



# Redmond Area Park & Recreation District **ACTIVITY GUIDE** **Fall 2022**

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

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

# BOARD MEMBERS & STAFF

## **Cascade Swim Center and Administrative Office**

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

## **Cascade Swim Center Office Hours**

Monday-Friday 5AM to 9PM  
Saturday 1PM to 5:30PM  
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) 548-6066  
[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)

Thank you to photographer Krystal Simmons for our beautiful cover.



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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 Drive, 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!!**



# PROPOSED COMMUNITY RECREATION CENTER

RAPRD is seeking voter approval for a \$49 million general obligation bond in November 2022 to construct a community recreational center on property RAPRD owns at SW 35<sup>th</sup> and Lava. If the bond measure passes, a new facility would accommodate a wide variety of recreational, fitness, and therapeutic activities. The multi-use spaces of the new aquatic facilities would allow for warmer temperatures for children and seniors, while accommodating cooler temperatures at both the Cascade Swim Center pool and a new 25-meter pool at the new community center, for fitness swimmers and competitive programs. The new recreation center would provide a variety of amenities for multiple, cross-generational activities, to occur. The voters will also be asked to consider a 5-year local option levy to assist with operational costs of this new facility.



Second Floor Entry

If the bond measure passes, the proposed amenities are:

- Warm water, multi-use pool with zero depth entry, lazy river for recreation and resistance walking, aquatic fitness/therapy accommodations, water slide and play features.
- 25 meter – 8 lane pool
- Multi-use gymnasium, with two full basketball courts that could be used for a variety of activities requiring indoor gym space, such as pickle ball, volleyball, etc.
- Raised, indoor track around gymnasium to accommodate year round walking and running.
- Group fitness room(s) for classes
- Cardio and weight equipment room
- Bouldering wall
- Multi-function room spaces for classes, music programs, art, cooking, STEM, CPR/FA training, and public meeting space that could also be rented out for private events or meetings.
- Teaching kitchen



Pools

## **If the Bond and Levy Measures Pass:**

Bond amount: \$49 million.

Estimated individual tax impact:

Bond: \$0.56 per \$1000 of assessed value.

If a property is assessed at an assessed value of \$225,000 the property tax assessed on a monthly basis would be \$10.50.

5 year Local Option Levy: \$0.24 per \$1000 of assessed value.

If a property is assessed at an assessed value of \$225,000 the property tax assessed on a monthly basis would be \$4.50.

If both the Bond and Levy passes and if a property is assessed at an assessed value of \$225,000 the property tax assessed on a monthly basis would be \$15.



Climbing Wall

6 For more information visit <https://www.raprd.org/proposed-recreation-center>.

# ENRICHMENT ACTIVITIES

## Art Explorers

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.

K-6th grades | Redmond Senior Center

Session 1	TH	9/1-9/15	4:00-4:45pm
Session 2	TH	10/6-10/20	4:00-4:45pm
Session 3	TH	12/1-12/15	4:00-4:45pm

\$40.00 I/D; \$52.00 O/D

## Beginner Crochet



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.

10 years & UP | CSC Conference Rm

### Beginner Session

Session 1	SA	9/10	1:00-5:00pm
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### Intermediate Sessions

Session 1	SA	10/15	1:00-5:00pm
Session 2	SA	11/12	1:00-5:00pm

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

## Theater Arts Rodeo



A series of 6 classes introducing background and technical aspects of theatre skills in character development, costume design, construction and set design taught by experts in these fields.

**Registration deadline is Monday, September 12th.**

9-14 years | Pleasant Ridge Community Hall

Session 1	SU	9/18-10/23	1:00-4:00pm
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\$250.00 I/D; \$325 O/D

## Kid Cuisine

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.



1st-4th grades | Redmond Senior Center

Session 1	TU	9/6-9/20	4:00-5:00pm
Session 2	TU	10/4-10/18	4:00-5:00pm
Session 3	TU	12/6-12/20	4:00-5:00pm

\$40.00 I/D; \$52.00 O/D

## Penny Whistle Class



Tin whistle, penny whistle, flageolet, have fun learning to make music on this simple woodwind instrument. The skills developed in this class are a great foundation for further woodwind study. Participants will

need a Clarke Sweettone penny whistle in D - available for purchase from instructor for \$14.00.

