

# River Road Park & Recreation District

*Winter/Spring 2026*



**Michael DeRobertis Memorial  
Couples Classic Run or Walk  
Saturday, 2/14**

# General Information



## Business Office

1400 Lake Dr. Eugene, OR 97404 541-688-4052  
M-F 8a-6p

## Aquatic/Fitness Facility

1400 Lake Dr. Eugene, OR 97404 541-461-7777  
Winter: M-F 5a-8:30p Sa 6a-3p  
Spring: M-F 5a-9p Sa 6a-3p

## River Road Annex

1055 River Road Eugene, OR 97404

## Gymnastics Facility

30043 Leghorn Rd., Eugene, OR 97402 541-688-8955  
Weekdays: Closed from 12-1p  
M-Th: 10a-6p  
Friday: 10a-5p

## Registration Dates Winter/Spring 2026 January-June

### SWIM LESSONS

Please see page 10 for details.

### WATER EX

Winter Re-enrollment	12/8 & 12/9
Winter New enrollment	12/10
Spring Re-enrollment	3/16 & 3/17
Spring New enrollment	3/18

Registration will be in the main office between 8a-6p.

### FITNESS/RECREATION CLASSES

Winter Re-enrollment	12/15 & 12/16
New enrollment	12/17
Spring Re-enrollment	3/9 & 3/10
New enrollment	3/11

Registration will be in the main office between 8:30a-6p.

### DAY TRIPS

Winter In District	1/6	Walk-in 10a	Phone-in 1p
Winter Out of District	1/7	Walk-in 10a	Phone-in 1p
Spring In District	3/12	Walk-in 10a	Phone-in 1p
Spring Out of District	3/13	Walk-in 10a	Phone-in 1p

### YOUTH PROGRAMS/GYMNASTICS

Youth programs - you may enroll at any time.  
Gymnastics classes are on-going. You may enroll at any time.

# Registration

Log In  
Register  
Pay

## How do I register for classes?

### BY PHONE OR WALK IN

Business office hours are M-F, 8a-6p. After hours payments can be made at the aquatics reception desk. Please call the gym to sign up for gymnastics.

### ONLINE – WWW.RRPARK.ORG

You can register 24-hours a day, seven days a week. Just visit [rrpark.org](http://rrpark.org) to register using a credit card. **Note: Not all programs are eligible for online registration.**

### HOW DO I CREATE MY ONLINE ACCOUNT?

Go to [rrpark.org](http://rrpark.org) and click menu then the login/register/pay account button and choose the “Create a RRPRD account” link in the upper left hand corner. Complete the short form. List the primary account holder first, and then add any additional account members. Click “Save & Close.”

## Registration Policies

Registration is accepted on a first-come, first-served basis. **You are not registered until fees are paid.** The District reserves the right to cancel classes when minimum enrollment has not been met. If a class is filled, your name will be put on a waiting list. Additional classes will be formed if instructors and rooms are available. We accept Visa, MasterCard, Discover, & American Express. To receive In District pricing, proof of residency is required. A current valid driver's license may be used for verification.

### REFUNDS AND CREDITS

Refunds will not be issued after the second meeting of any multi-class program or activity. Refunds will be paid by original form of payment (except cash). Please allow one week to receive your refund. A \$5 processing fee will be deducted. Credits can be issued in lieu of refunds and can be applied to any class or activity. Classes cancelled due to inclement weather may be rescheduled only if space and time allow or will be refunded to your account.

### Facility Closures

12/24-25	Holiday
1/1	Holiday
1/19	Holiday
5/25	Holiday
6/19	Holiday

## What is In District or Out of District?

**In District: (ID)** You pay property taxes to the Park District.

**Out of District: (OD)** You pay property taxes to the city or county.

If you are not sure whether you are 'in' or 'out,' call us and we can check for you.

Do you want a program mailed to you?

We want you to have access to all the fun programs, activities, and events that we provide, but we also don't want to bombard your mailbox. Those that are In District will automatically receive a physical copy of this Program Guide. If you are Out of District and would like to receive a free copy in the future, please follow the link or QR code to fill out a quick form so we know where to send it! <https://bit.ly/44tNKxt>. You only need to do this one time.



# Admission

### SILVER & FIT / RENEW ACTIVE / ACTIVE & FIT / ONE PASS

If your insurance company offers Silver & Fit, Renew Active, Active & Fit or One Pass, you can take a variety of classes and enjoy the park amenities (listed below) at no additional cost to you. To get started, go to the main office with your insurance information to get a fob pass. Please check in and scan your fob each time as you enter the facility. One pre-registered fitness or water exercise class will receive a 75% discount.

- |                |              |                         |                           |
|----------------|--------------|-------------------------|---------------------------|
| Fitness Center | Lap Swim     | Water Jogging           | Sauna and Hot Tubs        |
| Pickleball     | Body Shop AM | Dance Fitness           | Individual Water Exercise |
| Step'n Out     | Body Shop PM | Tai Chi for Body & Mind | Belly Dancing             |

### LAND FITNESS/AQUATICS FOB PASS/MEMBERSHIP

If you have a fob pass or membership, you can also enjoy a variety of classes (listed above) and the park amenities at no additional cost to you. See the chart below for pricing. Purchase your fob pass/membership at the main office or the pool reception desk. Pool is not always available during fitness center hours. Please refer to the pool schedule.

Age	Single Entry	10 Visit Pass		1 Mo. Membership		3 Mo. Membership	
		ID	OD	ID	OD	ID	OD
Under 3	Free						
3-17	\$4	\$29	\$36	\$36	\$45	\$86	\$108
18-54	\$8	\$51	\$64	\$64	\$80	\$154	\$192
55+	\$6	\$38	\$48	\$48	\$60	\$115	\$144
Family	\$14	n/a	n/a	\$144	\$180	\$360	\$450
Shower	\$2						

### REGISTERED PROGRAMS/CLASSES

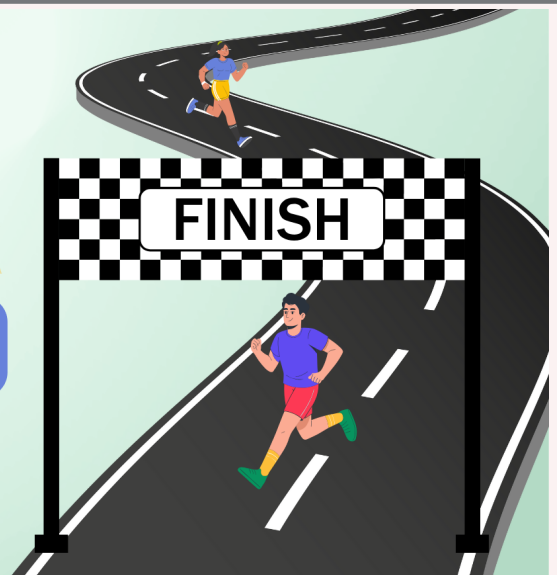
We also offer programs and classes that have specific fees. These fees will be listed in the description of the program/class. You need to register and pay for these prior to attending.

# Special Events

## MICHAEL DEROBERTIS MEMORIAL COUPLES CLASSIC RUN OR WALK

SATURDAY, FEBRUARY 14<sup>TH</sup>

8:30AM- CHECK IN  
9:30AM- RACE BEGINS



Michael DeRobertis Memorial 2026 Couples Classic Run or Walk

Start February off on the right foot by joining the 48th Annual Couples Classic Road Run on Valentines Day (2/14). This classic foot race features a flat, fast, 5K course through the neighborhoods surrounding the park. Or if you prefer, enter the non-competitive fitness walk. Commemorative apparel (upon request), top 3 division winners receive medal awards, random drawings of valuable prizes from local area merchants, and delicious snacks. Childcare will also be available at no charge to all pre-registered participants. Team and individual entries are encouraged.

2/14/26      8:30a check-in, 9:30a race begins  
Youth (ages 6-12): \$15      Adult (age 13+): \$25      Senior (age 65+): \$20      Shirts: \$10

# NAVIGATING THE NEW INTERNET

## FREE TECHNOLOGY AND INTERNET HELP WITH EMERALD BROADBAND

Every Wednesday in January, 12:30 - 1:30 pm

1/7 - **CONNECTING** LEARN HOW TO GET ONLINE AND STAY CONNECTED. (QR CODES, WIFI, AND MORE!)

1/14 - **APPS** DISCOVER TODAY'S MOST USEFUL APPS IN MAPS, STREAMING, AND SECURE PAYMENTS.

1/21 - **SECURITY** PROTECT YOURSELF ONLINE AND LEARN HOW TO SPOT SCAMS.

1/28 - **TROUBLESHOOTING** LEARN HOW TO SOLVE COMMON TECH ISSUES WITH CONFIDENCE.

**NO REGISTRATION REQUIRED**

**MEET AT THE ANNEX 1055 RIVER ROAD**





**Star Gazing at Emerald Park**

River Road Park and Recreation have joined up with the Eugene Astronomical Society to bring to our community Urban Star Gazing. Come join us for a look into the vastness of space! These star parties attract dozens of astronomers with telescopes, some as large as 20 inches in aperture. The view of star clusters, nebulae, and distant galaxies is simply stunning. This is a don't miss opportunity, and it's absolutely free. Just show up around dusk to the basketball court behind the community center and view some of the universe's greatest hits.

ALL EVENTS ARE WEATHER PERMITTING. Please check out [rrpark.org](http://rrpark.org) or [eugeneastro.org](http://eugeneastro.org) for updates before each event.

