

Redmond Area Park & Recreation District

ACTIVITY GUIDE

Fall 2021

RAPRD
Redmond Area Park and Recreation District

"Always Ready To Play..."

Visit us at www.raprd.org

FACILITIES & PARKS, 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 Facility Hours

Monday-Friday 6AM to 2PM
4PM to 8PM
Saturday 1PM to 6PM
Sunday Closed
Available for rent on Saturday

RAPRD Activity Center

2441 SW Canal Blvd.
Redmond, OR 97756
(541) 526-1847 Phone
(541) 526-1848 Fax

RAPRD Activity Center Facility Hours

Monday-Friday 7AM to 12PM
Saturday & Sunday Closed

**All days & times are reservation only.
Operational hours are subject to change.**

Check us out at www.raprd.org for facility
schedules, announcements and more.

Board of Directors

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

Executive Director

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

Aquatic Director

Jessica Rowan
(541) 548-6066
jessica.rowan@raprd.org

Recreation Manager

Mike Elam
(541) 526-1847
mike.elam@raprd.org

Administrative Services Manager

Vicki Osbon
(541) 548-7275
vicki.osbon@raprd.org



Cascade Swim Center

465 SW Rimrock Drive
Redmond, OR (next to RHS)

25 meter indoor pool, sand volleyball courts,
basketball court, picnic area, spray park, wading pool.

RAPRD Activity Center

2441 SW Canal Blvd.
Redmond, OR



Multipurpose activity room, fitness equipment and
classes, racquetball, walleyball, locker rooms,
showers and 1/2 court basketball.



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.

FALL 2021

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REGISTRATION, DISCOUNTS, CANCELLATIONS and REFUNDS

Registration Information

Registration is on a first-come, first-serve basis and payment is required at the time of registration.

Pre-registration is required for ALL programs unless otherwise noted (i.e. "drop-in, specific deadline").

You can register online at www.raprd.org or in person at the Cascade Swim Center and RAPRD Activity Center.

In compliance with COVID-19 you must reserve a time at the RAPRD Activity Center and CSC. To schedule time, go to our website at www.raprd.org/Reservations, select the facility and activity, then select the time.

Any newly added programs will be indicated with this symbol.



Credits and Refunds

Credits or refunds are available if we are notified four (4) business days prior to the beginning of the program. Otherwise, we can only issue a refund if the participant's spot is filled. 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 account for future programs.

In-District Discount

Participants who live within the park district boundaries are given an "in district" (I/D) discount for our programs and admissions. This reflects the portion of property taxes paid to support the park district. "Out-of-district" (O/D) residents are encouraged to participate in all of our programs. If you have any questions regarding your resident status, please ask the receptionist or call us at (541) 548-7275 or (541) 526-1847.

Scholarships

Scholarships are available for most programs. You can apply for a scholarship at the Cascade Swim Center or RAPRD Activity Center.

RAPRD Mission Statement:

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

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

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) 526-1847 or you can email her at brandy.princehorn@raprd.org.

See page 19 for current swim lesson information.

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 at both the RAPRD Activity Center and Cascade Swim Center. There is an annual limit of \$200.00, not to be used with other discounts or scholarships. Please inquire at the Cascade Swim Center or Activity Center if you would like more information about this program.



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

ARTS AND CRAFTS

Art Explorers 3400

K-6th Grades | RAPRD Activity Center |
4:00-4:45pm

This is a multimedia art program for K-6th grades. We will use paint, use 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.

Session 1	TH	10/7 - 10/21
Session 2	TH	11/4 - 11/18
Session 3	TH	12/2 - 12/16

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

Nature Art 3778

K-5th Grades | RAPRD Activity Center |
4:00-4:45pm

In this nature inspired class we will be using materials found in nature to create fun art projects while learning about the natural world around us.

Session 1	M	10/4 - 10/18
Session 2	M	11/1 - 11/15
Session 3	M	12/6 - 12/20

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

Paint Night 3415

8 Yrs. & Up | Redmond Senior Center |
6:00-8:00pm

Enjoy a 2-hour class working with acrylic paint on an 11x14 canvas. Each session will present a new theme. Working with step-by-step instructions to create a finished piece while building on your skills. All supplies will be provided. This class will be offered once a month with a new painting each month.

You must register online at www.raprd.org or come into one of our offices to secure your spot. No drop-ins accepted. Discounted fee given when you bring a friend.

Session 1	W	9/22
Session 2	W	10/20
Session 3	W	11/17

\$30.00 per person I/D; \$39.00 per person O/D
\$45.00 per couple I/D; \$58.50 per couple O/D

COOKING/NUTRITION

Kid Cuisine 3552

1st-3rd Grades | RAPRD Activity Center | 4:00-4:45pm

In this class participants 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!

