

# Redmond Area Park & Recreation District

# ACTIVITY GUIDE

## Winter/Spring 2023



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

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

Registration  
begins on  
December 5th  
2022

# BOARD MEMBERS & STAFF

## CASCADE SWIM CENTER AND ADMINISTRATIVE OFFICE

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

## CASCADE SWIM CENTER OFFICE HOURS

Monday-Friday 5AM to 9PM  
Saturday 1PM to 5:00PM  
Sunday Closed  
Available for rent on Saturday

***Operational hours are subject to change.***

## RECREATION PROGRAM STAFF OFFICE

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

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

## BOARD OF DIRECTORS

Matt Gilman, Chair  
Kevin Scoggin, Vice-Chair  
Ed Danielson  
Zack Harmon,  
Mercedes Cook-Bostick

## EXECUTIVE DIRECTOR

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

## AQUATIC DIRECTOR

Jessica Rowan  
(541) 548-7275  
[jessica.rowan@raprd.org](mailto:jessica.rowan@raprd.org)

## RECREATION MANAGER

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

## ADMINISTRATIVE SERVICES MANAGER

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

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*We strive to produce the most accurate, up-to-date activity guide possible. However, schedules are subject to change and programs may be cancelled if minimum enrollment requirements are not met.*

## HOW TO REGISTER

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

### General Policy

- Enrollment is on a first-come, first-serve basis
- Full payment is required at time of registration
- Pre-registration is required for all programs unless otherwise noted (i.e. drop-in, specific deadline)

### 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 I/D; \$36 O/D
- If you have any questions regarding your resident status, please contact our customer service staff at [raprd.org](http://raprd.org) or call us at (541) 548-7275.

### Credits and Refunds

- Requests for a credit or refund shall be done a minimum of four business days prior to the beginning of the program. Otherwise we can only issue a refund or credit if the participants spot is filled. Requests for a credit or refund may be made in person, by phone or email to [raprd@raprd.org](mailto:raprd@raprd.org).
- With some programs a cancellation fee is charged due to the insurance and uniform fees paid in advance.
- NO refunds will be issued after the program has begun.
- NO refunds will be issued for RAPRD sports programs starting three weeks prior to the date of the first scheduled game.
- Refunds under \$10.00 will be credited to your RAPRD account for future programs.

### SCHOLARSHIPS

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

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



# 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, ADA showers, family dressing rooms, locker rooms. Available to rent.

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

## **THE RAPRD HERO PASS**



The Redmond Community is home to many veterans who have bravely served our nation. To honor their service RAPRD is offering our RAPRD Hero Pass. All honorably discharged Redmond area veterans who live within the district boundaries are eligible to receive the Hero Pass Card.

Recipients may use this card to receive a 20% discount toward RAPRD recreation, fitness or enrichment programs. There is an annual limit of \$200.00, not to be used with other discounts or scholarships. Please inquire at the Cascade Swim Center if you would like more information about this program.

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

# ENRICHMENT ACTIVITIES

## ART EXPLORERS

Grades K-6th | Redmond Senior Center

This is a multimedia art program for K-6th grades. We will use paint, clay, oil pastels, chalks and so much more. This art class is filled with imagination and creativity. Please wear an old shirt as this class tends to get messy. **Registration deadline is 1 week prior to class start day.**

### DATES & TIMES:

Session 1	TH	1/5-1/19	4:00-4:45pm
Session 2	TH	2/2-2/16	4:00-4:45pm
Session 3	TH	3/2-3/16	4:00-4:45pm
Session 4	TH	4/6-4/20	4:00-4:45pm

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

## BEGINNER CROCHET

Ages 10 & UP | CSC Conference Room



Learn the basics of crochet with a simple washcloth pattern. You will learn a foundation chain and four basic stitches. Each person will get a hook and yarn to keep.