12/26, 1/23, 2/27, 3/27, 4/24

# PUZZLED

Join us for **Puzzled**, a fast-paced **jigsaw competition** for all skill levels!

Compete **solo or in pairs** to finish 100–500 piece puzzles in timed elimination rounds. Have fun, test your skills, and connect with fellow puzzlers!

**WINTER TOURNAMENT: SUNDAY, MARCH 15**

**SPRING TOURNAMENT: SUNDAY, JUNE 7**

**\$20/Team**  
**\$10/Individual**

**1:00-4:00pm**

RIVER ROAD PARK AND RECREATION | 1400 LAKE DRIVE



# FISHING DERBY AND WATER SAFETY DAY



## Join us for our 39th Annual Children's Fishing Derby!



Open to children ages 2 through 10 (accompanied by an adult).  
Bring your own bait, tackle and try your luck. The wading pool will be fully stocked  
with rainbow trout from Oregon Fish and Wildlife. Free event, donations accepted.

**SATURDAY, MAY 2<sup>ND</sup>**

**8-12P**

**FREE!**



# PLANTS & PANCAKES

## AN EMERALD PARK SPRING CELEBRATION!

Enjoy a **free community pancake breakfast**, make special **Mother's Day crafts**, and shop the **Humming Bee Nursery plant sale**. Plant sale proceeds benefit River Road Park and Recreation, and the **pancakes and crafts are free** to enjoy. Donations accepted.

**SATURDAY MAY 9TH**  
**1400 LAKE DRIVE EUGENE OR 97404**

**FREE**

**PANCAKES & CRAFTS: 9:30-11:30A**

**HUMMING BEE PLANT FUNDRAISER: 9A-4P**



# Aquatics/Fitness Center Info

## Pool | Fitness | Spa Closures

Th	1/1/2026
M	1/19
SaSu	5/16-17
M	5/25
W	6/3 Early Closure- Staff Training 5p
F	6/19

## Schools Out Swims 2-3:30p (\*No Lap Lanes Available)

F	1/2	M	1/5
F	1/30	M	2/2
M	2/16	M-F	3/23-27 Spring Break
M	3/30	F	4/10
F	6/5		

## Pool Reception Hours

Winter: M-F	5a-8:30p	Sa	6a-3p
Spring: M-F	5a-9p	Sa	6a-3p

## FACILITY USE

- General admission and passes include use of the pool (when available), fitness center, spas & sauna.
- If you have a pass, please check in with the pool cashier and scan your fob before entering the facility.
- The pool is not always available during fitness center hours. Please refer to the pool schedule at [rrpark.org](http://rrpark.org).
- Swimmers must supply their own suit and towel.
- Street shoes are not permitted on pool deck.
- Shower thoroughly before entering pool/spa/sauna.
- Swimming attire must be modest: Revealing swimwear, such as thongs or see through suits may not be worn.
- Patrons must be 16 years of age to use the spas and sauna.
- Youth under the age of 16 years of age must be accompanied and directly supervised by an adult during any non-rec swim programs.
- Adults must accompany, in the water, any non-swimmer under 46" tall. Guardians are not allowed to take non-swimmers into the deep end.
- Coast Guard Type II or III approved life jackets are only permitted under direct adult supervision in the shallow end.
- Floatation devices such as water wings, floatation rings, buoyancy swimsuits, inflatable toys, or mermaid flippers are not permitted.
- Youth under the age of 16 may not use the Fitness Center, 16-17 year olds must be accompanied by an adult over 18.
- Only water in non-breakable containers are allowed in the pool/fitness area/spas/sauna.
- Individuals under the influence of alcohol and/or drugs and those with disrespectful behavior will not be permitted to use the facility.
- We encourage a friendly environment; therefore, profanity, vulgar remarks or disrespectful comments will result in the expulsion from the facility.
- All guests must exit the building within 15 minutes of the last pool/fitness program.

## AQUATIC ACTIVITIES

### Lap Swims/Individual Water Exercise 1/2-6/13

\*\*Please check our weekly schedule for changes during high school swimming season.

Lap swimming is available to individuals 16 years of age or older. At least 4 lanes (M-F) or 3 lanes (Sat) are available for lap swimming. Please check with the pool cashier for pool updates to the facility schedule.

M-Th	5-8a	12-3:45p
F	5-8a	12-3:45p
Sa	6-10a	12-1:30p

### Family Swim 1/2-6/13

Time for children, parents or guardians to enjoy the pool together. Youth 16 years and younger **MUST** be accompanied by an adult over 18 years of age in the water. (Limit of 2 children per adult)

F	6:30-7:30p
Sa	9-10a

### Recreation Swim 1/2-6/13

Open to individuals of all ages. Children under 46" tall **MUST** be accompanied in the water by an adult over 18 years of age.

Winter 1/2-3/20	F	7:30-8:30p	Sa	1:30-3p
Spring 3/27-6/13	F	7:30-9p	Sa	1:30-3p



# Water Exercise

## WATER EXERCISE

### Registration Information

Please read the description carefully so you register for the correct class.

All participants wanting to attend scheduled water fitness classes must be enrolled in a class first.

Registration will be in the main office between 8a-5p, on designated dates:

### Winter

Re-Enrollment; M 12/8 & Tu 12/9 ONLY for those currently enrolled in a class.

New Enrollment; W 12/10 for participants not currently enrolled in a class.

\*\*Any available spots in any class will be open for online registration beginning Th 12/11.

### Spring

Re-Enrollment; M 3/16 & Tu 3/17 ONLY for those currently enrolled in a class.

New Enrollment; W 3/18 for participants not currently enrolled in a class.

\*\*Any available spots in any class will be open for online registration beginning Th 3/19.

### Deeply Fit

Moderate to active individuals; running/jogging, traveling, and power moves guarantee your body a great workout. Designed to enhance cardio endurance, flexibility, range of motion, muscle strength and toning. Must be comfortable in deep water and floatation belt equipment required.

1/5 - 3/20 \*No class M 1/19

MWF 6-7a | 8-9a  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

1/6 - 3/29

TuTh 8:30-9:30a  
Adult: \$114 ID / \$143 OD Senior: \$103 ID / \$129 OD

3/30 - 6/12 \*No class M 5/25

MWF 6-7a | 8-9a  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

3/31 - 6/11

TuTh 8:30-9:30a  
Adult: \$114 ID / \$143 OD Senior: \$103 ID / \$129 OD

### Class Information

- If using Sliver & Fit, Renew Active, or One Pass insurance you will receive a 75% discount on registered water fitness classes (up to 12 scans per month). For more details see page 3.
- If a class is full, you will be added to a waitlist.
- Class instruction time is 55 minutes.
- Everyone enrolled in a scheduled shallow water exercise class, MUST be comfortable in waist deep to mid-chest deep water, and can enter, stand in and exit from the pool area with minimal assistance.
- Everyone enrolled in a scheduled deep-water exercise class, MUST be comfortable in water too deep to stand up in (5 feet to 12 feet), as well as demonstrate the ability to wear appropriate deep water floatation equipment and stay upright comfortably in water too deep to stand in.
- Please see the refund policy on page 2.

### Aquabilities

Beginning to moderate activity with aerobic conditioning designed for a great workout in the deep water. Exercises will focus on enhancing flexibility, range of motion, muscle strength and toning. Must be comfortable in deep water and floatation belt equipment required.

1/5 - 3/20 \*No class M 1/19

MWF 9-10a  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

1/6 - 3/29

TuTh 9:30-10:30a / 11a-12p  
MW 6:30-7:30p  
Adult: \$114 ID / \$143 OD Senior: \$103 ID / \$129 OD

3/30 - 6/12 \*No class M 5/25

MWF 9-10a  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

3/31 - 6/11

TuTh 9:30-10:30a / 11a-12p \*No class W 6/3  
MW 6:30-7:30p  
Adult: \$114 ID / \$143 OD Senior: \$103 ID / \$129 OD

### Motivated Seniors - Deep & Shallow Combo

This moderately paced exercise program combines both deep and shallow water exercises to enhance flexibility, build strength and gain endurance. Must be comfortable in deep water and floatation belt equipment required.

1/5 - 3/20 \*No class M, 1/19

MWF 10-11a  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

3/30 - 6/12 \*No class M 5/25

MWF 10-11a  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

### EZ Deep Aqua

Designed for semi-active adults, who are comfortable in deeper water. Aerobic conditioning is designed to build cardio and muscle endurance, range of motion, along with flexibility. Must be comfortable in deep water and floatation belt equipment required.

1/5 - 3/20 \*No class M 1/19  
MWF 11a-12p  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

3/30 - 6/12 \*No class M 5/25  
MWF 11a-12p  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

### Innovative Power

Powerful, low impact moves provide dimensions to your workout, all while moving in the shallow water. Exercises will also focus on enhancing flexibility, range of motion, muscle strength and toning. Water fitness equipment required.

1/5 - 3/20 \*No class M 1/19  
MWF 9:15-10:15a  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

1/6 - 3/29 (11 weeks)  
TuTh 9-10a  
Adult: \$114 ID / \$143 OD Senior: \$103 ID / \$129 OD

3/30 - 6/12 \*No class M 5/25  
MWF 9:15-10:15a  
Adult: \$172 ID / \$215 OD Senior: \$154 ID / \$193 OD

3/31 - 6/11 (11 weeks)  
TuTh 9-10a  
Adult: \$114 ID / \$143 OD Senior: \$103 ID / \$129 OD

### S.M.I.L.E. - Slower Moves, Impact Lowered Exercise

Designed for semi-mobile adults, a "return to basics" exercise routine, includes gentle movements that target range of motion, balance, flexibility and comfort.

