU/TH 07/01-09/25 6:00pm-8:00pm

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

SMITH ROCK BMX SKILLS CLINIC

Ages 5 to Adult | Smith Rock BMX Track, 1935 NE Maple Avenue

Learn the sport of BMX racing, focusing on the fundamental skills: gate starts, pumping, jumping and turns/passing strategies. Includes a 60 day USA BMX 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 04/17-05/01 and F 05/09

Session 2 TH 05/22-06/05 and F 06/13

Session 3 TH 06/26-07/10 and F 07/18

Class time for all sessions is 5:15pm-7:00pm

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



SKYHAWKS SPORTS CAMP SAND VOLLEYBALL CAMP

Ages 8-14 | CSC Sand Volleyball Court



Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members.

DATES & TIMES

Session 1 M-F 07/28-08/01 9:00am-12:00pm

COSTS: \$169.00 I/D; \$220.00 O/D

SKYHAWKS MINI-HAWK SPORTS CAMP

Ages 4-6 | Tom McCall Elementary



Embark on an adventure with Skyhawks Mini-Hawk where younger children can explore a variety of sports. Mini-Hawk programs offer a fun, structured learning environment while enhancing balance and coordination. Campers improve athletically while learning sportsmanship and teamwork. Perfect for a playful introduction to athletics!

DATES & TIMES

Session 1 M-F 08/11-08/15 9:00am-12:00pm

COSTS: \$169.00 I/D; \$220.00 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.

Session 1 M-TH 06/16-06/26 (2 weeks)

Session 2 M-TH 06/30-07/10 (2 weeks)

Session 3 M-TH 07/14-07/17 (1 week)

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

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

COSTS: \$75.00 I/D; \$97.50 O/D (2 week sessions)
\$40.00 I/D; \$52.50 O/D (1 week session)

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

COSTS: \$100.00 I/D; \$130.00 O/D (2 week sessions)
\$50.00 I/D; \$65.00 O/D (1 week session)

SPORTS CAMPS

REDMOND YOUTH FOOTBALL CAMP

Grades 1st-8th | Ridgeview High School

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 28TH.**

DATES & TIMES:

Session 1 SA 5/31 9:00am-1:00pm

COSTS: \$60.00 I/D; \$78.00 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. This ensures, "the best possible soccer experience". 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 is highly recommended by soccer parents.

DATES & TIMES:

Session 1 M-F 7/7-7/11

REGISTRATION DEADLINE IS FRIDAY, JUNE 27TH.

Session 2 M-F 8/11-8/15

REGISTRATION DEADLINE IS FRIDAY, AUGUST 1ST.

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

If you are interested in hosting a coach, please call Mike Elam at (541) 526-1847.

LACROSSE SKILLS CAMP

Offered by Central Lacrosse Foundation
Grades 3rd-8th | High Desert Sports Complex

Introduce your child to Lacrosse and discover the fastest game on two feet! This beginner camp, run by experienced coaches, teaches fundamental skills through fun drills and games while learning the basics of Lacrosse stick skills including cradling, scooping, throwing and catching. No equipment required. Lacrosse stick included in registration.

DATES & TIMES: BEGINNER CLASS

Session 1 TU/W 07/15-07/16 9:30am-11:30am

COSTS: \$80.00 I/D; \$104.00 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 18TH.

DATES & TIMES:

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

COSTS: \$75.00 I/D; \$98.00 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 18TH.**

DATES & TIMES:

Session 1 M-F 8/4-8/8 9:00am-11:00am

COSTS: \$75.00 I/D; \$98.00 O/D



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

GROUP FITNESS SCHEDULE/CLASSES

SUMMER 2025

Mondays

7:45am - Fitness 4 Life
 9:15am - Powercut Plus
 10:35am - SilverSneakers® Classic

Tuesdays

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

Wednesdays

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

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
 10:35am - SilverSneakers® Circuit

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. Get #raprdfit!