Session 1	TU	10/5 - 10/19
Session 2	TU	11/2 - 11/16
Session 3	TU	11/30 - 12/14

\$30.00 I/D; \$39.00 O/D

OUTDOORS

Diane's Horseback Riding 3607

7-18 Yrs. | 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.

Session 1 SA 10/2-10/16

Beginning	2:00-3:00pm
Intermediate	3:00-4:00pm

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

Nature Play Academy

3-5 Yrs. | 9:00am-1:00pm | West Canon Rim Park

Every class will be 100% outside with weekly walks to the Dry Canyon, exploring all things of nature. The curriculum focus is hands on learner-led nature immersion learning that encourages curiosity, builds independence and self-esteem. Our goal here at Nature Play Academy is to guide the growth of a relationship between the learner and the natural world. We'll make noise, get dirty and take manageable risks on our daily adventures into our natural landscape. Please provide your child every class with snacks, lunch, water bottle full and proper attire for that days outing. Space is limited.

Session 1 F 10/1-11/19 (no class 10/29)

\$315.00 I/D; \$409.50 O/D

PHOTOGRAPHY & ADOBE

The classes listed below are ZOOM virtual classes. You will use the ZOOM link which will be sent to you after registration. An email address is needed to register. Please register in advance.

Learn Your Canon Camera

14 Yrs. & UP | ZOOM Virtual Class



Do you have a really nice Canon camera, but didn't read the instructions or really know how to use it? Join us to share the joys of your Canon camera for the best images. We will go through all of the functions, discover your aperture, shutter speeds, ISO and then take pictures in manual mode. It's time to move away from the auto mode and discover your inner photographer.

Session 1 TU 1/11-2/8 8:00-9:00pm

\$78.00 I/D; \$101.40 O/D

Learn Your Nikon Camera

14 Yrs. & UP | ZOOM Virtual Class

Have a Nikon camera? Don't let it get dusty on the shelf because you're intimidated by its greatness. Join us as we discuss the many features of your Nikon camera has to offer to help you capture the best shot! We will go through the functions of your Nikon camera, learn your aperture, shutter speed, ISO and then take pictures in manual mode. It's time to come out of your comfort zone of auto mode and jump into taking pictures in your custom modes. Smile!



Session 1 TU 2/15-3/15 8:00-9:00pm

\$78.00 I/D; \$101.40 O/D

Learn Your Sony Camera

14 Yrs. & UP | ZOOM Virtual Class



Have a Sony camera? It's time to learn more about your camera's shutter speed, aperture and the many other functions that your camera has that helps you capture your favorite moments in life. It's time to take off the training wheels known as auto mode and try to set your favorite custom modes.

Session 1 TU 3/22-4/19 8:00-9:00pm

\$78.00 I/D; \$101.40 O/D

Learn to Edit Pics in Adobe Photoshop Elements

14 Yrs. & UP | ZOOM Virtual Class

Learn to edit your pictures for people who are brand new to editing pictures or those who have some editing experience and looking to hone skills. You will be using your own photos learning to: color correct, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus already, correcting for improper white balance, sharpening a blurred photo and layers. Participants need to have Adobe Photoshop Elements installed before class begins.

Session 1 W 1/12-2/9 8:00-9:00pm

\$78.00 I/D; \$101.40 O/D

Learn to Edit Pics in Adobe Lightroom CC

14 Yrs. & UP | ZOOM Virtual Class

Learn to use Lightroom for people who want to make their photos look better. Fix basic issues like exposure, white balance and crop. Organize your photos in Lightroom and to be able to easily find photos. Edit just parts of the photo with brushes and filters. Learn about presets already in Lightroom. We talk about sharing and exporting for online sharing. Participants need to have Adobe Lightroom CC installed before class begins.

Session 1 W 2/16-3/16 8:00-9:00pm

\$78.00 I/D; \$101.40 O/D

Learn to Edit Pics in Adobe Photoshop CC

14 Yrs. & UP | ZOOM Virtual Class

Learn how to take edited photos from Lightroom CC into Photoshop CC and how the platform works. You will be using your own photos to: use various photoshop tools, select parts of the photos using different selection tools, replace parts of the image with another, remove unwanted parts of the image, blur an area of the photo which is in focus already and how to use layers. Participants need to have Adobe Photoshop CC installed before class begins.