1/5 - 3/20 \*No class M 1/19  
MWF 10:45-11:30a  
Adult: \$132 ID / \$165 OD Senior: \$118 ID / \$148 OD

1/6 - 3/29  
TuTh 11-11:45a  
Adult: \$88 ID / \$100 OD Senior: \$79 ID / \$99 OD

3/30 - 6/12 \*No class M 5/25  
MWF 10:45-11:30a  
Adult: \$132 ID / \$165 OD Senior: \$118 ID / \$148 OD

3/31 - 6/11  
TuTh 11-11:45a  
Adult: \$88 ID / \$100 OD Senior: \$79 ID / \$99 OD



## Hidden Gem KAYAKING TRIPS

JOIN US AS WE TOUR THE BEAUTIFUL  
LAKES AND RESERVOIRS OF OREGON!

### NEXT TRIP: COYOTE CREEK ON MAY 31

**Ages 14+.** Join us as we tour the beautiful lakes and reservoirs of Oregon! Whether you're mastering the basics of kayaking or honing your paddling technique, our program provides a supportive environment for adventurers of all levels. Discover the hidden gems of local waterways through our guided tours.

The registration deadline is the Wednesday before each trip, weather permitting and return times are estimates. Your cost includes kayak and paddle rental, PFD (personal floatation device), launch fees and transportation. Please bring snacks or a sack lunch, a water bottle (non-breakable), sunglasses/hat, towel, change of dry clothes and sunscreen. Please plan on arriving 10-15 minutes early at 1400 Lake Dr.

Coyote Creek (Fern Ridge water way)

5/31 Su 8:30a-5p \$135

\*\*Watch for additional trips this summer.

LOOKING FOR A NEW JOB?

WE'RE HIRING  
LIFEGUARDS!



LIFEGUARD CLASS

WINTER 1/30-2/1, 2/6-8, 2/15

SPRING 4/24-26, 5/1-3, 5/9

\$75

WITH A REFUND OF \$60  
CONCLUDING A SIX-MONTH  
COMMITMENT TO OUR STAFF

### Equipment Purchasing Information

- Hydro-Fit, Inc. (541) 484-4361
- Aqua Jogger (541) 484-2454
- Swim Outlet [www.swimoutlet.com/rrstotters](http://www.swimoutlet.com/rrstotters)

# Youth Aquatics

## LEARN TO SWIM

### Program Information

Please check our website at [rrpark.org/swim-lessons](http://rrpark.org/swim-lessons) for class descriptions and most current times classes will be offered or contact Margaret M. at 541-461-7777, ext. 216 for more information.

### Session Dates and Fees

Lesson Sessions (Evenings)

Winter

Session 1 TuTh 1/13-2/12 \$50 ID / \$60 OD  
 Session 2 TuTh 2/17-3/19 \$50 ID / \$60 OD

Spring

Session 1 TuTh 3/31-4/30 \$50 ID / \$60 OD  
 Session 2 TuTh 5/5-6/4 \$50 ID / \$60 OD

## RIVER ROAD SWIM TEAM

To join the River Road Swim Team, your swimmer will need to be able to swim two of the four competitive strokes (typically free-style and backstroke) unassisted for at least two lengths of the pool (50 yards). The swimmer's skill level and ability will be assessed by the coaching staff during a scheduled tryout. Please contact Leia Matern at 541-461-7777 or [leiam@rrpark.org](mailto:leiam@rrpark.org) to schedule tryouts.

Swimmers of all abilities will compete against others of their own age/gender. All swimmers are required to be registered with Oregon and USA Swimming. This requirement is done separately through the RRST website, [www.rrpark.org/team-unify](http://www.rrpark.org/team-unify).

Junior Otters Jan. 5-June 12

**Ages 6-12** Instruction covers stroke mechanics, competitive starts, turns, and relay exchanges.

TuThF 5-6:00p \$60 monthly

Intermediate Group Jan. 5-June 12

**Ages 8-13+** Placement is done after a skill assessment by the coaching staff. Ongoing emphasis on stroke mechanics for all four competitive strokes, endurance, and teamwork will be the highlights of this group.

M-F 5-6:30p \$75 monthly

Senior Group Jan. 5-June 12

Prerequisite: swimmers must be proficient in all four competitive strokes, turns and starts (as defined by USA Swimming rules). This group will focus on endurance, through structured workouts both on land and in the water. Teamwork is a major focus of the Senior Group.

MWF 5-6:30p / TuTh 5-7pm \$100 monthly

### Swim Lesson Registration Dates

Sessions & Dates	Walk In		Online		
	ID	OD			
Winter 1	F	1/9	4p	4:30p	5p
Winter 2	F	2/13	4p	4:30p	5p
Spring 1	F	3/20	4p	4:30p	5p
Spring 2	F	5/1	4p	4:30p	5p

**\*\* Please be considerate! If your child does not attend school or day care due to illness, they should not attend lessons.**

## FUNDRAISERS

Annual Spaghetti Feed & Raffle

Come support the River Road Swim Team with their Spaghetti Feed & Raffle. Let our team serve you, bid on great prizes, and enjoy a wonderful event to support one of Eugene's oldest swim teams. Tickets can be purchased at the pool front counter or the main office or on the night of the event. Proceeds go to fund equipment purchases and team events.

2/7 Sa 4:30-7p  
 Single: \$15 Family of 4: \$50

River Otter Swim

It's back, the third annual River Otter swim. Show your support by pledging laps for your favorite Otter as they swim as many laps as they can in 30 minutes. Can't pledge? Come help count those laps. Event will help purchase team suits and sweats.

4/11 Sa 4-6p





*River Road Swim Team Fundraiser*



*Annual*  
**SPAGHETTI FEED  
& RAFFLE**

**SATURDAY, FEB. 7TH  
4:30-7P**

**SINGLE: \$15 | FAMILY OF 4: \$50**

*Essig Entertainment Inc.*



The event experts

Lane County's largest  
full-service audio-visual  
staging and event  
company!

*Specializing in weddings, event  
rentals, corporate events,  
parties, and design.*

[info@essigentertainment.com](mailto:info@essigentertainment.com)  
**541-345-7989**



# Gymnastics

541-688-8955  
30043 Leghorn Rd.  
(Prairie Road & Leghorn)

Weekdays: Closed from 12-1p  
M-Th: 10a-6p  
Friday: 10a-5p

## About the Facility

The gymnastics center, home of Gymnastics Northwest, has all Olympic apparatus and professional coaches to provide a complete, safe, and well-designed program.

- All classes run on a monthly basis and are ongoing.
- Gymnasts can be tested into any skill level with the approval of the head coach. For more information on skill level placement, ask for Julie at 541-688-8955.
- No refunds or credits for absenteeism.
- Tuition is due the first business day of every month, payable to River Road Park Gymnastics, online or by calling 541-688-8955 and paying with a credit card.

## Preschool Open Gym

**Ages walking-5.** Bring your child to the ultimate play-group. Children will enjoy healthy activities on our tumbling and in-ground trampolines, bars, rings, beams, and fun shaped mats. Adults must accompany their children with a maximum of 2 children per adult.

On-going    W                    10a-12p                    \$6/child

## Private Lessons

Instruction is available at any skill level on an individual basis. For details call the gym office at 541-688-8955.

\$50 - 1 hour    \$40 - 3/4 hour -    \$25 - 1/2 hour



## Winterfest Fun Meet

This meet is a chance for our recreational gymnasts to compete and show all the new skills they have learned. This will take place at our gymnastics center.

2/8

## Tumble-a-thon

Help support the gymnastics program by sponsoring a child in our program! Funds raised go towards new equipment and staff training.

1/24-2/7	Collect sponsors
2/7-2/14	Perform skills
2/14-2/28	Collect pledges

## Birthday Parties

Celebrate your birthday at our Gymnastics Center! Try a fun alternative to a traditional party for your child. Gymnastics parties include: 1 hour of supervised fun and games on the spring floor, bars, climbing net, tumble trak, trampoline and more plus 30 minutes for opening presents, and refreshments, provided by parents. Call to reserve.

\$135 (up to 10 children)

Saturday or Sunday only. Extra .5 hour available for \$35.

On-going    Sa                    1:30-3p                    3:30-5p

On-going    Su                    1-2:30p                    3-4:30p

## Fabulous Friday Open Gym

**Ages 6-12.** Practice your skills and have fun making new friends! Our gym is loaded with great equipment. Bring your friends for a funtastic time.

On-going    F                    7-8:30p                    \$6/child

## Facility Closures

12/24-25	Holiday
1/1	Holiday
1/19	Holiday
5/25	Holiday
6/19	Holiday

541-688-8955 • www.rrpark.org

Julie Eagen | Juliee@rrpark.org

**\*ALL CLASSES WITH AN ASTERISK REQUIRE COACHES CONSENT PRIOR TO SIGNING UP.**

**Fees are paid monthly.**

Mini Mites (Parent & Child) \$32 ID/\$40 OD

**Ages 18-36 months.** Enjoy interacting with your child through gymnastics. Developmental activities will give you plenty of hands-on time with your child while working with our instructor.

Tu	9:45-10:15a
Sa	9-9:30a

Caterpillars \$48 ID/\$60 OD

**Age 3.** Develops mind and body coordination, balance, flexibility and self-confidence. Beginning tumbling skills will be taught, as well as simple dance movements and creative games. Maximum 5 students per instructor.