All fitness classes (with the exception of SilverSneakers® Classic and Circuit) are held at the Redmond Senior Center, 325 NW Dogwood Avenue. SilverSneakers® Classic and Circuit are held at the Pleasant Ridge Community Hall, 7067 SW Canal Blvd. Fitness classes are for ages 14 and up. 10 visit punch cards are \$43.00 I/D; \$56.00 O/D. Unlimited group fitness pass is just \$49.00 I/D; \$64.00 O/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 & KIDS YOGA

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 bodyweight 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:

Tuesday & 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
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:

Monday, Wednesday, Thursday
7:45am-8:45am

KIDS YOGA

Ages 4-12 | RAPRD Recreation Office,
2622 SW Glacier Pl., Ste. 110

Join professional kids yoga instructor Amber for a class that is all about FUN! Kids Yoga is a fun and 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. This class is held on the 1st and 3rd Saturday of every month.

PRE-REGISTRATION IS REQUIRED FOR EACH INDIVIDUAL CLASS.

DATES & TIMES:

SA, 5/3, 6/7, 6/21, 7/19, 8/2, 8/16, 9/6, 9/20
(no class 5/17 and 7/5) 3:00-3:30pm

COSTS: \$12.00 I/D; \$20.00 O/D per class

FITNESS CLASSES

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, visit raprdrecreation.org, click on 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.

DAYS & TIMES:

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

SILVERSNEAKERS® CIRCUIT

SilverSneakers® Circuit is interval-style training, designed to strengthen your upper-body with tubing, handheld weights and a SilverSneakers® ball. Low-impact cardio movements are alternated to maximize fitness benefits. Our instructor can modify the exercise for your fitness level. **THIS CLASS IS HELD AT THE PLEASANT RIDGE COMMUNITY HALL.**

DAYS & TIMES:

Friday 10:35am-11:35am

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. **THIS CLASS IS HELD AT THE PLEASANT RIDGE COMMUNITY HALL.**

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

SILVERSNEAKERS® SPLASH



See page 21 for description, class days and time.

RAPRD is a partner with Silver & Fit®, SilverSneakers® 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.



One Pass™



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. The wading pool (outdoors) is kept at 90°F.

REDMOND AQUATIC WELLNESS

Redmond Aquatic Wellness is a holistic aquatic health and fitness program. The water is a unique environment making aqua fitness versatile and inclusive. Whether you are looking for a low-impact cardiovascular workout, improved flexibility, balance and movement, post-op recovery, stress relief or just a great whole-body workout, aquatic fitness is ideal. 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. If you have questions or concerns, or to find the right class for you, contact Robin Gaudette, RN, Aquatic Wellness Coordinator at: (541) 548-6066 or email robin.gaudette@raprd.org. At this time class offerings are limited so that we are able to accommodate all of our aquatic activities in the daily schedule.

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 or call (541) 548-6066.

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

DAYS & TIMES:

Session 1	SA	04/05	9:00am-11:00am
Session 2	TH	05/15	11:00am-1:00pm
Session 3	SA	06/07	9:00am-11:00am

REDMOND WATER POLO JAMBOREE

The largest event of its kind in the State of Oregon. Redmond's Water Polo Jamboree is a ruckus, fast paced water polo event drawing in clubs from around the state for three days of non-stop water polo fun. **August 22nd-24th at the Cascade Swim Center.**



Like us on Facebook

www.facebook.com/Redmond-Area-Park-and-Recreation-District

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. The wading pool (outdoors) is kept at 90°F.

AQUATIC FITNESS PROGRAMS

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 is necessary. Please contact Robin Gaudette at robin.gaudette@raprd.org with any questions or concerns. Check pool schedule at <https://www.raprd.org/swim-center-schedules-fees>



Improve strength, stamina and challenge your body in new ways with our high-intensity, low-impact water boot camp! This class

combines circuit training, High Intensity Interval Training (HIIT) and athletic-style exercises all using the natural resistance of the water. This is a boot camp designed for everyone, can be performed in deep or shallow water and uses a variety of equipment. With Aqua Boot Camp you can dive into fitness and make a splash with results!

Wednesday

6:10-7:00pm

Pool Party

Join us for a fun-filled pool party. You never know what a party has to offer but you can expect a challenging cardio and muscle workout, great music and the occasional pool toy all wrapped in a ton of FUN!