Session 1 W 3/4-4/6 8:00-9:00pm

\$78.00 I/D; \$101.40 O/D

MUSIC

Carl Ventis has 50 years experience in the music industry and is an invigorating, inspiring and talented teacher whose teaching skills spans across multiple instruments, including ukulele, acoustic and electric guitar and bass. Carl believes learning to play the ukulele is fun, easy and uplifting.

Carl has been the ukulele instructor for Bend Parks and Recreation for the past 8 years and has taught before at RAPRD. He is a long time member of the Bend Ukulele Group (BUG). Carl is the owner of Snow Dukes Ukes, Central Oregon's Kamoia and Islander Ukulele dealer. Carl also has a YouTube channel for both ukulele and guitar. For more information check out Carl's website at snowdukesukes.com.

Beginner 1 Ukulele 7380

14 Yrs. & Up | Redmond Senior Center |
4:30-5:30pm

Join the growing group of friendly folks who are having a great time playing the ukulele. Learn basic chords, progressions and strumming patterns. You'll even play popular songs at the very first class. No experience? No problem! Ukuleles are available to rent from your instructor, Carl Ventis, just give him a call at (541) 948-9949. Baritone ukuleles are not covered. This is a fun simple instrument that you will be amazed at how easy it is to learn.

Session 1	M	10/4 - 10/25
Session 2	M	11/1 - 11/22
Session 3	M	12/6 - 12/27

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

Beginner 2 Ukulele 7380

14 Yrs. & Up | Redmond Senior Center |
5:45-6:45pm

Learn your favorite Christmas and holiday songs on your ukulele for the upcoming family get togethers and office parties or maybe just play them yourself. The songs are simple and fun. We hope you will join us for these wonderful classes. You will have the time of your life playing for your family and friends this holiday season. This is a 6-week class. Please have some experience if you are not taking the Beginner 1 class.

Session 1	M	11/1 - 12/13
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(No class the week of Thanksgiving)

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

STEAM CAMP

Fun Works Engineering Intro to STEAM using Lego® 7673

5-7 Yrs. | RAPRD Activity Center | 9:00-10:30am

Children are introduced to engineering and STEAM using motorized Lego®. Every project is built by students, step by step as a group. FUN is the first class rule. Lego® motorized gear drive cars, motorcycles and a monorail are just a few of the ten projects. This 10-week program meets one day a week for one and a half hours. Reserve your spot now!

Season 1	SA	9/11-11/13
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\$150.00 I/D; \$195.00 O/D

Fun Works Engineering STEAM using Lego® 7673

8-11 Yrs. | RAPRD Activity Center | 11:00am-12:30pm

Children are introduced to engineering and STEAM using motorized Lego®. This program has more advanced and difficult builds than the Intro program. All projects are modified and decorated while playing. Lego® gear drive car, advanced robot walker and a monorail are just a few of the 10 projects. Returning students will have additional challenges and modifications. This program is 10-weeks and meets one day a week for one and a half hours. Reserve your spot now!

Season 1	SA	9/11-11/13
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\$150.00 I/D; \$195.00 O/D

LEGO®

LEGO® Class - Virtual

Grades K-3rd | Online | 2:30-3:30pm

Use the LEGO® pieces in your collection to build. Each week we will explore a new building technique and participate in a new challenge. Join us for fun and collaborative building.

Session 1	TH	9/16 - 12/9
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(no class on 10/28 and 11/11)

\$300.00 I/D; \$390.00 O/D

TENNIS & SCOOTER CAMP

Jack Thompson is a USPTA Elite Professional with 35 years coaching experience at private tennis clubs on the west coast. Additionally, Jack is a certified USTA High Performance Coach with over 456,000 hours on the court teaching. He holds a USTA sports science level 1 certification and is a USPTA stroke analysis specialist. Jack looks forward to working with all levels of players.

Learn to Play (beginners) 4265

19 Yrs. & Up | Valleyview Courts | 6:00-7:00pm

Learn a lifetime sport, 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 racquet available.

Session 1 M 9/13-10/4

\$60.00 I/D; \$78.00 O/D 4 weeks

Adult Live Ball: 3.0-4.0 4265

19 Yrs. & Up | Valleyview Courts | 6:00-7:00pm

The drills will focus on the 5 play situations of match play. Net, baseline, serve & returns and passing shots & lobs.

Session 1 TH 9/9-9/30

\$60.00 I/D; \$78.00 O/D 4 weeks

Orange Ball 1267

6-9 Yrs. | Valleyview Courts | 4:00-5:00pm

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.

