

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

Mercedes Cook-Bostick, Chair Kevin Scoggin, Vice-Chair David Rouse Lena Berry Katie Jalo

EXECUTIVE DIRECTOR

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

DEPUTY DIRECTOR

Shawna Hicks (541) 548-7275 shawna.hicks@raprd.org

ADMINISTRATIVE SERVICES MANAGER

Vicki Osbon (541) 548-7275 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
- 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.



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!!

ENRICHMENT

WATER MARBLING A SILK SCARF

Ages 5 & UP | Lux Hydro Art Workshop

Water + color + silk = pure marbling magic! Come create your own hand-marbled silk scarf. Gorgeous enough to wear, thoughtful enough to gift, elegant enough for your holiday table! Family-friendly and beginner approved. Home studio location given two days prior to class. Please provide a support person for ages 8 and younger.

DATES & TIMES:

Session 1 SA 12/13 11:00am-1:00pm

4:00pm-6:00pm

Costs: \$49.00 I/D; \$64.50 O/D

BATH BOMB CLASS

Ages 7 & UP | Lux Hydro Art Workshop

Join us for a fun fall workshop where you'll mix, mold and scent your own autumn-inspired bath bombs. Think apples, warm spices and a whole lot of fizz! You'll leave with handmade bath treats and all the cozy vibes. Home studio location given two days prior to class. *Please provide a support person for ages 8 and younger.*

DATES & TIMES:

Session 1 SA 10/11 11:00am-12:30pm

1:00pm-2:30pm

Costs: \$42.00 I/D; \$55.00 O/D

HYDRO DIP CERAMICS

Ages 5 & UP | Lux Hydro Art Workshop

Transform a plain ceramic piece into vibrant, marbled home décor you'll want to keep up all season long! Swirl and dip your way into a creative celebration. Home studio location given two days prior to class. *Please provide a support person for ages 8 and younger.*



DATES & TIMES:

Session 1 SA 11/08 11:00am-12:30pm 1:00pm-2:30pm

Costs: \$45.00 I/D; \$59.00 O/D

HOLIDAY ORNAMENTS WORKSHOP

Ages 5 & UP | Lux Hydro Art Workshop

This art class of hydro dipping 6 wood holiday ornaments into swirling, marbled festive perfection is a RAPRD favorite! Family-friendly and beginner approved! Home studio location given two days prior to class. *Please provide a support person for ages 8 and younger.*

DATES & TIMES:

Session 1 TH 12/04 4:30pm-6:00pm Session 2 SA 12/06 11:00am-12:30pm 1:00pm-2:30pm

1.00pm 2

Costs: \$35.00 I/D; \$46.00 O/D

PAINTING ON TERRACOTTA POTS

Ages 4 & UP | Selva Art Studio, 515 SW Cascade Avenue, Redmond

Add charm to your plant collection by painting your own terracotta pots with acrylics. We'll provide inspiration, paint and guidance—you bring your creativity! Perfect for all skill levels and a fun way to personalize your home or garden.

DATES & TIMES:

Session 1 SA 09/20 10:00am-12:00pm











Like us on Facebook

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

ENRICHMENT

PAINT ON MINI PUMPKINS

Ages 4 & UP | Selva Art Studio, 515 SW Cascade Avenue, Redmond

Celebrate the season by turning mini pumpkins into painted works of art. This playful fall workshop is great for all ages and makes a cozy décorpiece or a thoughtful gift. All supplies included, just bring your festive spirit!

DATES & TIMES:

Session 1 SA 10/04 10:00am-12:00pm

Costs: \$49.00 I/D: \$64.00 O/D

MAKE A FALL WREATH

Ages 4 & UP | Selva Art Studio, 515 SW Cascade Avenue, Redmond

Create a beautiful fall wreath using dried oranges, eucalyptus and juniper. We will walk you through each step to craft a natural, fragrant wreath that will welcome the season into your home. Come sip something warm and enjoy a cozy evening of hands-on creativity.

DATES & TIMES:

Session 1 F 11/14 6:00pm-8:00pm

Costs: \$59.00 I/D; \$77.00 O/D

BOTANICAL PRINTED ORNAMENTS

Ages 4 & UP | Selva Art Studio, 515 SW Cascade Avenue, Redmond

Learn how to make elegant botanical prints on clay ornaments using real leaves and flowers. These one-of-a-kind creations are perfect for decorating your tree or giving to loved ones., A calming and creative workshop to celebrate the beauty of nature in winter.