### DATES & TIMES:

Session 1	SA	1/7	1:00-5:00pm
Session 2	SA	4/1	1:00-5:00pm

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

## SEASONAL SIGN WORKSHOPS

Ages 6 & UP | \*\*

Water marble your one-of-a-kind wood seasonal sign. Everything you need to complete your sign is included: demonstration, instruction, wood blank, marbling tray and paints, sealer and accessories. Kid friendly activity. **Ages 6-9 must be accompanied by an adult.**

**Session Times:** 3:00pm or 5:00pm

Session 1	TH	2/9	Times listed above
Session 2	TH	3/9	Times listed above
Session 3	TH	4/13	Times listed above

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

**\*\*You will receive an email 3 days before the class starts, giving the address.**

## KID'S PROJECT: WATER MARBLE A VALENTINE BOX WITH CANDY

Ages 6 & UP | \*\*

A sweet gift for kids to create and gift to someone special in their world! With a demonstration and guided instruction, kids learn the magical art of water marbling on a paper maché box. They will dry and seal their box, then add some Valentine candy (included). They will wrap their gift in a project bag, ready for gift giving! No experience necessary.

**SESSION TIMES:** 3:00-4:30pm and 6:00-7:30pm

Session 1 SA 2/4 Times listed above

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

**\*\*You will receive an email 3 days before the class starts, giving the address.**

## WATER MARBLE A SILK SCARF

Ages 6 & UP | \*\*

Just in time for a Spring or Mother's Day gift, create a stunning 6 foot long, 100% silk scarf. You will learn to float high pigmented acrylic paint on thickened water, then move the paint with various tools. Choose from a rainbow array of non-toxic paint colors. With guided instruction you will be amazed how simple water marbling is, yet it looks exquisite! No experience needed. All supplies are provided, including instructions for at-home finishing your masterpiece. Kid friendly activity. **Ages 6-9 must be accompanied by an adult.**

**Session Times:** 3:00pm or 6:00pm

Session 1 TH 3/16 Times listed above

Session 2 TH 4/27 Times listed above

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

**\*\*You will receive an email 3 days before the class starts, giving the address.**





# ENRICHMENT ACTIVITIES

## DUNGEONS AND DRAGONS MASTER CLASS

Ages 18 & UP | CSC Conference Room



Come learn and enjoy the greatest roleplaying game. Create worlds, play with your friends and tell the greatest stories.

### DATES & TIMES:

Session 1 SA 2/4-3/25 1:00-4:00pm

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

## KID CUISINE

Grades 1st-4th | Redmond Senior Center



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

measure. Sign up today and let's get cooking!

### DATES & TIMES:

Session 1 TU 1/3-1/17 4:00-5:00pm

Session 2 TU 2/7-2/21 4:00-5:00pm

Session 3 TU 3/7-3/21 4:00-5:00pm

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

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

## FLAMENCO DANCE LESSONS

Ages 7 and UP | Pleasant Ridge Community Hall



Why dance Flamenco? To build confidence, improve brain health, posture, balance and have fun! Anyone can learn whether you are 7 or 70. Flamenco can be for beginners, those who have tried other forms of dance and for those who have danced flamenco before.

### DATES & TIMES:

Session 1 F 1/6-3/10 5:30-7:30pm

Session 2 F 3/17-5/19 5:30-7:30pm

**COSTS:** \$240.00 I/D; \$312.00 O/D per person



## FUN & EASY STORY WRITING

Ages 8-12 | CSC Conference Room

Write a 5-sentence story? Yes, learn to write a well-organized story by starting with just 5 sentences! To guide you in this fun activity you will receive an activity book. The stories in these books are inspired by real archaeological sites. Learn about these ancient sites as well as how to write your own story.