Session 1 TU 9/7-9/28
Session 2 TU 10/5-10/26

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

Junior Development 1267

10-12 Yrs. | Valleyview Courts | 4:00-5:00pm

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

Session 1 TH 9/9-9/30
Session 2 TH 10/7-10/28

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

High School Tennis 4265

13-17 Yrs. | Valleyview Courts | 4:00-5:15pm

This class is for players that have played Varsity or Junior Varsity team tennis. All drills will be based on the 5 playing situations of match play; groundstrokes, net, passing shots & lobs and serve & returns.

Session 1 W 9/8-9/29
Session 2 W 10/6-10/27

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

Truck Stop Action Sports Scooter Camp 3685

6-17 Yrs. | Redmond Skatepark

Learn skills and tricks with pro scooter instructors and enjoy progressing in the sport while we have a blast with games and activities. Riders will be divided into groups based on age and skill level. Camps will feature pro scooter instructors and will include appearances from guest pro scooter riders!

Scooter Camp F 10/15 2:00-4:00pm
SA 10/16 11:00am-3:00pm
SU 10/17 12:00-4:00pm

\$215.00 I/D; \$279.50 O/D



Like us on Facebook

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

BASKETBALL LEAGUES

Co-Ed Pre-K Basketball League

Pre-K | Redmond Area Schools

Pre-K basketball introduces our youngest superstars to their new favorite sport! The Pre-K league focuses on positive social interactions and basic fundamental skills. 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. Practices are held once a week at Redmond Area Schools. RAPRD provides jersey, 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, Sept. 7th. Limited space available.**

SA 11/6-12/11 \$60.00 I/D; \$78.00 O/D

Co-Ed Kinder Basketball League

Kindergarten | Redmond Area Schools

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 jersey, parents are asked to provide a size 27.5 basketball. Coaches requests are not guaranteed. **Registration deadline is Tuesday, Sept. 7th. Limited space available.**

SA 11/6-12/11 \$60.00 I/D; \$78.00 O/D

1st & 2nd Grade Basketball Leagues

Grades 1st-2nd | Redmond Area Schools

The 1st & 2nd grade leagues focus on basic skill development, positive social interaction and team building. Teams practice once a week 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 jersey, parents are asked to provide a size 27.5 basketball. Coaches request are not guaranteed. **Registration deadline is Tuesday, Sept. 7th. Limited space available.**

SA 11/6-12/11 \$60.00 I/D; \$78.00 O/D

3rd-4th & 5th-6th Grades Girls Basketball Leagues

Grades 3rd-6th | Redmond Area Schools

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 jersey. 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, Oct. 26th. Limited space available.

SA 12/18-1/29 (No games 12/25 and 1/1)
\$70.00 I/D; \$91.00 O/D

3rd-4th & 5th-6th Grades Boys Basketball Leagues

Grades 3rd-6th | Redmond Area Schools

Boys 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 jersey. 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, Oct. 26th. Limited space available.

SA 12/18-1/29 \$70.00 I/D; \$91.00 O/D

7th-12th Grade Boys and Girls Basketball Leagues

Grades 7th-12th | Redmond Area Schools

7th & 8th grade, 9th & 10th grade and 11th & 12th grade boys and girls will play in a 3v3 development/competitive basketball league signed for young adults NOT on a high school inter-scholastic 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 jersey. Teams will need a coach.

Registration deadline is Tuesday, Dec. 7th.

SA 2/5-3/12 \$70.00 I/D; \$91.00 O/D

BASKETBALL LEAGUES (cont'd)

Volunteer coaches are needed for our Youth Sport Leagues. You can apply when registering your child. Your assistance will assure the success of our Leagues. We greatly appreciate all of our volunteers.

Coaches

Volunteer coaches are needed for our youth sports leagues. Your assistance will assure the success of our youth leagues.

All of our coaches must fill out a volunteer coaches form consenting to a background check, attend a pre-season coaches clinic, complete concussion training and participate in a coaches clinic. Volunteer coaching forms are located on our website or picked up at either the Cascade Swim Center or Activity Center and must be returned prior to the registration deadline.

Team rosters and supplies will be handed out at the coaches clinic provided your background check is current. Practice times and locations will be chosen at the clinic.

We greatly appreciate all of our volunteer coaches.



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.

Open Drop-in Basketball

14 Yrs. & UP | Obsidian Middle School |
7:00-9:30pm

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 TOBACCO ALLOWED IN THE GYM.** Water bottle only. Open gym is subject to school closures.

Season dates: M & W 10/4 - 11/17

\$3.00 per visit

Men's City League Basketball

18 Yrs. & UP | Obsidian Middle School |
7:00-9:30pm

Register your team for this exciting competitive basketball league. 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 20th. NO FOOD, DRINKS OR TOBACCO ALLOWED IN THE GYM.**

Season dates: M & W 1/10 - 3/16

\$650 per Team

The High Desert Sports Complex is ready to rent for your softball event. Please contact Mike Elam at (541) 526-1847 for available dates.