Tu	10:30-11:15a
W	9-9:45a
Sa	10-10:45a

Fireflies \$48 ID/\$60 OD

**Age 4-5.** Builds a strong foundation in basic movement and locomotor skills as well as developing flexibility and coordination. Maximum 6 students per instructor.

M	4-4:45p
Tu	3-3:45p   4-4:45p   5-5:45p
W	3-3:45p   4-4:45p
Th	3:30-4:15p   4:30-5:15p   5:30-6:15p
Sa	9-9:45a   11-11:45a

Dragonflies\* \$55 ID/\$68 OD

**Ages 4-5.** Continue building a strong foundation in basic movement and locomotor skills as well as flexibility and coordination. Maximum 6 students per instructor.

F	3:15-4:15p   4:30-5:30p
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Hot Shots\* \$76 ID/\$95 OD

**Ages 5 & 6.** Designed to prepare highly motivated girls for future placement on a competitive team. Workouts are centered around skill building, strength training, flexibility, and routine development. Entry to class is by taking Dragonflies and consent of instructor. Maximum 6 students per instructor.

MW	5-6:15p
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Boys: Gymninja \$55 ID/ \$68 OD

**Ages 6-up.** This class is designed for boys who want to be active with both gymnastics elements and ninja type activities. Emphasis will be on having fun while developing strength, flexibility, coordination and balance. Maximum 8 students per instructor.

Th	3:45-4:45p
Sa	9:45-10:45a   11a-12p

Girls: Level 1 \$55 ID/\$68 OD

**Ages 6-up.** Gymnasts will learn beginning skills on all events. Emphasis will be on skill combination, strength and flexibility. Students will learn rolls, positions, cartwheels, and other fundamentals on all the apparatus. Maximum 8 students per instructor.

Tu	3:45-4:45p   5-6p   6:15-7:15p
W	2:30-3:30p   3:45-4:45p   5-6p   5:15-6:15p
Th	3:45-4:45p   5-6p   6:15-7:15p
F	3:45-4:45p
Sa	9:45-10:45a   11-12p

Girls: Level 2 \$64 ID/\$80 OD

**Ages 6-up.** Designed to increase strength and to teach advanced skills on all equipment. Class will be fast paced. Maximum 8 students per instructor.

M	3:45-5p   5:15-6:30p
W	2:30-3:45p   3:30-4:45p   6:15-7:30p
F	5-6:15p   5:45-7p

Girls Pre-Team\* A & B

**Ages 5-up.** This pre-competitive girl's class provides a foundation for eventual team performances. Gymnasts will train advanced skills and combinations leading up to U.S.A.G. routines.

MW	A 5-6:45p	\$101 ID/\$126 OD
TuTh	B 3:30-5:30p	\$116 ID/\$144 OD

Girls Team: Level 3-10\*

**Ages 6-up.** Gymnasts will be working on U.S.A.G. routines in order to prepare for their competitive season. Call for schedule.

Level 3-5	\$194 ID/\$216 OD
Level 7-10	\$267 ID/\$297 OD

Power Tumbling \$64 ID/\$80 OD

**Ages 12-up.** Basic to advanced tumbling skills for cross training, cheerleading, dance teams or just for fun. Acrobatic tricks will be emphasized including: forward & backward walkovers, hand springs, aerials, round offs, and back tucks. Maximum 8 students per instructor.

M	7-8:15p
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ADVENTURE AWAITS!



# 2026 SUMMER CAMP

Get ready to join us for a summer filled with fun, learning, and exploration!

CAMPS  
RUN FROM  
6/22-8/28

GRADES  
K-9

**Summer Daze Camp (Kindergarteners):** Little ones will enjoy weeks full of fun crafts, engaging activities, and daily swims whenever the wading pool is open.

**Camp Seeker (Grades 1-3):**

Young adventurers will take over the park with games, creative activities, and exciting field trips to the zoo, aquarium, and more!

**Camp Rambler (Grades 4-6):**

Campers will explore the great outdoors with hikes, park hopping, and larger field trips that combine adventure and fun.

**Camp Odyssey (Grades 7-9):**

Teens will be on the move all day, meeting at the park before heading out for swimming, hiking, rafting, and a variety of thrilling adventures.



## Registration Information:

In-District registration begins **April 13<sup>th</sup>** and Out-of-District will follow on **April 14<sup>th</sup>**.

# Youth Activities

541-688-4052 • www.rrpark.org  
Keenan Hamilton | Keenanh@rrpark.org



Visit our website for more information on A.S.A.P 2026-27, registration will begin on 3/30.

## ASAP

A.S.A.P. - After School Adventure Program

**Grades K-5.** A.S.A.P. is an extended care service designed for children with working parents. Certified drivers safely transport children from their school to River Road Park in park district vans. At the park, children participate in a variety of recreational activities that promote self-esteem, social skills, and the healthy use of leisure time. We are certified by the USDA snack program. A.S.A.P. operates after school and on most scheduled no-school days, following the 4J School District calendar. The program is open until 6p.

- Open to full-time participants only (Monday–Friday, 5 days per week — no exceptions).
- Tuition is averaged over a 9-month period (excluding winter and spring break).
- Fees and schedules can be picked up at the park office.

Schools serviced: Howard, River Road/El Camino del Río, Spring Creek, Yujin Gakuen, and Awbrey Park.

Enrollment still available for 2025-26 school year

## Summer Camp Registration

- Be on the lookout for Summer Camps for grades K-9
- Summer Daze Camp (Kindergarteners): Little ones will enjoy weeks full of fun crafts, engaging activities, and daily swims whenever the wading pool is open.
- Camp Seeker (**Grades 1-3**): Young adventurers will take over the park with games, creative activities, and exciting field trips to the zoo, aquarium, and more!
- Camp Rambler (**Grades 4-6**): Campers will explore the great outdoors with hikes, park hopping, and larger field trips that combine adventure and fun.
- Camp Odyssey (**Grades 7-9**): Teens will be on the move all day, meeting at the park before heading out for swimming, hiking, rafting, and a variety of thrilling adventures.
- Dates: Camps run from June 22nd – August 28th.
- **In-District registration will be on April 13th, and Out of District will follow on April 14th.**

## RISE CLUBS

RISE Clubs

**Grades 6-8.** Each day after school, students can join a different club, with activities ranging from drama to art to fitness and more. These clubs are open to all middle schoolers. Access is through a flexible punch pass system that can be purchased online, over the phone or at the River Road Park front office. Use the punch pass to attend as many clubs as you want throughout the week, month, or school year!

Clubs are: Drama (Monday), Art (Tuesday), Dungeons and Dragons (Wednesday), Game Ready (Thursday), and Movie (Friday) club. Led by Laurena Matava.

- \$50/5 punches
- \$135/ 15 punches
- \$250/ 30 punches

### Winter Break Camp

**Grades K-5.** Our Winter Break Camp is the perfect way for kids to stay active and engaged over the holiday break. Campers will enjoy fun games, creative winter-themed arts and crafts, and exciting sports activities, all while spending time with friends in a safe and welcoming environment. Please note, this is a three-day camp, no daily fee is offered. The earliest drop-off time is 8a.

12/29-31 M-W 8a-5p \$108 ID/\$135 OD Modular

### Spring Break Camp

**Grades K-5.** Join us for a week of fun and adventure as we turn spring vacation into an experience to remember! Campers will enjoy exciting games, creative arts and crafts, and active sports activities throughout the week. This camp is offered as full week only, with no daily fee option available. The earliest drop-off time is 8a. Registration is available now.

3/23-27 M-F 8a-5p \$176 ID/\$220 OD Modular

# Youth Activities



## GENERAL

### Youth Cribbage Club (New!)

**High schoolers**—learn to play one of the most classic and engaging card games: Cribbage! This club is perfect for beginners or those looking to sharpen their skills in a relaxed, social setting. Over five consecutive Saturdays starting January 10th, players will dive into rules, scoring, strategy, and gameplay—building math skills, critical thinking, and sportsmanship along the way. Open to the first 30 players, register and claim your spot! Contact Paul Brown at [justacoach@yahoo.com](mailto:justacoach@yahoo.com) for more information.

1/10-2/7	Sa	9a – 12p	Free	Rm C
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### Tiny Twirlers

**Ages 4-7.** Get ready to move and groove! This high-energy dance class is perfect for kids who love to twirl, jump, and express themselves through movement. Dancers will explore a fun mix of styles including ballet, jazz, tap, and creative movement while building rhythm, coordination, and basic choreography skills. With upbeat music and playful activities, each class boosts confidence, encourages teamwork, and inspires a lifelong love of dance. No experience necessary, just bring your enthusiasm and dancing feet! Instructor: Julia Spence.

1/13-3/5	Tu/Th	4p-5:30p	\$160 ID/\$200 OD	Rm C
3/31-5/21	Tu/Th	4p-5:30p	\$160 ID/\$200 OD	Rm C

### Kids in the Kitchen

**Ages 7-10.** Get ready to stir, mix, and taste! This hands-on cooking class is designed for young chefs who are eager to explore the kitchen. Kids will learn basic cooking skills, kitchen safety, and how to follow simple recipes—all while making fun and tasty dishes. Each session focuses on creativity, teamwork, and building confidence in the kitchen. From snacks to sweet treats, your child will leave each class proud of what they've made and excited to try it at home! Classes will be held in the Kitchen. Instructor: Sasha Aninipot.