### DATES & TIMES:

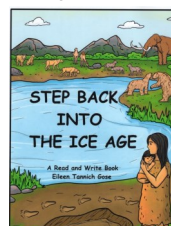
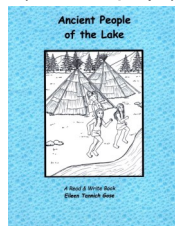
**Ancient People of the Lake**

Session 1 M 4/3 3:30-5:00pm

**Step Back Into the Ice Age**

Session 2 TU 4/25 4:00-5:30pm

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



## "ROCK ART: MORE THAN JUST IMAGES"

Ages 8 & UP | CSC Conference Room

### The Archaeological Society of Central Oregon

invites you to a FREE demonstration where you will explore the topic of petroglyphs and pictographs, the ancient images found on rocks. This **FREE** demonstration is for **ages 8-100, May 2nd, 4:00-5:00pm at the Cascade Swim Center.**

***Pre-registration is required for this event.***

Together, we will:

- ◆ Analyze remarkable images from the past
- ◆ Learn about petroglyphs and pictographs
- ◆ Ponder the meaning of the images
- ◆ Learn how to protect the fragile images



# SPORTS / HORSEBACK / BMX

## YOUTH TENNIS

Taught by Jack Thompson, USPTA Elite Professional, USTA High Performance Coach.

## ORANGE BALL

Ages 6-10 | Valleyview Courts



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

### DATES & TIMES:

Session 1 SA 4/8-4/29 9:00-10:00am

Session 2 SA 5/6-5/27 9:00-10:00am

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

## JUNIOR DEVELOPMENT

Ages 11-13 | Valleyview Courts

This class will cover different stroking patterns including, groundstrokes, overheads, serves and returns.

### DATES & TIMES:

Session 1 SA 4/8-4/29 10:00-11:00am

Session 2 SA 5/6-5/27 10:00-11:00am

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

## DIANE'S HORSEBACK RIDING

Ages 7-18 | Diane's Riding Place

**Beginning** - In this intro class Diane starts with the basics including learning how to mount and properly care for a horse as well as how to cinch, saddle and prepare to ride a horse. Horses and tack provided.

**Intermediate** - Once you've learned the basics it's time to take things a step further with more advanced maneuvers and learn how to better communicate with a horse. Enjoy the art of learning to ride and care for a horse at Diane's Riding Place. Horses and tack provided.

**Registration deadline is 48 hours before the start of class.**

### DATES & TIMES:

Beginning SA 5/6-5/20 2:00-3:00pm

Intermediate SA 5/6-5/20 3:00-4:00pm

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



## SMITH ROCK BMX SKILLS CLINIC

Ages 5 to Adult | Smith Rock BMX Track

Learn the sport of BMX racing, focusing on the fundamental skills: gate starts, pumping, jumping and turns/passing strategies. Includes 1 month USA BMX trial membership, 4 clinics and 5 free single point races. For beginner and novice riders. Sessions will be at the Smith Rock BMX Track at High Desert Sports Complex. Go to: <https://smith-rock-bmx.square.site> for more details and opportunities.

### DATES & TIMES:

Session 1 TH 4/6-4/27 5:15-7:00pm

Session 2 TH 5/11-6/1 5:15-7:00pm

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



## BEGINNER AND ADVANCED KENDO FOR YOUTH AND ADULTS

Ages 12 & UP | Redmond Proficiency Academy

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 fifth degree black belt Kendo and second-degree black belt Iaido. Price includes a bamboo sword. Advanced team discounted for swords already brought. Each session is 3 months. **Registration deadline is 1 week prior to class start day.**

### DATES & TIMES: BEGINNER CLASS

Session 1 TH 1/5-3/30 6:00-7:00pm

Session 2 TU 4/4-6/27 6:00-7:00pm

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

### DATES & TIMES: ADVANCED CLASS

Session 1 TU 1/3-3/28 6:00-8:00pm

Session 2 TU 4/4-6/27 6:00-8:00pm

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





# SOCCER LEAGUES

## TYKES SOCCER LEAGUES

Grades PreK-1st | High Desert Sports Complex

Tykes soccer is all about having fun and learning a new sport for our youngest soccer stars. Over a 6-week season, players will practice once a week and will have one game day, weather permitting, each Saturday. All games will take place at the High Desert Sports Complex while practices will depend on the requests of each volunteer coach. RAPRD provides player jerseys. Parents are responsible for providing shorts, shin guards, socks and a size-3 soccer ball. PreK must be 4 years old by the registration deadline. **Registration deadline is Monday, February 13th.**