DATES & TIMES:

Session 1 F 12/05 6:00pm-8:00pm

Costs: \$49.00 I/D; \$64.00 O/D

KIDS COOKING

Grades 1st-4th | RAPRD 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	09/02-09/16	4:00pm-5:00pm
Session 2	TU	10/07-10/21	4:00pm-5:00pm
Session 3	TU	11/04-11/18	4:00pm-5:00pm
Session 4	TU	12/02-12-16	4:00pm-5:00pm

Costs: \$45.00 I/D; \$60.00 O/D

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, 9/6, 9/20, 10/04, 10/18, 11/1, 11/15, 12/6, 12/20

10:00am-10:30am

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



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	TH	09/18	5:00pm-9:00pm
Session 2	TH	10/09	5:00pm-9:00pm
Session 3	TH	11/06	5:00pm-9:00pm
Session 4	TH	12/04	5:00pm-9:00pm

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

CHILD AND BABYSITTER SAFETY (CABS)

Ages 12 & UP | Cascade Swim Center



The Child and Babysitting Safety (CABS) program gives 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.

DATES & TIMES:

Session 1	SU	09/21	1:00pm-3:00pm
Session 2	F	10/10	2:00pm-5:00pm
Session 3	F	11/21	2:00pm-5:00pm
Session 4	SA	12/13	2:00pm-5:00pm

(Sessions 2 & 3 are no school days) **Costs:** \$100.00 I/D; \$130.00 O/D

HORSEBACK RIDING

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

Beginning - In this introduction class Diane starts with the basics including learning 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 10/4-10/18 2:00pm-3:00pm Intermediate SA 10/4-10/18 3:00pm-4;00pm

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



MARTIAL ARTS

BEGINNER AND ADVANCED KENDO FOR YOUTH AND ADULTS

Ages 12 & UP | RPA OPS Building



Learn the fun and challenging martial art of Kendo Japanese fencing). The Redmond Kendo Club focuses on teaching traditional Kendo that will promote a strong mind and body for youth and adults in a safe environment. Redmond Kendo Club is instructed by Ryan Atagi,

a fifth degree black belt Kendo and second-degree black belt Iaido. Price includes a bamboo sword. Advanced class 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 10/02-12/19 6:00pm-7:00pm

COSTS: \$120.00 I/D; \$156.00 O/D **DATES & TIMES:** ADVANCED CLASS

Session 1 TU/TH 10/7-12/19 6:00pm-8:00pm

Costs: \$105.00 I/D; \$137.00 O/D

MUAY THAI

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

Our Youth 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 09/02-09/25 5:00pm-6:00pm Session 2 TU/TH 09/30-10/23 5:00pm-6:00pm Session 3 TU/TH 10/28-11/20 5:00pm-6:00pm

Costs: \$125.00 I/D; \$162.50 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 09/02-09/25 4:00pm-4:45pm Session 2 TU/TH 09/30-10/23 4:00pm-4:45pm Session 3 TU/TH 10/28-11/20 4:00pm-4:45pm

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

DATES & TIMES:

AGES 7-14

Session 1 F 09/05-09/26 5:00pm-6:00pm Session 2 F 10/03-10/24 5:00pm-6:00pm Session 3 F 10/31-11/21 5:00pm-6:00pm

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





SPORTS

SOCCERTOTS (CUBS & BEARS)

Ages 2-5 | American Legion Park

Kickstart a passion for soccer with SoccerTots, an active, game-based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friendly competition. Parent participation is required.

CUBS (2-3 yrs.)

Session 1 W 9/10-10/15 3:00pm-3:40pm

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

BEARS (4-5 yrs.)

Session 1 W 9/10-10/15 3:50pm-4:30pm

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

MULTI-SPORTS (BASEBALL, FLAG FOOTBALL, SOCCER)

Ages 9-12 | American Legion Park

Multi-Sports programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork. Enjoy the benefits of exploring multiple sports while building lifelong skills with Skyhawks.

Ages 6-8

Session 1 SA 9/13-10/18 9:30am-11:20am

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

Ages 9-12

Session 1 SA 9/13-10/18 10:30am-11:20am

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

ADULT DROP IN BASKETBALL

Ages 14 & UP | Obsidian Middle School

Come down and get in shape and to fine tune your skills for City League basketball. Have fun with your friends or make some new ones. Join us for some good competition or just shoot around. No food, drinks or tobacco is allowed in the gym. Water bottles only. Open gym schedule is subject to school closures.

Season: 10/03-03/06 8:00pm-10:00pm

Cost: \$4.00 per visit

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. Certificates of Radness awarded for completing all four clinics 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 09/04-09/25 5:15pm-7:00pm Session 2 TH 10/09-10/30 5:15pm-7:00pm

Costs: \$159.00 I/D; \$207.00 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.