1/17	Sa	1-3p	\$72 ID/\$90 OD	Kitchen
3/14	Sa	1-3p	\$72 ID/\$90 OD	Kitchen
5/23	Sa	1-3p	\$72 ID/\$90 OD	Kitchen

### Safe Sitter

**Ages 11-13.** Safe Sitter classes prepare young adolescents to be safe, nurturing babysitters. They will receive hands-on training in areas such as: Childcare Essentials, Safety for the Sitter, Injury Management, Preventing Problem Behavior, Preventing Injuries and Behavior Management. Developed in 1980 by an Indianapolis pediatrician, Safe Sitter is a medically accurate program that teaches boys and girls how to handle emergencies when caring for young children. Each student will receive The Safe Sitter Babysitter's Handbook. This class includes choking rescue but does not include CPR. Held at River Road Park District, 1400 Lake Dr. Register at River Road Park or call 541-688-4052. Class is limited to 8 students. Instructor: Sasha Aninipot.

1/24	Sa	9a-3p	\$96 ID/ \$120 OD	Rm E
2/21	Sa	9a-3p	\$96 ID/ \$120 OD	Rm E
3/28	Sa	9a-3p	\$96 ID/ \$120 OD	Rm E
4/18	Sa	9a-3p	\$96 ID/ \$120 OD	Rm E

## SPORTS

### Intro to Football (New!)

**Ages 6-9.** Flag on the play? Nope — flags on the players! This non-contact program introduces kids to the exciting world of flag football in a safe and energetic environment. Young athletes will learn the fundamentals of catching, throwing, running routes, and proper footwork through fun drills and teamwork-based games. Each session focuses on building coordination, confidence, and good sportsmanship while emphasizing fair play and teamwork. With plenty of opportunities to score touchdowns and celebrate success, Intro to Football is the perfect way to kick off a lifelong love for the game!

3/30-4/3	MWF	4:30-5:30p	\$56 ID/\$70 OD	Shelter 1
4/6-10	MWF	4:30-5:30p	\$56 ID/\$70 OD	Shelter 1

### Get a Kick Out of Soccer (New!)

**Ages 5-8.** It's never too early to score your first GOOOOAAALLL! Join us to dribble, pass, and shoot your way through exciting soccer games and activities. Kids will learn the basics of teamwork, coordination, and sportsmanship while developing confidence on and off the field. Each class includes fun skill-building drills, small group scrimmages, and plenty of time to celebrate every goal. Whether your child is new to soccer or already a little kicker, this program is all about learning, laughter, and active play!

4/13-17	MWF	4:30-5:30p	\$56 ID/ \$70 OD	Shelter 1
4/20-24	MWF	4:30-5:30p	\$56 ID/ \$70 OD	Shelter 1

### Facility Closures

12/24-25	Holiday
1/1	Holiday
1/19	Holiday
5/25	Holiday
6/19	Holiday

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Keenan Hamilton | Keenanh@rrpark.org

### Beginning Boarders

**Ages 7-14.** Grab your helmet and hit the pavement! This beginner-friendly skateboarding class is perfect for kids who want to learn the fundamentals of skateboarding in a fun and supportive environment. Participants will practice balance, coordination, basic riding skills, and beginner level tricks, all while building confidence on their boards. Taught by an experienced instructor, the class emphasizes safety, technique, and positive peer interaction. Please bring your own skateboard and safety equipment. Instructor: Matt Soto.

5/2-6/13 Sa 12-2p \$56 ID/\$70 OD Skatepark

### Tee Ball Clinic (New!)

**Ages 4-7.** This clinic introduces kids to the fundamentals of baseball through fun, engaging tee ball activities. Participants will learn essential skills such as hitting, fielding, and base running. Each child should bring their own fielder's glove.

5/4-8 MWF 4:30-5:30p \$56 ID/\$70 OD Shelter 1  
5/11-15 MWF 4:30-5:30p \$56 ID/\$70 OD Shelter 1

### Mini Hoopers (New!)

**Ages 6-9.** Not just mini hoopers — but mini hoops, too! Young players will build their basketball skills while having a blast learning the fundamentals of shooting, dribbling, and passing. Through fun games, teamwork challenges, and skill-building activities, kids will grow their confidence on the court and learn to love the game. Perfect for beginners and developing players alike!

5/18-22 MWF 4:30-5:30p \$56 ID/\$70 OD Bball Ct.  
5/26-29 TuWF 4:30-5:30p \$56 ID/\$70 OD Bball Ct.

## YOGA

### Story Time Yoga (New!)

**Ages 2-5.** Enjoy fun tales and singalong songs while moving through simple poses and playful movements. Kids will build balance, strength, and self-esteem while having a great time! Parents do not need to register; price includes 1 parent and child. Instructor: Renae Nichols.

1/13-2/12 Tu/Th 11:15a-12p \$96 ID/ \$120 OD Rm D  
2/17-3/26 Tu/Th 11:15a-12p \$96 ID/ \$120 OD Rm D  
4/14-5/7 Tu/Th 11:15a-12p \$96 ID/ \$120 OD Rm D

### Yoga Adventures (New!)

**Ages 6-9.** Stretch, balance, and breathe in this fun and imaginative yoga class made just for kids! Through playful poses, creative movement, and mindfulness games, young yogis will build strength, coordination, and confidence. Instructor: Renae Nichols.

1/17-2/14 Sa 12-1p \$80 ID/ \$100 OD Rm D  
2/21-3/21 Sa 12-1p \$80 ID/ \$100 OD Rm D  
4/11-5/16 Sa 12-1p \$80 ID/ \$100 OD Rm D



# MIDDLE SCHOOL CLUBS

Grades 6-8

Now - June!

USE THE PUNCH PASS TO ATTEND AS MANY CLUBS AS YOU WANT THROUGHOUT THE WEEK, MONTH, OR SCHOOL YEAR!

**\$50 FOR 5 PUNCHES, \$135 FOR 15 PUNCHES, OR \$250 FOR 30 PUNCHES**

MONDAYS | 4-6PM

**DRAMA CLUB**



TUESDAYS | 4-6PM

**ART CLUB**



WEDNESDAYS | 3-6PM

**D&D CLUB**



THURSDAYS | 4-6PM

**GAME READY CLUB**



FRIDAYS | 4-6PM

**MOVIE CLUB**



JOIN BY GETTING A PUNCH PASS ONLINE, OVER THE PHONE, OR AT THE RIVER ROAD PARK FRONT OFFICE.



**FOR MORE INFO VISIT RRPARK.ORG OR CALL 541-688-4052**

# Youth Activities

## INFO SCHOOL YEAR 2025-26

INFO SCHOOL YEAR 2026-27.

Registration for Fall 2026-2027 school year begins on March 30th.

- There is a non-refundable \$50 annual registration/supply fee for early learning, and A.S.A.P.
- The State of Oregon Health Department requires current immunization records for each child before the first day of attendance.
- Monthly fees for all children’s programs are averaged for the year and include some holidays and some “no school” days.



## PROGRAMS FOR AGES 2-5

### Playschool

**Age 2.** Child must be 2 by September 1st. No age exceptions. Give your child the opportunity to interact with peers in a fun, supportive environment! This program fosters physical, social, mental, and emotional growth through age-appropriate activities such as arts and crafts, songs, stories, dramatic play, and large motor activities. It’s an ideal introduction for children who may be away from their parents for the first time. Please dress your child in comfortable play clothes. Instructor: Geanna Hall and Ren Washington.

9/14	MW	9-11a	\$128 ID/\$160 OD/Month	Modular
9/15	TuTh	9-11a	\$128 ID/\$160 OD/Month	Modular



### Preschool

**Age 3.** Child must be age 3 by September 1st and fully toilet trained -no pull ups please! No age exceptions. Children learn to work and play as part of a group while building confidence and independence. They’ll make friends, practice taking turns, listen, and express feelings in positive ways — helping them feel good about themselves while at “school.” Activities include songs, games, arts and crafts, cooking, musical instruments, and dramatic play, with a balance of active and quiet times. If classes are full, please put your child on a waiting list. The first day of class will be September 15th. Instructors: Ceci O’Brien and Kyle Lijeberg.

9/15	TuTh	8:30-11a	\$210 ID/\$262 OD/Month	Room A/B
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### Prekindergarten

**Ages 4-5.** Child must be age 4 as of September 1st and fully toilet trained-no pull ups please! No age exceptions. Children will prepare for kindergarten by learning colors, shapes, the alphabet, and numbers — including counting, patterns, comparisons, and sets. Through games, music, arts, crafts, and cooking activities, they’ll strengthen both large and small motor skills, improve social skills, and build a positive self-image in a supportive environment. If classes are full, please put your child on the waiting list. The first day of class will be September 14th. Instructors: Ceci O’Brien, Laurena Matava, and Kyle Lijeberg.

9/14	MWF	8:30a-12:30p	\$270 ID/\$335 OD/Month	Room A/B
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Visit our website for more information on A.S.A.P 2026-27, registration will begin on 3/30.