RAPRD ACTIVITY CENTER



RAPRD Activity Center
2441 SW Canal Blvd.
Redmond, OR 97756

Facility Amenities:

We offer racquet/walleyball court, upper and lower activity rooms, multi-purpose room, 1/2 basketball court, weight equipment, fitness classes, drop-in gym activities, lockers, showers and ADA shower and restroom.

Facility Closures:

Nov. 24	Closed all day
Nov. 25	Closed all day
Dec. 24	Close @ noon
Dec. 25	Closed all day
Dec. 31	Close @ noon

The RAPRD Activity Center will close permanently on January 1, 2022.

Public Showers and Lockers

We have a limited number of lockers available for participants during activity use. RAPRD is not responsible for lost or stolen items. Please bring your own lock. Lockers are for day use only.

High Desert Sports Complex

is ready to rent for your softball event. You can rent the sports complex for your sanctioned or non sanctioned softball tournament. Contact Mike Elam at 541-526-1847 or Vicki Osbon at 541-548-7275 for available dates.

Activity Center Rental

Facility rental is available with a 2 week advance notice. In the main facility we have 3 activity rooms that can be rented for \$20 per hour per room. The activity rooms will accommodate small groups of about 15 people. The fitness building can be used for large events with food and drink. This room will accommodate up to 40 people with tables and chairs. Rent is \$20 per hour.

Friends & Family Playtime

Crawling-8 yrs. | M-F
\$2.00 per child | 12-3pm
We have tumble mats, toys and blocks. Child (ren) must be accompanied by a parent or adult. Adults are free with paid child.

Racquetball

All ages|\$3.00 per person \$1.00 to reserve the court ahead of time. Racquetball is a very fast-paced energetic sport. You will have a lot of fun while keeping your heart rate up.

Walleyball

All ages|\$3.00 per person \$1.00 to reserve the court ahead of time. This fast-paced game incorporates the rules of Volleyball and Racquetball. This is a fun and exciting game.

Drop-in Fees 14 Yrs. & UP

Classes, weights & cardio - \$3.50
Basketball, racquetball, walleyball - \$3.00
Senior drop-in for weights, cardio, basketball - \$2.50

Facility Passes - We offer a large variety of passes to suit your needs. All passes are for the RAPRD Activity Center with the exception of the Combo Passes which includes the Cascade Swim Center. If signing up as a couple, be sure to ask about the couples pass. Every monthly pass purchased gets one "bring-a-pal" pass.

Youth Unlimited Activity Center Pass - 8 -18 Yrs.

8-13 Yrs.

\$26.00 I/D; \$33.80 O/D
Unlimited basketball, racquetball and Walleyball

14-18 Yrs.

\$19.50 I/D; \$25.00 O/D
Unlimited basketball, racquetball, Walleyball, weights, cardio equipment and fitness classes.

Please note: Home schooled students may count activities towards their PE Credit.

I/D—In district cost; O/D—Out of district cost. For more information see page 3.

General Pass	1 month	Pass Includes
Full Access Pass	\$30 I/D \$39.00 O/D	Unlimited fitness classes, weights, cardio equipment
12 Visit Punch Card	\$28 I/D \$36.50 O/D	Fitness classes, weights, cardio equipment
Couples Full Access Pass	\$50 I/D \$65.00 O/D	Unlimited fitness classes, weights, cardio equipment
Family Full Access Pass	\$95 I/D \$123.50 O/D	Unlimited fitness classes, weights, cardio equipment
Senior 60+ Disability	\$25 I/D \$32.50 O/D	Weights, cardio equipment
Youth Unlimited Pass, 14-18	\$20.00 I/D \$26.00 O/D	Unlimited fitness classes, weights, cardio equipment
Youth Unlimited Pass, 8-13	\$15.00 I/D \$19.50 O/D	Unlimited basketball, racquetball, wallyball
AC/Pool Fitness Combo Pass	\$56 I/D \$73 O/D	Unlimited fitness classes, weights, cardio equipment, aqua fitness and lap/recreation swim
Couples AC/Pool Combo Pass	\$92.50 I/D \$120 O/D	Unlimited fitness classes, weights, cardio equipment, CSC lap/recreation swim and aqua fitness

Redmond Activity Center Group Fitness Schedule

Fall 2021

(Begins September 13, 2021)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:00am			Fitness Fusion		
7:45-8:45am	Fitness 4 Life	Zumba® Gold	Fitness 4 Life		Zumba® Gold
9:15-10:20am	Powercut Plus	Balance & Core	Powercut Plus	PiYo®	Cardio Kickboxing
4:30-5:30pm	Zumba® Toning	Powercut Plus	Zumba® Toning	Powercut Plus	

Fitness class drop-in \$3.50 or \$28.00 I/D for a 12 session punch card. Unlimited group fitness, weights and cardio equipment is just \$30.00 I/D per month with NO contract. All classes are located at the RAPRD Activity Center, 2441 SW Canal Blvd., Redmond OR 97756, (541) 526-1847.