SPORTS LEAGUES

CO-ED PRE-K BASKETBALL LEAGUES

Grade Pre-K | Redmond Area Schools

Pre-K basketball introduces our youngest superstars to their new favorite sport! The pre-k league focuses on positive social interactions and basic fundamental skills. Practices are held once a week at Redmond area schools. RAPRD provides jerseys, parents are asked to provide a mini size basketball. Players must be 4 years old by the registration deadline. Coaches' requests are not guaranteed. **REGISTRATION DEADLINE IS TUESDAY, SEPTEMBER 23RD.**

Season Dates: SA 11/08-12/20

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

CO-ED KINDER BASKETBALL LEAGUES

Kindergarten | Redmond Area Schools

Kindergarten basketball is a fun, positive and interactive experience for children wanting to learn how to play basketball. Practices are held once a week in Redmond area schools. Games are 4v4, four players on each team, on a condensed court, with 8' hoops. RAPRD provides jerseys, parents are asked to provide a size 27.5 basketball. Coaches' requests are not guaranteed. *Registration Deadline is Tuesday, September 23RD.*

Season Dates: SA 11/08-12/20

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

1ST & 2ND GRADE BASKETBALL LEAGUES

Grades 1st & 2nd | Redmond Area Schools

The 1st & 2nd grade leagues focus on basic skill development, positive social interaction and team building. Teams practice once a week at Redmond area schools. Games are 5v5, five players on each team on a condensed court with 8' hoops. RAPRD provides jerseys, parents and asked to provide a size 27.5 basketball. Coaches' requests are not guaranteed. REGISTRATION DEADLINE IS TUESDAY, SEPTEMBER 23RD.

Season Dates: SA 11/08-12/20

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

3RD - 6TH GRADE GIRLS BASKETBALL LEAGUES

Grades 3rd-6th | Redmond Area Schools

Girls in the youth recreational leagues will practice twice a week with games on Saturdays. Teams play 5v5 on a full-sized court. This recreational league focuses on fundamental development, teamwork and positive sportsmanship. RAPRD provides referees and jerseys. 3rd & 4th grade parents are asked to provide a size 27.5 basketball; 5th & 6th grade parents are asked to provide a size 28.5 basketball. Coaches' requests are not guaranteed. *REGISTRATION DEADLINE IS TUESDAY, DECEMBER 2ND.*

Season Dates: SA 01/10-02/14

Costs: \$80.00 I/D; \$104.00 O/D

3RD - 6TH GRADE BOYS BASKETBALL LEAGUES

Grades 3rd-6th | Redmond Area Schools

Boys in the youth recreational leagues will practice twice a week with games on Saturdays. Teams play 5v5 on a full-sized court. This recreational league focuses on fundamental development, teamwork and positive sportsmanship. RAPRD provides referees and jerseys. 3rd & 4th grade parents are asked to provide a size 27.5 basketball; 5th & 6th grade parents are asked to provide a size 28.5 basketball. Coaches' requests are not guaranteed. *Registration Deadline Is Tuesday, December 2nd.*

Season Dates: SA 01/10-02/14

Costs: \$80.00 I/D; \$104.00 O/D

7TH - 12TH GRADE BOYS AND GIRLS BASKETBALL LEAGUES

Grades 7th-12th | Redmond Area Schools

7th & 8th grade, 9th & 10th grade and 11th & 12th grade boys and girls will play in a 3v3 development/competitive basketball league designed for young adults NOT on a high school interscholastic basketball team. The purpose of this league is to get more touches of the ball, teach spacing, movement and teamwork. Teams will play 2 games per day on 5 Saturdays for a total of 10 games in the season and practice a minimum of 2 days a week. There will also be an optional end of season tournament. RAPRD provides referees and jerseys. *REGISTRATION DEADLINE IS TUESDAY, DECEMBER 2ND.*

Season Dates: SA 01/10-02/14

Costs: \$80.00 I/D; \$104.00 O/D

GROUP FITNESS SCHEDULE/CLASSES FALL 2025

Mondays

7:45am - Fitness 4 Life **9:15am** - Powercut Plus

10:35am - SilverSneakers® Classic

Wednesdays

7:45am - Fitness 4 Life **9:15am** - Powercut Plus

10:35am - SilverSneakers® Classic

5:30pm - Zumba®

Tuesdays

7:45am - Zumba®

9:00am - Pumped Up Strength

(Virtual Only)

9:15am - Yoga Strong

10:35am - Zumba Gold®

5:30pm - Power Combo

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. Fitness classes are for ages 14 and up. 10 visit punch cards are \$43.00 I/D. Unlimited group fitness pass is just \$49.00 I/D per month with NO contract. All classes are subject to change due to attendance.