### SEASON DATES:

SA 4/1-5/6

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

## 2ND & 3RD GRADE INSTRUCTIONAL LEAGUES

Grades 2nd & 3rd | High Desert Sports Complex

2nd & 3rd graders are formally introduced to the fundamentals of soccer. Practices and games will be a little longer and the teams, field and soccer balls will be larger in this next step of the RAPRD soccer experience. Parents can expect their soccer players to learn the basics of dribbling, passing and shooting in a personalized, interactive and fun environment. All games will take place at High Desert Sports Complex on Saturdays, weather permitting. Practices, held once-a-week, will depend on the request of each volunteer coach. RAPRD will provide player jerseys. Parents provide shorts, shin guards, socks and a size-4 soccer ball. **Registration deadline is Monday, February 13th.**

### SEASON DATES:

SA 4/1-5/6

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

## 4TH & 5TH GRADE DEVELOPMENTAL LEAGUES

The 4th & 5th 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. With experience gained in the developmental league will equip players to handle the demands of playing in a more physically and mentally challenging environment. RAPRD provides player jerseys. Parents provide shorts, shin guards, socks and a size-4 soccer ball. Practices are held twice-a-week for 6-weeks, based on the request of each volunteer coach. Games are held on Saturday each week at the High Desert Sports Complex, weather permitting. **Registration deadline is Monday, February 13th.**

### SEASON DATES:

SA 4/1-5/6

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

## 6TH TO 12TH GRADE SOCCER LEAGUES

Grades 6th-8th & 9th-12th | High Desert Sports Complex

These programs emphasize development, engagement, sportsmanship, teamwork and fun! Practices are held twice-a-week for 6-weeks, based on the request of each volunteer coach. All games will take place at High Desert Sports Complex on Saturdays, weather permitting. **Registration deadline is Monday, February 13th.**

### SEASON DATES:

SA 4/1-5/6

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



**Like us on Facebook**

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

# SPORT CAMPS & LEAGUES

## REDMOND YOUTH FOOTBALL CAMP

Grades 1st-8th | Ridgeview HS Football Field

RAPRD would like to introduce our Redmond Youth Football Camp. In partnership with the Redmond Panther, Ridgeview Raven and Redmond Youth Football programs to bring football education, training and player safety to Central Oregon. This program emphasizes skill development, engagement, sportsmanship, teamwork, and player safety and fun. Skills include running, catching, blocking, throwing, tackling and agility. All coaching and instruction will be run by the Redmond Panther and Ridgeview Varsity Football coaches and players along with other guest instructors. T-shirt and lunch are included.

**Registration deadline is Wednesday, May 31st.**

### DATES & TIMES:

Grades 1st-8th SA 6/3 9:00am-1:00pm

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

## YOUTH LACROSSE LEAGUE

Grades 1st-8th | Bend & Redmond

RAPRD continues our great partnership with the Bend Park and Recreation District to offer the great game of Lacrosse. It's no wonder why lacrosse is so popular - it's exciting, fast-paced and great fun! A wonderful off-season complement to many other sports, this program emphasizes skill development, participation, teamwork, sportsmanship and fun. Teams will meet twice a week and play a seven game schedule. Helmets, goggles, sticks and mouth guards are provided by the Park District. Teams will be created from the pool of registered participants. Practices will be in Redmond and games will be in Bend. Volunteer coaches must participate in the clinic held in Bend. Fee includes practice gear for coaches (balls, scrimmage vests and goalie gear), a game jersey for each participant, mouth piece, rental helmet and stick for the season if needed.

**Registration deadline is Monday, February 27th.**

### DATES:

Season begins Monday, April 3rd

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

## RAPRD ADULT SOFTBALL LEAGUES

Ages 18 & UP | High Desert Sports Complex

Sign your team up now to join a softball league. The season runs from May through mid-August and all games will be played at the High Desert Sports Complex. All leagues will have a single elimination playoff.