8-12 years | Redmond Senior Center

Session 1	TU/TH	9/6-9/29	5:00-5:30pm
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\$40.00 I/D; \$52.00 O/D



**Like us on Facebook**

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

# WATER MARBLING

**Sisters Silk Art** is thrilled to introduce you to an exciting, colorful, reinvention of an ancient art form ... water marbling ... on fabric! Every day we are mesmerized by the simplicity of this old world, magical art form.

It is believed the mystical art of water marbling dates back to the middle ages, being developed nearly simultaneously in Japan known as Suminagashi and in Turkey as Ebru.

Ancient artists would carefully float drops of ink on their water's surface. Then they would gently blow across the ink stains to create waves of movement and texture. Later, they used sticks and hairs to produce different, exciting effects. These ancient artists captured and preserved the art on paper.

Today we bring you a rainbow's array of acrylic colors, tools to simplify the outcome and fabric to capture your beautiful, artistic experience! **Prepare to be amazed!! Pick a time and a day that works best for you.**

## Porch Sign Workshop

**NEW**

Water marble your one-of-a-kind seasonal sign to proudly display on your porch or in your home. With guided instruction, you will water marble then heat dry your sign. Clear spray finish available. Each wood design is created exclusively for Sisters Silk Art by a local artist.

6 years & UP | Sisters Silk Art Studio (Redmond)

*Ages 6-9 require adult supervision*

Session times: 10:00-11:30am, 12:00-1:30pm, 3:00-4:30pm, 5:00-6:30pm

Session 1	TH	9/15	Times listed above
Session 2	TH	10/13	Times listed above
Session 3	TH	11/10	Times listed above
Session 4	TH	12/8	Times listed above

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

## Water Marble a Silk Scarf

**NEW**

Create a one of a kind water marbled 100% silk scarf for your autumn wardrobe. With guided instruction, you will water marble a 6-foot-long silk scarf. Instructions for at home finishing provided.

6 years & UP | Sisters Silk Art Studio (Redmond)

*Ages 6-9 require adult supervision*

Session times: 10:00am-12:00pm, 12:30-2:30pm, 3:00-5:00pm, 6:30-8:30pm

Session 1	TH	9/22	Times listed above
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\$45.00 I/D; \$58.50 O/D

## Christmas Ornament Making (set of 6)

**NEW**

Experience the magical art of water marbling by marbling a set of 6 assorted wood Christmas ornaments. Hangers and beads are provided for at home application. These ornaments are perfect to hang on your tree, give as a gift or use as gift tag.

6 years & UP | Sisters Silk Art Studio (Redmond)

*Ages 6-9 require adult supervision*

Session times: 10:00-11:30am, 12:00-1:30pm, 3:00-4:30pm, 5:00-6:30pm

Session 1	TH	12/1	Times listed above
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\$30.00 I/D; \$39.00 O/D

## Table Runner or Scarf Making with Bamboo Fabric

**NEW**

Create a beautiful water marbled table runner for your Thanksgiving gathering or dress your neck for fall with a one of a kind water marbled bamboo scarf. With guided instruction, you will water marble a 6-foot long bamboo table runner/scarf. Instructions for at home finishing are provided.

6 years & UP | Sisters Silk Art Studio (Redmond)

*Ages 6-9 require adult supervision*

Session times: 10:00am-12:00pm, 12:30-2:30pm, 3:00-5:00pm, 6:30-8:30pm

Session 1	TH	11/3	Times listed above
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\$55.00 I/D; \$71.50 O/D

## Kids Project Class: picture holder and mini plant pot with plant set

**NEW**

Perfect for gift giving! With guided instruction, kids learn the magical art of water marbling on a wood picture holder and mini pot. They will heat set the paint, attach their own photo (brought from home) and place the plant in the pot. They will wrap their project in a bag, ready for giving. Please bring a photo approx. 2.5x3.5 (wallet size)

6-16 years | Sisters Silk Art Studio (Redmond)

Session times: 10:00-11:30am, 12:00-1:30pm, 2:00-3:30pm

Session 1	SA	12/17	Times listed above
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\$25.00 I/D; \$32.50 O/D



# STORY WRITING & ROCK ART

## "ROCK ART: MORE THAN JUST IMAGES"

**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 8-14, October 24th, 4:00-5:00pm at the Cascade Swim Center. *Pre-registration is required for this event.***

**NEW**

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

## FUN & EASY STORY WRITING **NEW**

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.