**NEW!**

**MWF | 4:30-5:30p**

# WEEKLONG YOUTH SPORTS CAMPS

- **Get a kick out of soccer | Ages 5-8**
- **Tee Ball Clinic | Ages 4-7**
- **Mini Hoopers | Ages 6-9**
- **Intro to Football | Ages 6-9**

See pages  
**16-17** for  
details and  
camp dates



# BEGINNING BOARDERS

**AGES 7-14**

Instructor:  
**Matt Soto**

**12-2pm**

**Saturdays**

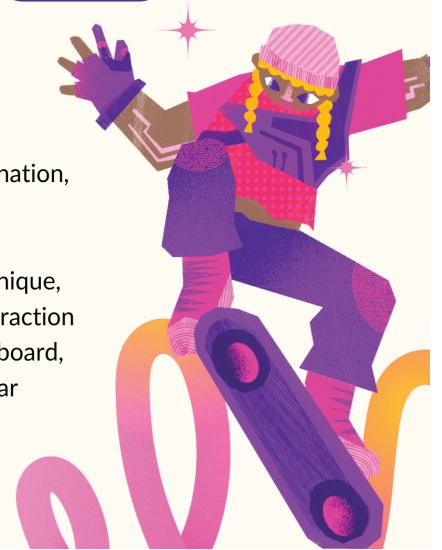
Hit the pavement with confidence—beginner skateboarding starts here!

**5/2-6/13**  
EMERALD PARK  
SKATEPARK

**\$56 ID**  
**\$70 OD**

## AT A GLANCE

- Beginner-friendly skateboarding class
- Learn balance, coordination, basic riding skills, and beginner tricks
- Focus on safety, technique, and positive peer interaction
- Bring your own skateboard, helmet, and safety gear



# YOGA ADVENTURES

**AGES 6-9, SATURDAYS 12-1**

Stretch, balance, and breathe in this fun and imaginative yoga class made just for kids!

**1/17-2/14, 2/21-3/21, & 4/11-5/16**

**Instructor: Renae Nichols**



# Adult Fitness

# YOU GOT THIS

Make 2026 AWESOME!

## Class Information

- Please contact Brian @ 541-688-4052, if you have any questions regarding fitness classes or if you are new to our facility.
- Please check refund policy on page 2.
- Silver & Fit/Renew Active/One Pass memberships allow a fitness pass and one discounted registered fitness class at 75% off the out of district price. Senior discounts do NOT apply when used with these memberships.
- Please bring your own mat and equipment to your yoga classes.

## FITNESS PASS CLASSES

### Fitness Pass

Our Fitness Pass will allow you to participate in our Fitness Pass Classes listed in this section. The passes are good for all Winter/Spring Session classes listed below. Winter Session runs from January 5 through March 28 and Spring Session runs from March 30 through June 20. A current pass is required to attend classes.

Single entry drop-in: Adult \$8 Senior \$6

10 visit pass

Adult: \$51 ID/\$64 OD Senior: \$38 ID/\$48 OD

1-month

Adult: \$64 ID/\$80 OD Senior: \$48 ID/\$60 OD

3-month

Adult: \$154 ID/\$192 OD Senior: \$115 ID/\$144 OD

### Dance Fitness

For all fitness levels! Energize your workout with easy-to-follow dance and fitness moves. A mix of upbeat pop, Latin, R & B, and jazz music will make your workout fun! 1 to 2 lb. handheld weights (optional) can be used for several songs to enhance your workout. Instructor: Pamela Howells.

1/5-6/18 MWTh 5:30-6:30p (MW-MP, Th-Rm A/B)  
Drop in \$8/Senior \$6

### Step'n Out

Designed to promote the benefits of walking and a healthy lifestyle. We will begin and end at the River Road Baptist Church, 1105 River Rd. Eugene, OR 97404. Wear sturdy, comfortable walking shoes. We will walk, rain or shine. No leader for this program. Just meet up with other fun walkers and be ready to walk. Leave at 9a sharp.

Ongoing TuTh 8:45-9:45a Free

### Body Shop

Join a personal trainer for 45 minutes of unique and challenging group exercise routines. Build strength and endurance, improve flexibility and mobility. All exercises can be adapted to your current level of fitness. Instructor: Jeff Hardisty, ACSM-CPT.

1/6-6/18 TuTh 6:30-7:15a MP  
1/6-6/18 TuTh 5-5:45p MP  
Drop in \$8/Senior \$6

### Tai Chi for Body & Mind

Basics of Tai Chi movement and its philosophy through practicing the 42 combined form (the competition form), warm up and cool down exercises including medical qigong. The traditional Japanese and Chinese method will be taught for your body and mind. All levels welcome. Instructor: Dennis Soper.

1/9-6/12 F 10:45a-12p Rm C

### Belly Dance - Skills and Drills

This is an all level Tribal/Tribal Fusion class. Learn basic Tribal and Tribal Fusion movements inspired by Middle Eastern, North African, East Indian, and Flamenco cultures. Instructor: Candice Morgan.

1/8-6/18 Th 6-7p Rm C

### Pickleball

This racket sport is like badminton, tennis, and racquetball. It is a simple paddle game played using a special perforated slow-moving ball over a tennis-type net on a badminton sized court. Please scan-in each time you come to play. You may also use the pool and fitness center with this pass. Silver & Fit/Active & Fit/Renew Active/One Pass members welcome. Check the website or lobby whiteboard for any other schedule changes.

1/6-6/18 TuTh 1-4p MP  
1/10-6/20 Sa 9:30a-2p MP

\*No Class: 2/14, 5/9

10 visit pass/scan Adult: \$64 Senior: \$48 Drop in \$8/Senior \$6

### Facility Closures

12/24-25	Holiday
1/1	Holiday
1/19	Holiday
5/25	Holiday
6/19	Holiday

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Brian Breedlove | Brianb@rrpark.org

## FITNESS CLASS - REGISTERED

### Personal Fitness Training

Looking for one-on-one personal training? River Road Park and Recreation District offer highly effective personal training utilizing our fully equipped fitness center and MP exercise room. Our ACSM, NASM, or ACE certified personal trainers are committed to helping you achieve your health fitness goals. Each workout, including warm-up and cool down, takes approximately 50-60 minutes to complete and focuses on controlled strength, balance, and movements that increase flexibility, mobility, and agility. To set up your initial session, contact the District Office, 541-688-4052.

\$55/per session      \$150/3-Sessions      \$230/5- Sessions  
 \*Does not qualify as Silver & Fit/Renew Active/One Pass class or Senior/ID discounts.

### Fitness Center Orientation

This session will provide participants with a guided walk-through of our fitness center, including detailed demonstrations of cardio and strength training equipment. This orientation is designed to familiarize community members with the layout of the fitness center and provide hands-on instruction in the safe and effective use of equipment. The goal is to reduce apprehension for new users, improve confidence, and promote safe fitness practices. Instructor: Jeff Hardisty.

1/27	Tu	4-5p	Fitness Center	\$15
4/14	Tu	4-5p	Fitness Center	\$15

### Latin Gold Dance Fusion

Latin Gold Dance Fusion is for all fitness levels. Come join the fun of this low impact, high energy class. Latin music is fused with pop music. You will have so much fun; you won't realize that you are exercising! Instructor: Elaine West.

1/5-3/27	MWF	8:30-9:30a	MP
Adult: \$204 ID/\$255 OD		Senior: \$184 ID/\$229 OD	
3/30-6/17	MWF	8:30-9:30a	MP
Adult: \$204 ID/\$255 OD		Senior: \$184 ID/\$229 OD	

### Step It Up

This step-based class (can be done with or without the step) will improve your cardiovascular fitness, muscular endurance, and balance, by incorporating weights, bands and balls with moves that are fun and easy to follow. Work at your own pace. Wear supportive shoes. Please note this class will be held outside on the basketball courts for most of the session. In case of bad weather, it will move indoors to the MP Room. Instructor: Alaina McCullugh.

1/5-3/27	MWF	9:45-10:45a	MP/Ball Court
Adult: \$204 ID/\$255 OD		Senior: \$184 ID/\$229 OD	
3/30-6/17	MWF	9:45-10:45a	MP/Ball Court
Adult: \$204 ID/\$255 OD		Senior: \$184 ID/\$229 OD	

### Fit & Flex

This class has it all! It is designed to focus on increasing flexibility, joint stability, balance, strength, and cardiovascular endurance to keep you young and moving with confidence. Exercises are performed seated in a chair, standing and on the floor using a mat. Fun movement sequences and music enhance your workout while keeping your mind and body working together. Strength training using weights, bands, and exercise balls help improve overall strength, balance, joint mobility and stability. Beginners welcome! Instructor: Jennifer Halse.

1/6-3/26	TuTh	11a-12p	MP
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	
3/31-6/18	TuTh	11a-12p	MP
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

### Fit & Balance

This fun class is focused on finding confidence in performing activities of daily living, improving mobility and strength for independent living and quality of life. Exercise sequences are performed sitting in a chair and standing with a focus on improving mobility, strength, flexibility, bone density, and balance. We start class with a gentle warm up, then increase intensity with a seated and standing exercises to get your body and moving. Provided optional equipment such as weights, a small ball, and an exercise band enhance exercises sequences, helping to build strength and mobility for muscles and joints. Instructor: Jennifer Halse.

1/5-3/25	MW	12:30-1:30p	MP
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	
3/30-6/17	MW	12:30-1:30p	MP
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

### Body Sculpt & Stretch – Virtual availability

Put a smile on your face and stay confident, healthy, young, and agile while you sculpt, strengthen, and lengthen your body. This program includes functional movement, strength training, and mind-body exercise sequences designed to help balance any imbalances in your body. Exercises are performed standing, sitting in a chair, and on the floor using a mat. Provided exercise equipment such as weights and exercise bands enhance the workout, helping you build strength and mobility in your muscles, bones, and joints. Stretching is incorporated throughout class to keep your body feeling flexible, strong, and balanced. Instructor: Jennifer Halse.