Monday
Monday

9:05-9:55am
6:10-7:00pm



Waves emphasizes cardiorespiratory conditioning using different patterns of training. From the classic aerobics class to High Intensity Interval Training (HITT) you will challenge yourself every time! We provide options for different abilities and depths of water. Get your heart and metabolism revved up for the weekend with WAVES!

Friday

9:05-9:55am



Hydro-SET is Strength & Endurance Training in the aquatic environment. While you will still get a great cardio workout, the emphasis will be on muscular strength. We teach to all levels of ability and all 3 depths of water. The water's

unique properties will improve your strength, balance, core and more!

Wednesday

9:05-9:55am



SilverSneakers® Splash is designed to increase strength and cardiovascular endurance. A signature Splash kickboard provides both resistance and flotation assistance. This class is suitable for all levels and is safe for non-swimmers. For a great workout, just add water with SilverSneakers® Splash!

Tuesday & Thursday

9:05-9:55am

CASCADE SWIM CENTER GENERAL INFORMATION



CASCADE SWIM CENTER
465 SW Rimrock Way
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.

PRIVATE POOL RENTALS

The Cascade Swim Center is available to rent for your event on Saturday and Sunday 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.

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.

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)	\$5.00 I/D \$6.50 O/D
Child (1-15)	\$4.00 I/D \$5.50 O/D
Senior (60 & UP)	\$3.00 I/D \$4.00 O/D
Household	\$15.00 I/D \$19.50 O/D

To qualify for the household rate all participants must reside in the same house, 6 people maximum.

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" 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. Unattended minors over 42" tall must provide contact information for a parent or guardian prior to entry. Please note that an entrance fee is required for all patrons who will be on deck. The lobby, with a full view of the pool deck, is available for individuals who are accompanying participants, but do not wish to pay an entrance fee.

CSC & GROUP FITNESS PRICES

CSC Passes	1 Month	3 Months	6 Months	12 Months
Adult Pool Pass	\$49 I/D \$64 O/D	\$137 I/D \$178 O/D	\$254 I/D \$330 O/D	\$429 I/D \$558 O/D
Child Pool Pass	\$39 I/D \$51 O/D	\$109 I/D \$142 O/D	\$203 I/D \$264 O/D	\$343 I.D \$446 O/D
Senior/Disability Pass	\$29 I/D \$38 O/D	\$82 I/D \$107 O/D	\$152 I/D \$198 O/D	\$257 I/D \$334 O/D
Household Pool Pass	\$146 I/D \$190 O/D	\$410 I/D \$553 O/D	\$760 I/D \$988 O/D	\$1287 I/D \$1673 O/D
Aqua Fitness Pass (Lap Swim/Waterwalking)	\$49 I/D \$64 O/D	\$137 I/D \$178 O/D	\$254 I/D \$331 O/D	\$429 I/D \$558 O/D
Group Fitness Pass	\$49 I/D \$64 O/D			
Aqua & Group Fitness	\$74 I/D \$96 O/D			
Ticket Book—50 tickets (Discontinuing)	\$100 I/D \$130 O/D	Lap Swim, Water Walking & Recreation Swim		
Adult 10 Visit Punch Card	\$43 I/D \$56 O/D	Lap Swim, Water Walking, Recreation Swim, Aqua Fitness & Group Fitness		
Child 10 Visit Punch Card	\$34 I/D \$44 O/D	Lap Swim, Water Walking & Recreation Swim		
Senior 10 Visit Punch Card	\$26 I/D \$34 O/D	Lap Swim, Water Walking & Recreation Swim		
Drop-in Fees				
Drop-in Adult	\$5 I/D \$6.50 O/D	Adult drop-in fee includes lap swim, water walking, drop-in aqua fitness and recreation swim		
Drop-in Child	\$4 I/D \$5.50 O/D	Child drop-in fee includes lap swim, water walking and recreation swim		
Drop-in Senior	\$3 I/D \$ 4 O/D	Senior drop-in fee includes lap swim, water walking and recreation swim		
Drop-in Household (Maximum 6 people)	\$15 I/D \$19.50 O/D	Household drop-in fee includes lap swim, water walking and recreation swim		
Drop-in Aqua Fitness	\$5 I/D \$6.50 O/D			
Drop-in Group Fitness (All Ages)	\$5 I/D \$6.50 O/D			

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 | Cascade Swim Center

Join the Cascade Swim Center Masters swim program for an exciting way to achieve your fitness and competitive goals! Our challenging workouts are designed for adults who can swim at least 500 meters. Group workouts are organized on Monday, Wednesday at 7:00am and Fridays at 7:30am. No registration is required — just drop in for a great workout.