8-10 years | Swim Center Boardroom

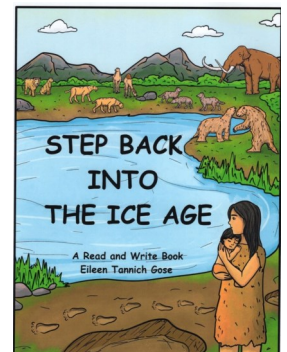
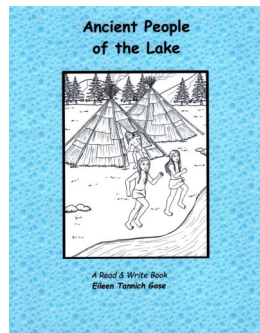
Ancient People of the Lake

Session 1 10/26 W 3:30-5:00pm

Step Back Into the Ice Age

Session 2 11/10 TH 4:00-5:30pm

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



# TENNIS / BASKETBALL / HORSEBACK RIDING

## Youth Tennis

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

### Orange Ball

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.



6-10 years | Valleyview Courts

Session 1	TU	9/6-9/27	4:00-5:00pm
Session 2	TU	10/4-10/25	4:00-5:00pm

\$50.00 I/D; \$65.00 O/D

### Junior Development

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

11-13 years | Valleyview Courts

Session 1	TH	9/8-9/29	4:00-5:00pm
Session 2	TH	10/6-10/27	4:00-5:00pm

\$50.00 I/D; \$65.00 O/D

### High School

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

14-18 years | Valleyview Courts

Session 1	W	9/7-9/28	3:00-4:15pm
Session 2	W	10/5-10/26	3:00-4:15pm

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

### Learn to Play

Learn a lifetime sport and make new friends. Improve your fitness, hand-eye coordination and agility. Learn proper racquet skills—forehand, backhand, volleys and serve. Learn court position, tennis etiquette and rules. Loaner racquets available.

19 years & UP | Valleyview Courts

Session 1	M	9/12-10/3	6:00-7:00pm
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\$60.00 I/D; \$78.00 O/D

## Open Drop-in Basketball

This is a great time to 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 friends while shooting hoops. NO FOOD, DRINKS OR TABACCO ALLOWED IN THE GYM. Water bottle only. Open gym schedule is subject to school closures.

14 years & UP | Obsidian Middle School

Season dates: M/W 10/3-11/16 7:00-9:30pm

\$4.00 per visit

## Men's City League Basketball

Register your team for this exciting competitive basketball leagues. This is the time to have fun and let your hoop skills shine. League is on Monday and Wednesday nights. The season will end with a single elimination tournament. Referees and score keepers are provided for this league. Signed rosters must be submitted with payment by the **registration deadline of Friday, December 16th**. NO FOOD, DRINKS OR TOBACCO ALLOWED IN THE GYM.

18 years & UP | Obsidian Middle School

Season dates: M/W 1/9-3/15 7:00-9:30pm

\$650.00 per team

## Diane's Horseback Riding

**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.**

7-18 years | Diane's Riding Place

Session 1	SA	10/1-10/15
		Beginning 2:00-3:00pm
		Intermediate 3:00-4:00pm

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

# BMX / KENDO

## Smith Rock BMX Skills Clinic



Learn the sport of BMX racing, focusing on the fundamental skills: gate starts, pumping, jumping and turns/passing strategies. Includes 1 year USA BMX 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.

5 years & UP | Smith Rock BMX Track

Session 1	TH	8/18-9/8	5:15 - 7:30pm
Session 2	TH	9/22-10/13	5:15 - 7:30pm

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

## Kendo—Beginner and Advanced for Youth and Adults

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.