1/9-3/27	F	12:30-1:30p	Rm C
Adult: \$68 ID/\$85 OD		Senior: \$61 ID/\$78 OD	
3/30-6/12	F	12:30-1:30p	Rm C
Adult: \$62 ID/\$77 OD		Senior: \$55 ID/\$69 OD	

### Fitness/Recreation Class Registration Dates

Winter Re-enrollment	12/15 & 12/16
New enrollment	12/17
Spring Re-enrollment	3/9 & 3/10
New enrollment	3/11
Registration will be in the main office between 8:30a-6p.	

# Adult Fitness

## BodyFit - Virtual availability

BodyFit is a dynamic, Pilates-inspired total body workout designed to strengthen your core and enhance overall flexibility. This low-impact class focuses on controlled movements, helping you build long, lean muscles while improving posture and balance. Perfect for all fitness levels, BodyFit leaves you feeling energized, aligned, and strong. Instructor: Jennifer Halse.

1/5-3/27 MWF 3:15-4:15p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

3/30-6/17 MWF 3:15-4:15p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

## TAI CHI / QIGONG / TAE KWON

### Chen Style Tai Chi

Learn and practice Chen Style: Old Fram Route #1. Silk reeling Qigong and Tai Chi pushing hands for partners. Warm up and cool down exercises including medical Qigong. All levels welcome. Instructor: Dennis Soper.

1/9-3/27 F 12:15-1:30p Rm C  
Adult: \$84 ID/\$101 OD Senior: \$76 ID/\$94 OD

4/3-6/12 F 12:15-1:30p Rm C  
Adult: \$77 ID/\$96 OD Senior: \$69 ID/\$86 OD

### 24-Form Yang Tai Chi

The 24-form Yang style is the most popular Tai Chi form in the world. It is an excellent beginner's form, easy to learn and a great introduction to basic Tai Chi principles. Along with warm-up, cool down, and medical Qigong, practicing this form can improve balance, flexibility, cardiopulmonary health, and mental and emotional well-being. Instructor: Dennis Soper.

1/9-3/26 TuTh 6-7p Rm D  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

3/31-6/18 TuTh 6-7p Rm D  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### East Meets West: Tai Chi for Balance - Virtual availability

Combines movement, balance, strength, and awareness! Class blends alignment and breath work with variations on core and upper body exercises. This exercise program combines movement activities from evidence-based exercises or therapies aimed at promoting mental and physical health. Instructor: Denise Thomas.

1/5-3/27 MWF 2-3p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

3/30-6/17 MWF 2-3p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

### Qigong and Internal Energy Work

This class will include movement sets and standing postures to help promote vitality and healing in your body. You will work on body alignments that allow chi to flow freely through meridians or energy channels. We will also practice internal work or Neigong, which focuses on more subtle internal movements and includes learning about and experiencing our own energy fields. This class meets twice a week and will allow more in-depth teaching and practice including Taoist methods of dissolving blockages inside and outside your body. Instructor: Sarah McMullen.

1/20-3/26 (10 wks) TuTh 1:30-2:30p Annex  
Adult: \$114 ID/\$142 OD Senior: \$100 ID/\$128 OD

3/31-6/18 TuTh 1:30-2:30p Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### Qigong for Self-Healing

This class combines gentle movement, controlled breathing, and meditation to promote balance, healing, and vitality. In this course, students will learn how to tap into their body's natural energy (Chi) to enhance their physical, emotional, and mental well-being. The focus will be on self-healing techniques to alleviate stress, improve circulation, boost immune function, and restore harmony within the body.

Through guided exercises, students will practice foundational Qigong forms that are specifically designed to cultivate energy flow, release blockages, and activate the body's natural healing abilities. The class will also incorporate mindfulness and breathwork to deepen the connection to oneself and enhance overall health. Instructor: Sarah McMullen.

1/22-3/26 (10 wks) Th 11a-12p Rm C  
Adult: \$57 ID/\$71 OD Senior: \$51 ID/\$64 OD

4/2-6/18 Th 11a-12p Rm C  
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD

### Tae Kwon Do

AGES 7+. Tae Kwon Do is a traditional Korean martial art performed with empty hands, bare feet, and a strong spirit. Students, in the beginning class, will learn kicking and hand techniques for self-defense, while developing their physical fitness and self-confidence. The intermediate class offers advanced training in sparring skills, forms, and self-defense techniques for students wishing to advance in the belt ranking system. This is an excellent sport the whole family can enjoy. Instructor: John B. Camp.

Ongoing W/F 6-7:30p Youth/Adult Annex  
\$60/month

\*Does not qualify as Silver & Fit/Renew Active class.

## Facility Closures

12/24-25	Holiday
1/1	Holiday
1/19	Holiday
5/25	Holiday
6/19	Holiday

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## YOGA / PILATES / MEDITATION

### Advanced Beginner Yoga – Virtual availability

A Hatha Yoga class for those with some yoga experience. Focus on safely building your skills and body awareness through sequences designed to help support healthy aging, challenge your body, and mind, and have fun doing it! Modifications offered for all bodies. Instructor: Bex Oransky.

1/6-3/26 TuTh 9:15-10:30a Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

3/31-6/18 TuTh 9:15-10:30a Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

### Vinyasa Yoga

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Instructor: Bailey Thompson.

1/9-3/27 F 10-11:15a Annex  
Adult: \$74 ID/\$93 OD Senior: \$67 ID/\$84 OD

4/3-6/12 F 10-11:15a Annex  
Adult: \$77 ID/\$96 OD Senior: \$69 ID/\$86 OD

1/5-3/25 MW 4:30-5:30p Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

3/30-6/17 MW 4:30-5:30p Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

1/5-3/23 M 6-7p Annex/Rm C  
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD

3/30-6/15 M 6-7p Annex/Rm C  
Adult: \$62 ID/\$77 OD Senior: \$55 ID/\$69 OD

### Yoga for Optimal Health - Virtual availability

Did you know that your body has its own intelligence? In this class you'll learn how to harness the experience of being in your body while building strength, flexibility and body awareness through yoga, somatic movement, and breath practices. Learn techniques to safely foster healthy movement and release tension. Unleash your curiosity and develop a relationship with your body that supports healthy aging, at any age. All fitness levels are welcome, though you must be able to get up and down from the floor easily. Instructor: Bex Oransky.

1/5-3/27 MW 9:15-10:30a Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

3/30-6/17 MW 9:15-10:30a Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD



### Gentle Yoga for Seniors – Virtual only - (Silver & Fit does not qualify.)

A gentle form of Hatha Yoga that combines easy stretches with conscious breathing and focus within. Leave every class with a smile. Class is structured for all levels of ability. Instructor: Joan Dobbie.

1/5-3/27 MWF 8:30-9:45a Virtual Only  
Adult: \$217 ID/\$271 OD Senior: \$208 ID/\$245 OD

3/30-6/17 MWF 8:30-9:45a Virtual Only  
Adult: \$217 ID/\$271 OD Senior: \$208 ID/\$245 OD

### Yoga for Core Strength - Virtual availability

Begin with a short yoga flow sequence, which warms and tones the whole body. A series of standing and floor poses are designed to increase hip flexibility and strengthen the lower back and abdominal muscles. Pelvic floor strengtheners and strengthening the arms, shoulders and chest are emphasized. Instructor: Bex Oransky.

1/6-3/26 TuTh 5:30-6:45p Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

3/31-6/18 TuTh 5:30-6:45p Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

### Chair Yoga Fusion- Virtual availability

Chair Yoga Fusion is a great option for those who find it difficult to get up and down from the floor. This gentle yet challenging whole-body exercise program includes both seated and standing exercises with modifications appropriate for individual fitness levels. Yoga postures (asanas) and breathing techniques are incorporated to help calm the mind, reduce pain, strengthen and tone the body as well as improve posture, mobility, flexibility, and balance. Optional exercise equipment such as weights and exercise balls will be used to enhance the exercises and make it fun! Instructor: Jennifer Halse.

1/5-3/27 MWF 11a-12p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

3/30-6/17 MWF 11a-12p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

# Adult Programs

## Pilates for Mature Adults - Virtual availability

Would you like to improve core strength, posture, balance, flexibility, spinal and joint mobility? Pilates is a low-impact, whole-body exercise program that targets the connections of your core, spine, and pelvic floor to improve your posture and sculpt lean muscles without taxing the joints. This mind-body program is performed both standing and on a mat. Learn to connect your breath with a series of controlled movements that flow into one another with precision. Light weights and soft balls are used to aid in body awareness, sculpt and tone the body. Stretching is incorporated throughout class. Leave class feeling tall, strong, relaxed, balanced, and energized. Appropriate for most fitness levels. Participants must be able to get up & down from the floor. Instructor: Jennifer Halse.