**Coed Recreational Leagues** game days are determined by the night that you register for, either Tuesday, Wednesday or Thursday.

**Coed Recreational Costs:** \$375.00 per team. 8-weeks of play and a single elimination tournament.

**Coed & Mens 5v5v5 Leagues** will play on Monday nights.

**Coed & Mens 5v5v5 Costs:** \$475.00 per team. 5-week season, umpires provided.

Teams will register for the night they wish to play, 8 teams per night. **Registration deadline is Friday, April 14th.**

Late team registrations will be accepted at the discretion of RAPRD and will be subject to a late registration fee of \$25.00. For more information call (541) 526-1847 or (541) 548-7275.



**Our programs and events have been successful because of our volunteers. Thank you to all of our volunteers!**

**WE APPRECIATE EACH AND EVERY ONE OF YOU!!**



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

## WINTER/SPRING 2023

### Mondays

**7:45am** - Fitness 4 Life  
(in person & virtual)  
**9:15am** - Powercut Plus  
**10:35am** - SilverSneakers® Classic  
**5:30pm** - Zumba Toning®

### Tuesdays

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

### Wednesdays

**7:45am** - Fitness 4 Life  
(in person & virtual)  
**9:15am** - Powercut Plus  
**10:35am** - SilverSneakers® Classic  
**5:30pm** - Dance Fitness

### Thursdays

**9:00am** - Pumped Up Strength  
(Virtual Only)  
**9:15am** - PiYo®  
**10:35am** - SilverSneakers® Yoga

### Friday

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

All fitness classes will be held at the Redmond Senior Center, 325 NW Dogwood Ave, Redmond, OR. Fitness classes are for **ages 14 years & UP**. Senior fitness classes are for **ages 50 and up**. You can purchase a 10-visit punch cards and unlimited monthly fitness passes may be purchased only at the RAPRD Cascade Swim Center. RAPRD instructors do not accept monies on site at the senior center. Punch cards are \$32.00 I/D, \$41.50 O/D and unlimited monthly group fitness passes are \$35.00 I/D, \$45.50 O/D 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 9:15-10:20am

### BALANCE & CORE

Balance & Core is a yoga-based class that will help your flexibility, posture and put extra emphasis on the core muscles. Flexibility is the most overlooked element of fitness, make it a part of your schedule!

#### DAYS & TIMES:

Tuesday 9:15-10:20am

### CARDIO KICKBOXING

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

#### DAYS & TIMES:

Friday 9:15-10:20am

### PIYO®

The muscle sculpting from Pilates and flexibility of Yoga combined into non-stop fluid movements. Sweat, stretch and strengthen all in one unique workout. Using only your bodyweight, you'll perform a series of low-impact Pilate and Yoga inspired moves to work every single muscle.

#### DAYS & TIMES:

Thursday 9:15-10:20am

### 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 7:45-8:45am



# FITNESS CLASSES

## ZUMBA TONING®

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

### DAYS & TIMES:

Monday 5:30-6:30pm

## DANCE FITNESS

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

### DAYS & TIMES:

Wednesday 5:30-6:30pm

## Senior Fitness

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

## Fitness 4 Life

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

***You must register in advance to attend virtually.***

### DAYS & TIMES:

## SILVERSNEAKERS® CLASSIC

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

### DAYS & TIMES:

Monday & Wednesday 10:35-11:35am



## SILVERSNEAKERS® YOGA

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

### DAYS & TIMES:

Thursday 10:35-11:35am

RAPRD is a partner with Silver & Fit®, Silver Sneakers® and Renew Active® for fitness classes, lap swim and water walking to help older adults achieve better health through regular exercise and health education. These partners provide eligible members with no-cost or low-cost fitness memberships and older adult - oriented group exercise classes, through arrangements with certain health plans.

Please contact our Customer Service staff at Cascade Swim Center to see if you are eligible for one of these programs.