All classes are subject to change due to attendance. Please contact the RAPRD Activity Center for an updated schedule or visit our website at www.raprd.org.

FITNESS & WELLNESS

Fitness Fusion

14 Yrs. & Up | Redmond Senior Center

The best way to start your day! A workout containing the famous Insanity® system will fuse together high intensity interval training, strength training and core work for a total body workout! Moves can be modified for any fitness or ability level and will be different each day.

Wednesday

6:00-7:00am

Powercut Plus

14 Yrs. & Up | Redmond Senior Center

Grab your friends for a party! This weightlifting class uses free-weights, resistant bands, step 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.

**Monday & Wednesday
Tuesday & Thursday**

**9:15-10:20am
4:30-5:30pm**

Balance & Core

14 Yrs. & Up | Redmond Senior Center

This is a blend of Pilates and Yoga moves with added strength and core conditioning. This class is designed to help with flexibility, posture and focus on the core muscles.

Tuesday

9:15-10:20am

Cardio Kickboxing

14 Yrs. & Up | Redmond Senior Center

Cardio Kickboxing mixes martial arts techniques with high-paced cardio for a workout that will challenge both the beginner and elite athlete 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

FITNESS & WELLNESS (cont'd)

PiYo®

14 Yrs. & Up | Redmond Senior Center

A combination of muscle sculpting from Pilates, the flexibility of Yoga and nonstop fluid movements. Sweat, stretch and strengthen all in one unique workout. Using only your bodyweight, you'll perform a series of low impact Pilate & Yoga inspired moves to work every single muscle.

Thursday

9:15-10:20am

Zumba Toning®

14 Yrs. & Up | Redmond Senior Center

All the same as Zumba but just with light weights for toning and added strength training 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

(Class begins September 20th)

SENIOR FITNESS

Zumba Gold®

50 Yrs. & Up | American Legion Park & Redmond Senior Center

The Zumba® Gold class with Marianne will continue at the American Legion Park until October 15th. It will then continue on October 19th at the Redmond Senior Center. Experience the dynamic energy of Zumba in a low impact version. This class is great for active older participants or a true beginner with no previous experience who wishes to add the fusion of Latin moves to their workout.

Tuesday & Friday

7:45-8:45am

Fitness 4 Life

50 Yrs. & Up | Virtually & Redmond Senior Center

This class is 20 minutes of low impact moves, 20 minutes of strength exercises designed to increase range of motion and 20 minutes of balance and flexibility. Hand-held weights, elastic tubing, stepper and fitness balls are offered for resistance. Class uses a step and yoga mat. This is a great class for the beginner or the active older adult.

You must register in advance to attend virtually.

Monday & Wednesday

7:45-8:45am

FITNESS PARTNERS

RAPRD is a partner with Silver & Fit®, Silver Sneakers® and Renew Active® for fitness classes, weight/cardio equipment, 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 the reception staff at Cascade Swim Center or RAPRD Activity Center to see if you are eligible for one of these programs.

Renew Active

by  UnitedHealthcare

 **Silver&Fit®**


SilverSneakers

Personal Training offers you the opportunity to work exclusively with a certified trainer whose primary focus is to help you reach new heights in fitness, whatever your goals. Each session is tailored to meet your individual goals. Personal training sessions are one hour each. To schedule an appointment please call the RAPRD Activity Center at (541) 526-1847.

1 Session	\$30.00 I/D, \$37.50 O/D
5 Sessions	\$120.00 I/D, \$156.00 O/D
10 Sessions	\$230.00 I/D, \$299.50 O/D

REDMOND AQUATIC WELLNESS

Redmond Aqua Wellness

Redmond Aquatic Wellness is a holistic aquatic health and fitness program. With our emphasis on wellness our classes target the different areas of fitness; cardiorespiratory endurance, 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. Class styles change every 4 weeks resulting in automatic cross-training. 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 for group exercise combinations and Waves - a class made up of various intervals including high intensity. We hope to resume our Aqua Gold program for active older adults, beginners and for those with movement challenges, in the fall of 2021. 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 or check our [Facebook](#) page under the *note* section for our current schedule and class descriptions.