### Beginner Class

12 years & UP | Redmond Senior Center

Session 1	TH	10/6-12/29	6:00-7:00pm
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\$120.00 I/D; \$156.00 O/D

### Advanced Class

12 years & UP | Redmond Senior Center

Session 1	TU	10/4-12/27	6:00-8:00pm
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\$105.00 I/D; \$136.50 O/D



## Basketball Leagues (next page)

**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.**



# BASKETBALL LEAGUES

## Co-Ed Pre-K Basketball League

Pre-K basketball introduces our youngest superstars to their new favorite sport! The Pre-K league focuses on positive social interactions and fundamental skills. All Pre-K teams are co-ed. Each team plays 5 Saturday games from 11/6-12/11. No games on Saturday, 11/27 (Thanksgiving). Games are 3v3, three players on each team, on a condensed court, with appropriately sized Grow-to-Pro hoops. All Saturday games are held at Redmond Area Schools. Practice is 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 14th.**

Pre-K | Redmond Area Schools

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Season Dates: SA 11/5-12/10

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\$65.00 I/D; \$84.50 O/D

## Co-Ed Kinder Basketball League

Kindergarten basketball is a fun, positive and interactive experience for children wanting to learn how to play basketball. All kindergarten teams are co-ed. Teams practice once a week at Redmond Area schools. Each team plays 5 Saturday games from 11/6-12/11. No games on Saturday, 11/27 (Thanksgiving). Games are 4v4, four players on each team, on a condensed court, with 8' hoops. Practices are held once a week at Redmond Area Schools. RAPRD provides jerseys, parents are asked to provide a size 27.5 basketball. Coaches' requests are not guaranteed. **Registration deadline is Tuesday, September 14th.**

Kindergarten | Redmond Area Schools

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Season Dates: SA 11/5-12/10

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\$65.00 I/D; \$84.50 O/D

## 1st & 2nd Grades Basketball League

The 1st & 2nd grade leagues focus on basic skill development, positive social interaction and team building. Teams practice once a week and play every Saturday from 11/6-12/11. No games on Saturday, 11/27 (Thanksgiving). Games are 5v5, five 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 14th.**

1st-2nd grades | Redmond Area Schools

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Season Dates: SA 11/5-12/10

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\$65.00 I/D; \$84.50 O/D

## 3rd-4th & 5th-6th Grades Girls Basketball League

Girls in the youth recreational leagues play 5 Saturday games from 12/18-1/29. All Saturday games and twice a week practices are held at Redmond Area schools. 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, November 4th.**

3rd-6th grades | Redmond Area Schools

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Season Dates: SA 12/17-1/28

(No games 12/25 and 1/1)

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

## 3rd-4th & 5th-6th Grades Boys Basketball League

Boys in the youth recreational leagues play 5 vs 5. Saturday games from 12/18-1/29. All Saturday games and twice a week practices are held at Redmond Area schools. 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, November 4th.**

3rd-6th grades | Redmond Area Schools

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Season Dates: SA 12/17-1/28

(No games 12/25 and 1/1)

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

## 7th-12th Grades Boys and Girls Basketball League

7th & 8th grade, 9th & 10th grade and 11th & 12th grade boys and girls will play in a 3v3 development/competitive basketball league signed 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, November 4th.**

7th-12th grades | Redmond Area Schools

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Season Dates: SA 12/17-1/28

(No games 12/25 and 1/1)

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

# GROUP FITNESS SCHEDULE

## FALL 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:45am	<b>Fitness 4 Life</b> In-person or Virtual	<b>Zumba Gold®</b>	<b>Fitness 4 Life</b> In-person or Virtual		<b>Zumba Gold®</b>
9:00-10:00am		<b>Pumped Up Strength</b> Virtual Only		<b>Pumped Up Strength</b> Virtual Only	
9:15-10:20am	<b>Powercut Plus</b>	<b>Balance &amp; Core</b>	<b>Powercut Plus</b>	<b>PiYo®</b>	<b>Cardio Kickboxing</b>
10:35-11:35am	<b>SilverSneakers® Classic</b>		<b>SilverSneakers® Classic</b>		
4:30-5:30pm	<b>Zumba Toning®</b>		<b>Zumba Toning®</b>		

All fitness classes will be held at the Redmond Senior Center, 325 NW Dogwood Ave, Redmond, OR. Fitness classes are for **14 years & UP**. Senior fitness classes are for **ages 50 and up**. You can purchase a 10 visit punch card for \$32.00 I/D. Unlimited group fitness is just \$35.00 I/D per month with NO contract. **All classes are subject to change due to attendance.**

### Powercut Plus

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

**Monday & Wednesday 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.

**Friday 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!

**Tuesday 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.

**Thursday 9:15-10:20am**

# 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!

**Monday & Wednesday 4:30-5:30pm**

## Senior Fitness



## Zumba Gold®

Grab your friends and join the party! Zumba Gold® is for those who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Our certified instructors can show modifications to amp up the intensity if you want more! Come ready to sweat and prepare to leave empowered and feeling strong.