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 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.

REDMOND AQUATIC CLUB EELS (RACE)

Ages 6-18 | 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 7-18. 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.

LIFEGUARDING COURSE

Ages 15 & UP | Cascade Swim Center

Have you always wanted to be certified as a lifeguard? Or do you have a summer job that requires lifeguard and CPR certifications? This summer CSC is offering lifeguarding courses that, when successfully completed, will certify participants with lifeguarding, CPR, First Aid, AED and BBP. This course combines lectures, demonstrations and videos with hands-on training and practice. Participants must be strong swimmers able to swim at least 200 meters (8 lengths) without stopping. This is a very popular class and space is limited, so sign up early.

The course is a blended learning class, with online coursework and in-person training and testing sessions.

DAYS & TIMES:

Spring Break 06/09-06/13 CSC 3:00pm-6:00pm
06/14 In the water 8:00am-1:00pm

Costs: \$225.00 I/D; \$293.00 O/D

REDMOND AQUATIC ACADEMY



REDMOND AQUATIC ACADEMY SWIM LESSONS

Our Mission

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

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.

REDMOND AQUATIC ACADEMY 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.

Morning Sessions: 10:00-10:30am; 10:35-11:05am

Evening Sessions: 5:00-5:30pm; 5:35-6:05pm

M-F Sessions

Session 1 06/23-07/03 (no class July 4th)

Session 2 07/07-07/18

Session 3 07/21-08/01

Session 4 08/04-08/15

Session 5 08/18-08/29 (no PM class, 8/22)

COSTS: \$60.00 I/D; \$78.00 O/D
\$54.00 I/D; \$70.00 O/D (Session 1 & PM
Session 5)

WATERBABIES

Ages 6 mos.-3 years | CSC | **Times:** 10:35-11:05 OR
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 06/23-07/03 (no class July 4th)

Session 2 07/07-07/18

Session 3 07/21-08/01

Session 4 08/04-08/15

Session 5 08/18-08/29 (no PM class, 8/22)

COSTS: \$60.00 I/D; \$78.00 O/D
\$54.00 I/D; \$70.00 O/D (Session 1 & PM
Session 5)

ADAPTIVE SWIM LESSONS

Ages 3 & UP | CSC | 10:00-10:30am OR
5:00-5:30pm

Adaptive swim lessons are for swimmers with disabilities

M-F Sessions

Session 1 06/23-07/03 (no class July 4th)

Session 2 07/07-07/18

Session 3 07/21-08/01

Session 4 08/04-08/15

Session 5 08/18-08/29 (no PM class, 8/22)

COSTS: \$60.00 I/D; \$78.00 O/D
\$54.00 I/D; \$70.00 O/D (Session 1 & PM
Session 5)

JUNIOR EELS

Ages 6-11 | CSC | **Times:** 10:00-10:30am OR
5:00-5:30pm

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 06/23-07/03 (no class July 4th)

Session 2 07/07-07/18

Session 3 07/21-08/01

Session 4 08/04-08/15

Session 5 08/18-08/29 (no PM class, 8/22)

COSTS: \$60.00 I/D; \$78.00 O/D
\$54.00 I/D; \$70.00 O/D (Session 1 & PM
Session 5)

YOUTH ADULT (BEGINNERS) SWIM LESSONS

Ages 12 & UP | CSC | 5:00-5:30pm

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 06/23-07/03 (no class July 4th)

Session 2 07/07-07/18

Session 3 07/21-08/01

Session 4 08/04-08/15

Session 5 08/18-08/29 (no PM class, 8/22)

COSTS: \$60.00 I/D; \$78.00 O/D
\$54.00 I/D; \$70.00 O/D (Session 1 & PM
Session 5)