POWERCUT PLUS

Get cut with Powercut! This weightlifting and cardio class uses free-weights, resistance bands, steps and fitness balls along with great music to get you through an hour of head-to-toe muscle work. Cardio intervals are interjected between strength sets. Every class is different and all levels are welcome.

DAYS & TIMES:

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

POWER COMBO

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

DAYS & TIMES:

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

FITNESS CLASSES & 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, 9/6, 9/20, 10/04, 10/18, 11/1, 11/15, 12/6, 12/20

10:00am-10:30am

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 <u>raprdrecreation.org</u>, click on Programs and select <u>Aqua Wellness Classes</u>. 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

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.











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 aguatic 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 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 aguatic 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.qaudette@raprd.org. PRE-REGISTRATION IS REQUIRED AT RAPRD.ORG.

DAYS & TIMES:

Session 1	TH	10/02	11:00am-1:00pm
Session 2	SA	11/22	9:00am-11:00am
Session 3	TH	12/11	11:00am-1:00pm



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



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



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 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!

9:05-9:55am Wednesday



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 nonswimmers. For a great workout, just add water with SilverSneakers® Splash!

Tuesday & Thursday 10:40-11:35am

CASCADE SWIM CENTER GENERAL INFORNMATION



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 Locker rooms are available for a 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 reserve 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 àvailability.

SWIM CENTER ACTIVITIES

For swim center programs, check the weekly schedule for times on our website (https:// www.raprd.org/swim-centerschedules-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

8-10 person spa. The spa is ADA 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 \$4.50 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 a deck pass 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 want a deck pass.

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 and Friday at 7:00am 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? This winter 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:

Class schedule 12/29-01/03 10:00am-6:00pm

(no class 12/31 and 1/1)

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



- 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 pre-team program for strong swimmers with interest in competitive swimming.

REDMOND AQUATIC ACADEMY SWIM LESSONS

REDMOND AQUATIC ACADEMY

Ages 3-11 | Cascade Swim Center

For the levels Preschool, Six and Up Basic and Swimfor-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.

Class time: 5:00-5:30pm; 5:35-6:05pm

M/W/F Sessions

Session 1 09/22-10/10

Session 2 10/13-10/29 (no class 10/31)

Session 3 11/03-11/21

Session 4 11/24-12/12 (no class 11/26)

Session 5 12/15-01/09 (no class 12/22-26, 1/1)

Costs: \$54.00 I/D; \$70.00 O/D \$48.00 I/D; \$63.00 O/D (Session 2, 4 & 5)

TU/TH Sessions

Session 1 09/23-10/23

Session 2 10/28-11/25 (no class 11/27)

Session 3 12/02-01/08 (no class 12/22-26, 1/1)

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

\$54.00 I/D; \$70.00 O/D (Session 2 & 3)

WATERBABIES

Ages 6 mos.-3 years | CSC | **Times:** 5:35pm-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/W/F Sessions

Session 1 09/22-10/10

Session 2 10/13-10/29 (no class 10/31)

Session 3 11/03-11/21

Session 4 11/24-12/12 (no class 11/26) Session 5 12/15-01/09 (no class 12/22-26, 1/1)

Costs: \$54.00 I/D; \$70.00 O/D \$48.00 I/D; \$63.00 O/D (Session 2, 4 & 5)

ADAPTIVE SWIM LESSONS

Ages 3 & UP | CSC | 5:35-6:05pm

Adaptive swim lessons are for swimmers with disabilities

M/W/F Sessions

Session 1 09/22-10/10 Session 2 10/13-10/29 (no class 10/31)

Session 3 11/03-11/21

Session 4 11/24-12/12 (no class 11/26)

Session 5 12/15-01/09 (no class 12/22-26, 1/1)

Costs: \$54.00 I/D; \$70.00 O/D

\$48.00 I/D; \$63.00 O/D (Sessions 2, 4 & 5)

JUNIOR EELS

Ages 6-11 | CSC | 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).

TU/TH Sessions

Session 1 09/23-10/23

Session 2 10/28-11/25 (no class 11/27) Session 3 12/02-01/08 (no class 12/22-26, 1/1)

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

\$54.00 I/D; \$70.00 O/D (Sessions 2 & 3)

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).

TU/TH Sessions

Session 1 09/23-10/23

Session 2 10/28-11/25 (no class 11/27)

Session 3 12/02-01/08 (no class 12/22-26, 1/1)

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

\$54.00 I/D; \$70.00 O/D (Sessions 2 & 3)