**Zumba Gold® will be held at the American Legion Park Pavilion until October 1, 2022. Subject to change due to weather.**

**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 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.**

**Monday & Wednesday 7:45-8:45am**

## 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.

**Monday & Wednesday 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.



**Renew Active**  
by UnitedHealthcare



## Pumped Up Strength Virtual Only



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

This is for everyone and a great progression for aquatic exercisers who are ready for a challenge and to build more strength. To register for a link to the class go to [raprd.org](http://raprd.org) and click on register. 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).

**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

Sept. 4th-18th	Maintenance Shutdown
November 24	Closed
November 25	Opens at Noon
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. Aqua Zumba® is a class of traditional water moves and modified dance flavors set to Latin and World music. Pick up an Aquatic Fitness schedule addendum at the pool.

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

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 her at (541) 548-6066. This is a FREE class.

16 years & UP | Cascade Swim Center or Virtually on Zoom | FREE

## Get Your Feet Wet: An Introduction to Aquatic Fitness - Virtual

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 via email at [robin.gaudette@raprd.org](mailto:robin.gaudette@raprd.org) or call her at (541) 548-6066 for more information. **Preregistration is required at [raprd.org](http://raprd.org).** An access code to the program will be emailed to registered participants at least 30 minutes prior to the program start time.

16 years & UP | Zoom Virtual Class | FREE

Session 1	9/22	TH	11:00am-1:00pm
Session 2	10/20	TH	11:00am-1:00pm
Session 3	11/19	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

Aqua Fitness is a healthy way to get in shape while having fun. This fitness option limits stress on joints, improves balance and flexibility, cardiorespiratory health, muscular strength and endurance. Classes are designed to give a full body workout and are adjustable to all abilities. No swimming ability necessary. Check out the pool schedule on our website, pick up an Aquatic Fitness schedule addendum at the pool or check our [Facebook](#) page under the note section for our current schedule and class descriptions, 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.

16 years & UP | M/W/F

\$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

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.

15 years & UP | Cascade Swim Center

Sept. 19-Oct. 8	10:00am-5:00pm
October 9th - In water testing	10:00am-5:00pm

\$175.00 I/D; \$225.00 O/D

## Redmond Aquatic Club Eels (RACE)

7-18 years | 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

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.

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

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### M/W/F Sessions

Session 1 9/19-10/7  
Session 2 10/10-10/28  
Session 3 11/2-11/18  
Session 4 11/21-12/9 (no class on 11/23)  
Session 5 12/12-12/30

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\$54.00 I/D; \$70.00 O/D  
\$48.00 I/D; \$62.00 O/D - Session 4

### TU/TH Sessions

Session 1 9/20-10/20  
Session 2 10/25-11/22 (no class 11/24, 11/25)  
Session 3 11/29-12/29

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\$60.00 I/D; \$78.00 O/D  
\$54.00 I/D; \$70.00 O/D - Session 3

## Waterbabies

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.

**6 months-3 years** | 5:35-6:05pm

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### M/W/F Sessions

Session 1 9/19-10/7  
Session 2 10/10-10/28  
Session 3 11/2-11/18  
Session 4 11/21-12/9 (no class on 11/23)  
Session 5 12/12-12/30

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\$54.00 I/D; \$70.00 O/D  
\$48.00 I/D; \$62.00 O/D - Session 4

## Junior Eels Pre-Competition

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).

**6-11 years** | 5:35-6:05pm

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### TU/TH Sessions

Session 1 9/20-10/20  
Session 2 10/25-11/22 (no class 11/24, 11/25)  
Session 3 11/29-12/29

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\$60.00 I/D; \$78.00 O/D  
\$54.00 I/D; \$70.00 O/D - Session 3 & 4