## PUMPED UP STRENGTH - Virtual Only

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

This is for **everyone** and a great progression for aquatic exercisers who are ready for a challenge and to build more strength. To register for a link to the class go to [raprdrecreation.org](http://raprdrecreation.org), click on programs and "Aqua Wellness Classes (Virtually)." 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@raprd.org](mailto:robin.gaudette@raprd.org).

**DAYS & TIMES:** Tuesday & Thursday 9:00-10:00am

# CASCADE SWIM CENTER



## CASCADE SWIM CENTER

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

## FACILITY AMENITIES

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

## SPA

Come in and enjoy our beautiful 8-10 person spa. The spa is ADA compliant to allow people with limited mobility to enjoy a therapeutic dip. The spa is kept at 101°F.

## POOL CLOSURES

December 24	Closed
December 25	Closed
December 31	Closed
January 1	Closed

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

## PRIVATE POOL RENTALS

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

## DRESSING ROOMS

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

## GENERAL ADMISSION FEES

Adult (16 & up)	\$3.50 I/D; \$4.50 O/D or 2 tickets
Child (1-15yrs)	\$2.50 I/D; \$3.25 O/D or 1 ticket
Senior (60 & up)	\$1.50 I/D; \$2.00 O/D or 1 ticket
Family	\$12 I/D; \$15.50 O/D or 5 tickets

*To qualify for the family rate all members must reside in the same house, 6 people maximum.*

General Pass	1 month	6 months	12 months
Individual Pool Pass		\$135 I/D   \$175.50 O/D	\$200 I/D   \$260 O/D
Family Pool Pass		\$240 I/D   \$312 O/D	\$390 I/D   \$507 O/D
Child Pool Pass		\$85 I/D   \$110.50 O/D	\$140 I/D   \$182 O/D
Senior/Disability Pass		\$75 I/D   \$97.50 O/D	\$120 I/D   \$156 O/D
Aqua Fitness Pass	\$35 I/D   \$45.50 O/D	\$180 I/D   \$234 O/D	\$300 I/D   \$390 O/D
Water Fit Combo Pass	\$45 I/D   \$58.50 O/D	Aqua Fitness & Lap Swim	
Therapy Combo Pass	\$40 I/D   \$52 O/D	Aqua Fitness, Therapy Walking & Lap Swim	
RX Combo Pass	\$30 I/D   \$39 O/D	Aqua Fitness, Therapy Walk & Lap Swim (Requires doctor's recommendation and is limited to 4 consecutive months.)	
Ticket Book - 50 tickets	\$75 I/D   \$97.50 O/D	Lap & Recreation Swim	
10 Visit Punch Card - Adult	\$32 I/D   \$41.50 O/D	Lap Swim, Recreation Swim, Aqua Fitness & Group Fitness	
10 Visit Punch Card - Senior	\$12 I/D   \$15.50 O/D	Lap & Recreation Swim	
10 Visit Punch Card - Child	\$22 I/D   \$28.50 O/D	Lap & Recreation Swim	
Drop-in Aqua Fitness Classes	Age 14 & UP \$3.50 I/D   \$4.50 O/D		

# REDMOND AQUATIC WELLNESS

## REDMOND AQUA WELLNESS

Redmond Aquatic Wellness is a holistic aquatic health and fitness program. With our emphasis on muscular strength and endurance, range of motion, posture and stretching. The water is a unique environment making aqua fitness versatile and inclusive. In collaboration with local healthcare providers, Redmond Aquatic Wellness programs utilize the latest in exercise science to meet the needs of our community. Our program offers classes for all levels of exercisers; from athletes to health seekers, we have a program to suit your needs.

Our Aquatic Wellness classes offer effective classes that are safe and fun. Amazing health and fitness goals can be achieved with water exercise and our programming will help you get there. Instructors work with 4 categories of class styles; Cardio H2O - cardio aerobic focused, Cardio Tone - with the emphasis on muscular strength and endurance, Circuit Challenge - is a different style for the instructor to group exercise combinations and Waves - a class made up of various intervals. We offer our Aqua Gold and Aqua Motion for active older adults, beginners and for those with movement challenges. Aqua Zumba® is a class of traditional water moves and modified dance flavors set to Latin and World music. Pick up an Aqua Fitness schedule addendum at the pool or check our [Facebook](#) page under the Note section for our current schedule and classes descriptions.