Due to pool space and instructor availability our class times and days are very limited. 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 or call her at (541) 548-6066.

Wellness Connection

16 Yrs. & Up | Cascade Swim Center or Virtually on Zoom

As part of RAPRD's Aquatic Wellness Program, all 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 exercise needs and goals helping you choose the programs at the Cascade Swim Center that will fit your needs. You can make an appointment with Robin via email at robin.gaudette@raprd.org or call her at (541) 548-6066.

Get Your Feet Wet: Introduction to Aquatic Fitness

16 Yrs. & Up | Zoom Virtual Class | Free

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. **Pre-registration is required.** An access code to the program will be emailed to registered participants at least 30 minutes prior to the program start time.

October 9	9:00am - 11:00am
November 4	11:00am - 1:00pm
December 9	11:00am - 1:00pm

Virtual Wellness Enhancement Classes - Head to Toe

16 Yrs. & Up | Zoom Virtual Class | **FREE**

Join Robin Gaudette, RN, Aquatic Wellness Coordinator and Aquatic Exercise Specialist for a series of 3 virtual classes learning about 3 areas of your body that need extra attention as we age or have physical challenges. Learn techniques you can practice on land and in the water and how to enhance movements in the water to take full advantage of the properties of the water. This class will be offered as a Zoom virtual class. You can participate in the class from your computer, phone or tablet. You must be able to download the Zoom program or app. A camera and microphone are not required but will help you participate and ask questions during the class. Contact Robin Gaudette for instructions and an invitation to the class at robin.gaudette@raprd.org. **Pre-registration is required.** An access code to the program will be emailed to registered participants at least 30 minutes prior to the program start time.

Session 1	Back & Posture	10/14	11:00am-1:00pm
Session 2	Shoulders	11/18	11:00am-1:00pm
Session 3	Feet	12/16	11:00am-1:00pm

REDMOND AQUATIC WELLNESS (cont'd)

Aquatic Fitness Classes

16 Yrs. & Up | M-SA | \$3.50 drop-in, \$35.00 mo.

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. Please contact robin.gaudette@raprd.org with any questions or concerns.

\$3.50 I/D; \$4.50 O/D drop-in
\$35.00 I/D; \$45.50 O/D monthly pass

For swim center programs, check the weekly schedule for times on our website (<https://www.raprd.org/swim-center-schedules-fees>) or check with the reception desk staff at the Cascade Swim Center. Drop-in fees or a pass apply to daily programs unless otherwise indicated. The Cascade Swim Center pool temperature is set at 84°F.

Recreation Swim

All ages | See Website for days and times

The pool and diving boards are open for supervised fun. 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. Tuesday evening is Family Swim Night.

Lap Swim/Water Lane Reservations

All Ages | See Website for days and times

Lap swim is intended for individuals striving for fitness and skill improvement. Pool lanes are designated to match each swimmer's individual pace. 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 Yrs. & UP | M-F | 5:30-6:30am

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. There will be a coached session once a week. Check with the front desk for coached day information. Drop-in only, registration not required.

Family Swim

Every Tuesday evening | All Ages | \$12.00/family or 5 tickets

Family swims are recreation swims designated to family participation. No one under the age of 18 will be admitted without a parent or guardian. At least one parent or guardian must participate in the water with their children.

Redmond Aquatic Club Eels (RACE)

7-18 Yrs. | 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 Heather Thomas at heather.thomas@raprd.org.

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.

CASCADE SWIM CENTER



Cascade Swim Center

465 SW Rimrock Dr.
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 Spa temperature is 101°F. Lockers available for day use, 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.

Pool Closures

Sept. 5-18	Annual Maintenance Shut Down
Nov. 24	Close @ noon
Nov. 25	Closed all day
Dec. 24	Close @ noon
Dec. 25	Closed all day
Dec. 31	Close @ noon
Jan. 1	Closed all day

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

Dressing Rooms

Locker rooms are available, 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 Gold, Therapy Walking & Lap Swim	
RX Combo Pass	\$30 I/D \$39 O/D	Aqua Gold, 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	
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 Classes	Adults \$3.50 I/D \$4.50 O/D	Youth \$2.50 I/D \$3.25 O/D	Senior \$1.50 \$2.00 O/D

REDMOND AQUATIC ACADEMY



REDMOND AQUATIC ACADEMY SWIM LESSONS

Our Mission

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

Our swim lesson program 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.
- Front crawl with side breathing & backstroke for 25 meters+ and underwater swimming.

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

Waterbabies

6 months-3 Yrs. | M/W/F | 5:00-5:30pm

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. There are **10 spots** available per class.

Session 1 9/20-10/8
Session 2 10/11-10/29
Session 3 11/1-11/19
Session 4 11/22-12/10 (no class 11/24)
Session 5 12/13-12/30 (no class 12/24, 12/31)

\$54.00 I/D; \$70.00 O/D
\$48.00 I/D; \$62.50 O/D - Session 4
\$42.00 I/D; \$54.00 O/D - Session 5

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.

Preschool Levels

3-5 Yrs. | M/W/F & TU/TH | 5:00-5:30pm or 5:35-6:05

There are **3 spots** available per class.

Six and Up Basic Levels

6 - 11 Yrs. | M/W/F & TU/TH | 5:00-5:30pm or 5:35-6:05

There are **4 spots** available per class.

Six and Up Advanced Levels

6 - 11 Yrs. | M/W/F & TU/TH | 5:00-5:30 or 5:35-6:05pm

These classes 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. There are **4 spots** available per class.

M/W/F Sessions

Session 1 9/20-10/8
Session 2 10/11-10/29
Session 3 11/1-11/19
Session 4 11/22-12/10 (no class 11/24)
Session 5 12/13-12/30 (no class 12/24, 12/31)

\$54.00 I/D; \$70.00 O/D
\$48.00 I/D; \$62.50 O/D - Session 4
\$42.00 I/D; \$54.00 O/D - Session 5

TU/TH Sessions

Session 1 9/21-10/21
Session 2 10/26-11/13 (no class 11/25)
Session 3 11/30-12/30

\$60.00 I/D; \$78.00 O/D
\$54.00 I/D; \$70.00 O/D - Session 2

Junior Eels Pre-Competition

6-11 Yrs. | TU/TH | 5:00-5:30pm

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). There are **6 spots** available per class.

Session 1 9/21-10/21
Session 2 10/26-11/13 (no class 11/25)
Session 3 11/30-12/30

\$60.00 I/D; \$78.00 O/D
\$54.00 I/D; \$70.00 O/D - Session 2

SWIM LESSONS (cont'd)

Youth/Adult (beginners)

12 Yrs. & UP | TU/TH | 6:00-6:30pm

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.

Session 1 9/21-10/21

Session 2 10/26-11/13 (no class 11/25)

Session 3 11/30-12/30 (no class 12/24)

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

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

Adaptive Swim Lessons

All Ages | M/W/F | 5:35-6:05pm

RAPRD offers adaptive swim lessons for swimmers with disabilities. Instruction staff are trained in adaptive aquatics and instruction techniques for patrons with developmental disabilities. For more information and to receive a consultation please contact our Inclusion Coordinator, Jessica Rowan at (541) 548-6066 or by email at jessica.rowan@raprd.org.

Session 1 9/20-10/8

Session 2 10/11-10/29

Session 3 11/1-11/19

Session 4 11/22-12/10 (no class 11/24)

Session 5 12/13-12/30 (no class 12/24, 12/25)

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

\$48.00 I/D; \$62.50 O/D - Session 4

\$42.00 I/D; \$54.00 O/D - Session 5

PRIVATE SWIM LESSONS

Many of our swim instructors offer private lessons on their free time. If you wish to be contacted by one of our instructors regarding private lessons, please fill out a private lessons contact request form to be posted on the private lessons board in the staff area. Forms are available at the reception desk.

NOTE: CSC staff cannot solicit, organize or administer private lessons, while on duty. Private lessons are privately contracted between the patron and the instructor.

SPECIAL EVENTS

Haunted Pool Party

Grades 5th-8th **ONLY** | SA | 10/23 | 8:00-10:00pm

Get your tickets now for Redmond's Haunted Pool

Party **If you dare!** Don't miss your chance to attend the most astounding and unusual haunted event this Halloween season. The haunted pool will open for one night only. Games, prizes and haunts. Purchase tickets online at raprd.org or in person at the Cascade Swim Center. The price is \$6.00 if purchased in advance, \$8.00 at the door (dependent on availability). Only 150 souls will be admitted, reserve your spot now!



Spooky tunes,
ghoulish games and
lots of frightening
fun!!

Only 150 lucky souls
will be admitted! Will
you make it in?

Private Pool Rentals

Your Cascade Swim Center is available for rent for your event. Weekend rental times at reasonable prices. All fees are due at time of reservation.

Visit our [website](http://raprd.org) for details, inquire at the pool or call 541-548-6066 for availability.