If you have questions or concerns, or to find the right class for you, contact Robin Gaudette, RN, Aquatic Wellness Coordinator at: [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org) or call her at (541) 548-6066.

## 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 via the phone or a virtual meeting on Zoom. You can make an appointment with Robin via email at [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org) or call (541) 548-6066.

## 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. You will receive a Zoom invitation and a handout to print the day of class. Contact Robin Gaudette for more information at [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org). **Preregistration is required at [raprd.org](http://raprd.org).**

### DAYS & TIMES:

Session 1	12/8	TH	11:00am-1:00pm
Session 2	1/14	SA	10:00am-12:00pm
Session 3	2/9	TH	11:00am-1:00pm
Session 4	3/11	SA	10:00am-12:00pm

## A WORD TO PARENTS

Our aquatic staff of American Red Cross certified lifeguards strive 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 safety and enjoyment of all patrons. All children below 42" in height or 7 years and younger must be accompanied and supervised 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.



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

## AQUATIC FITNESS CLASSES

Ages 16 & UP | Cascade Swim Center

Aqua Fitness is a healthy way to get in shape while having fun. This fitness option limits stress on joints, improves balance and flexibility, cardiorespiratory health, muscular strength and endurance. Classes are designed to give a full body workout and are adjustable to all abilities. No swimming ability necessary. **We have added an evening class on Wednesdays beginning in February.** Check out the pool schedule on our website, pick up an Aquatic Fitness schedule addendum at the pool or on our website at [www.raprd.org/swim-center-schedules-fees](http://www.raprd.org/swim-center-schedules-fees). Please contact [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org) with any questions or concerns.

### DAYS & TIMES:

Monday, Wednesday & Friday 9:05-9:55am  
Wednesday (Beginning Feb.) 6:35-7:30pm  
\$3.50 I/D; \$4.50 O/D drop-in  
\$35.00 I/D; \$45.50 O/D monthly pass

## RECREATION SWIM

All ages | See Website for days and times

Come on down for open swims with the whole family! Diving boards, spa and 25 meter pool. US Coast Guard Approved flotation devices only (no flotation toys or water wings, please). Children below 42" in height or 7 years and under must be accompanied and supervised in the water at all times by a responsible patron 16 years or older. Unaccompanied minors will be required to provide contact information for a parent or guardian prior to entry.

## LAP SWIM/WATER WALKING

All Ages | See Website for days and times

Swim laps or get an independent workout in our 25 meter pool. Please note the signs and choose the lane/area of the pool commiserate with your activity and skill level. Swim equipment is available for use at no additional charge. Remember to be considerate and share lanes. When 3 or more are lap swimming, all swimmers in the lane must circle swim according to the speed. To "circle swim," swim down one side of the lane and back up the other side.

## MASTERS SWIM

18 years & UP | See Website for days and times

Masters swim is an adult fitness opportunity that can challenge you in your fitness and competitive goals. Workouts often require the ability to swim at least 500 meters. Coached sessions are Monday & Wednesday at 7:00am and Fridays at 7:30am. Drop-in only, registration not required

## LIFEGUARDING CLASSES

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 certification? This spring, CSC is offering lifeguarding course that, when successfully completed, will certify participants with lifeguarding, CPR, First Aid and AED and BBP. This course combines lectures, demonstrations and video with hands-on training and practice. Participants must be strong swimmers able to swim at least 300 meters (12 lengths) without stopping. This is a very popular class and space is limited so sign up early.

### DAYS & TIMES:

Online: 3/20-3/31 10:00am-6:00pm  
Test Day: 4/1 10:00am-6:00pm  
\$175.00 I/D; \$225.00 O/D

## REDMOND AQUATIC CLUB EELS (RACE)

Ages 7-18 | Cascade Swim Center

Our mission: to teach children and teens safety, competition and the fun of swimming. RACE is committed to providing an excellent program for children and teens ages 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](mailto:shane.bennett@raprd.org).

# REDMOND AQUATIC ACADEMY



## REDMOND AQUATIC ACADEMY SWIM LESSONS

### Our Mission

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

Aqua kids begins with 3 progressive preschool levels that provide the basics of water safety, skills acquisition and building blocks of stroke development. After the preschool levels (or beginning here if the child is over age (6) are the 6 and up Basic levels (White, Orange and Green.) After completing the 6 and up basic levels, parents and participants can choose to continue to the Swim-for-Life recreational track and complete the Blue and Black levels, or branch off to the competitive swimming track; Junior Eels and RACE.

### Level Entry Requirements and Progressions

(Participants will be evaluated on the first day of each session & placement may be adjusted by instructor)

#### Waterbabies

- Requires parent to be in the water with baby.

#### **Pre-School Levels**

#### Preschool Level 1 Preschool Level 2 Preschool Level 3

- No swim experience necessary. Ability to participate in a class environment.
- Comfortably submerge head for 3-5 seconds with bubbles.
- Float on front and back for 5 seconds and recover to a vertical position.

#### **Age 6 & up Levels**

#### White Level Orange Level Green Level Blue Level/ Black Level

- No experience necessary for this level.
- Float on front and back for 5 seconds and recover to a vertical position.
- Streamline front and back glide with kicking for 5-10 meters.
- Front crawl with side to side breathing & backstroke for 10-15 meters. The Blue/Black levels are combined and requires students to swim laps, 25 meters+

#### **Junior Eels Track**

Junior Eels is designed for participants who are sincerely interested in competitive swimming. This is a feeder program for the RACE swim team.

# SWIM LESSONS

## REDMOND AQUATIC ACADEMY

Ages 3-11 | 5:00-5:30pm and 5:35-6:05pm

For the levels Preschool, Six and Up Basic and Six and Up Advanced, please indicate at the time of enrollment if the child is a complete beginner or has had some prior instruction. Students will be benchmark tested 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.

### M/W/F Sessions

Session 1 1/2-1/20  
Session 2 1/23-2/10  
Session 3 2/13-3/3  
Session 4 3/6-3/24  
Session 5 4/3-4/21  
Session 6 4/24-5/12  
Session 7 5/15-6/2

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

### TU/TH Sessions

Session 1 1/3-2/2  
Session 2 2/7-3/9  
Session 3 3/14-4/20 (no class spring break)  
Session 4 4/25-5/25

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

## WATERBABIES

Ages 6 mos. - 3 years | 5:35-6:05pm

Waterbabies is a class that allows parents to interact with their children in a swim lesson environment. 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 1/2-1/20  
Session 2 1/23-2/10  
Session 3 2/13-3/3  
Session 4 3/6-3/24  
Session 5 4/3-4/21  
Session 6 4/24-5/12  
Session 7 5/15-6/2

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

## JUNIOR EELS PRE-COMPETITION

Ages 6-11 | 5:35-6:05pm

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

### TU/TH Sessions

Session 1 1/3-2/2  
Session 2 2/7-3/9  
Session 3 3/14-4/20 (no class spring break)  
Session 4 4/25-5/25

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

## YOUTH/ADULT SWIM LESSONS (BEGINNER)

Ages 12 & UP | 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 1/3-2/2  
Session 2 2/7-3/9  
Session 3 3/14-4/20 (no class spring break)  
Session 4 4/25-5/25

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

## ADAPTIVE SWIM LESSONS

All Ages | 5:00-5:30pm

Instruction staff are trained in adaptive aquatics and instruction techniques for patrons with development disabilities.

### M/W/F Sessions

Session 1 1/2-1/20  
Session 2 1/23-2/10  
Session 3 2/13-3/3  
Session 4 3/6-3/24  
Session 5 4/3-4/21  
Session 6 4/24-5/12  
Session 7 5/15-6/2

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