1/5-3/25 MW 9:15-10:30a Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

3/30-6/17 MW 9:15-10:30a Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

1/9-3/27 F 9:15-10:30a Rm C  
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD

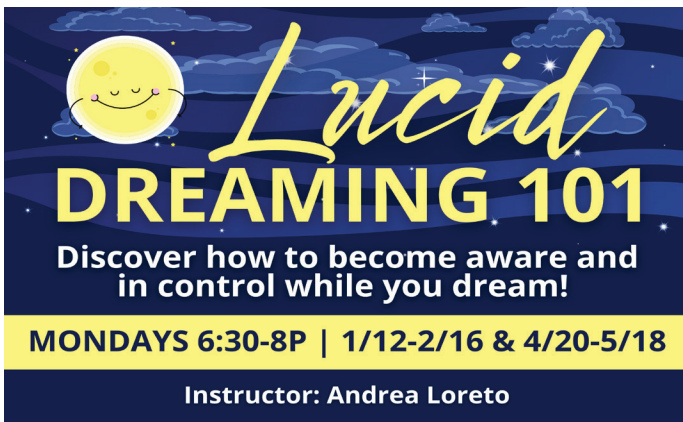
4/3-6/12 F 9:15-10:30a Rm C  
Adult: \$77 ID/\$96 OD Senior: \$69 ID/\$86 OD

## Pilates-Yoga Fusion – Virtual availability

This Mind-Body class infuses elements of both Pilates and Yoga to give you a balanced whole-body workout. Your body will feel balanced, connecting movements of your core, pelvic floor, and spine to build strength and mobility. Improve your posture, balance, joint stability, stamina, and spinal mobility while toning, stretching, and elongating your body. End class with gentle stretching and meditation. Leave class feeling energized, centered, and focused for the rest of your day. Appropriate for most fitness levels. Exercises are performed standing and, on the floor, using a mat, so please bring an exercise mat to class. Instructor: Jennifer Halse.

1/6-3/26 TuTh 9:30-10:30a MP  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

3/31-6/18 TuTh 9:30-10:30a MP  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD



## Pilates PLUS – Virtual availability (New!)

Are you ready to improve your strength, flexibility, endurance, and balance from head to toe? Pilates is a gentle, yet dynamic whole-body exercise program that targets the connections of the core, spine, and pelvic floor to improve your posture and sculpt lean muscles without taxing the joints. This is a progressive beginner-friendly class with exercises performed standing and on the floor using a mat. You will learn how to connect breath with movement to maximize the benefits PLUS improve cardiovascular strength and endurance. In addition, you will learn how to use optional equipment such as gliding discs, weights, bands, and a ball to enhance the workouts, give your body valuable feedback, and improve your confidence in performing the exercises optimally. Bring a mat and your smile to class. Instructor: Jennifer Halse.

1/6-3/26 TuTh 12:30-1:30p Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

3/31-6/18 TuTh 12:30-1:30p Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

## Lucid Dreaming 101 (New!)

Lucid dreaming – the remarkable phenomenon of becoming consciously aware that you are dreaming while still within a dream – offers unparalleled opportunities for exploration and self-discovery. While some individuals experience lucid dreams spontaneously, most people can learn this skill through proven techniques. In this introductory course, you'll master fundamental methods to recognize when you're dreaming, gain control of your dream environment, and tap into the incredible capabilities of your dreaming mind. Imagine soaring through skies, breathing underwater, or guiding and exploring your dream environments with intention, turning your dreams into a space of limitless creativity and discovery. Beyond mere adventure, lucid dreaming serves as a powerful tool for psychological insight, creative problem-solving, and profound spiritual growth. The only limit is your willingness to explore the infinite possibilities of your consciousness. Instructor: Andrea Loreto. No class 1/19.

1/12-2/16 (5 wks) M 6-7p Rm C  
Adult: \$72 ID/\$90 OD Senior: \$65 ID/\$81 OD

## Anytime Anywhere Meditation

This course offers a practical introduction to meditation techniques designed to help participants cultivate mindfulness and resilience in their daily lives. This program provides accessible meditation practices that can be integrated into any lifestyle, regardless of prior experience or cultural background. Over five sessions, participants will learn how to navigate stress and anxiety through simple yet effective techniques that promote awareness, compassion, and inner peace. Instructor: Andrea Loreto.

4/20-5/18 (5 wks) M 6-7:30p Rm C  
Adult: \$72 ID/\$90 OD Senior: \$65 ID/\$81 OD

## Facility Closures

12/24-25	Holiday
1/1	Holiday
1/19	Holiday
5/25	Holiday
6/19	Holiday

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## FINE ARTS

### Chinese Inkbrush Painting – Beginner (Spring Only)

Learn the basics of Chinese inkbrush painting and about the types of brushes, paper, and ink to use. Classes will focus on the “Four Gentlemen” – bamboo, orchid, chrysanthemum, and plum flower – as well as Chinese landscapes. Students work at their own pace. Bring your own equipment or buy inexpensive items from the instructor (\$65 for complete supplies: sumi ink, brush, shuen paper and mat). Instructor: Teresa Logan Hsu.

4/1-6/17	W	3:15-5:15p	Rm E
Adult:		\$136 ID/\$170 OD	Senior: \$122 ID/\$153 OD

### Chinese Inkbrush Painting – Intermediate (Spring Only)

Prior experience with Chinese inkbrush painting is required. Each student will gradually create a complex painting. Students should bring their own materials. Instructor: Teresa Logan Hsu.

4/1-6/17	W	12-3p	Rm E
Adult:		\$204 ID/\$255 OD	Senior: \$184 ID/\$229 OD

### Single Subject Painting (New!)

In the spirit of discovery, this class will explore a new subject each week. This approach will allow painters to find areas that excite and develop self-expression that shines! Learning what you enjoy painting is the first step in finding your unique style. Our subjects will include landscapes, still life, portraits, and animals, as well as some that will be chosen by the class. You are invited to come and learn ways to use color, design and harmony, in an atmosphere of encouragement and comradery. Emphasis will be on watercolor, but acrylic painters are also welcome. Open to all ages, 14 and above. Supply list is available at registration. Instructor: Jill Lauch.

1/6-2/24 (8 wks)	Tu	6:30-8:30p	Rm E
Adult:		\$90 ID/\$112 OD	Senior: \$81 ID/\$101 OD

\*Look for Spring flyer with new art classes with Jill.

### Creating Drawings with Color (New!)

This is a class for anyone who loves drawing and would like to experiment with adding color to their drawings. We will explore a variety of subjects using pen, pencil, charcoal, colored pencil, and watercolors. Along the way we will re-visit art principles that will enhance your artwork, such as value, shading, design, and composition. The only requirement for this class is to bring your curiosity and a desire to explore art making in an encouraging and supportive environment. Open to all ages, 14 and above. Supply list is available upon registration. Instructor: Jill Lauch.

1/8-2/26 (8 wks)	Th	1-3p	Rm E
Adult:		\$90 ID/\$112 OD	Senior: \$81 ID/\$101 OD

\*Look for Spring flyer with new art classes with Jill.



### Art with Clair (New!)

Get in touch with parts of yourself that you may not have thought about for a while. Through painting, drawing, collage and working with clay explore what it is like to do these activities in a group setting. It is a good way to share and be heard and to see how much we are alike in a supportive environment. Art is insightful and a lot of fun! Instructor: Clair Coiner.

1/5-3/25	MW	7-9p	Rm E
Adult:		\$136 ID/\$170 OD	Senior: \$122 ID/\$153 OD

3/30-6/17	MW	7-9p	Rm E
Adult:		\$136 ID/\$170 OD	Senior: \$122 ID/\$153 OD

## APPLIED ARTS

### Mosaics

In mosaics, design pictures on everything from flowerpots to designer steppingstones. Choosing a base, selecting the kind of pieces you want to use, type of adhesive, breaking or cutting, arranging your pieces then grouting and sealing. In this class we will be working on some “Garden Art” projects. Some supplies are covered in class fee. This is a student-led activity.

SPACE IS LIMITED.

1/6-3/24	Tu	12-2:30p	Kitchen
Adult:		\$56 ID/\$70 OD	Senior: \$51 ID/\$63 OD

3/31-6/16	Tu	12-2:30p	Kitchen
Adult:		\$56 ID/\$70 OD	Senior: \$51 ID/\$63 OD

1/8-3/26	Th	12-2:30p	Kitchen
Adult:		\$56 ID/\$70 OD	Senior: \$51 ID/\$63 OD

4/2-6/18	Th	12-2:30p	Kitchen
Adult:		\$56 ID/\$70 OD	Senior: \$51 ID/\$63 OD

### Knitting and Crocheting Group

Knitting and Crocheting Group is a social group that meets weekly. There is no instruction in this group, therefore knitting and/or crocheting experience is required.

1/5-3/23	M	12:30-2:30p	Rm C	\$5
3/30-6/15	M	12:30-2:30p	Rm C	\$5

# Adult Programs

## DANCE

### Argentine Tango

Tango Level 1- (Intro to Tango) Emphasis on posture and connection to make your transitions smooth. Learn the fundamental patterns needed to step into more elaborate movements.

Tango Level II (Close Embrace Series) is for students who know the fundamentals and wish to keep improving. New combinations of steps will be introduced. These classes focus on Tango as the social dance seen in Buenos Aires, Argentina. Try it and transform your life.

Held at River Road Annex, 1055 River Road. Instructor: Marisela Rizik. To register, email Marisela at Mrizik@aol.com or visit [www.mariselarizik.com](http://www.mariselarizik.com).

1/4-6/21	Su	3-4p	Beginning - Fundamentals
	Su	4-5p	Level II
	Su	5-7p	Tango social fun time

\$55 a month  
 \$10 additional each Sunday for social time  
 \$15 per class drop-in

## LANGUAGE

### Beginning German (New!)

This class offers a friendly and engaging introduction to the German language and culture. Designed for absolute beginners, the course will focus on essential vocabulary, practical phrases, and basic conversational skills — ideal for travelers, heritage learners, or anyone interested in connecting with German speakers. Cultural context and customs will be integrated throughout to enhance language learning. No prior knowledge of German is required. Course materials and books will be discussed during the first-class session. Instructor: Claudia Vincent.

1/5-3/23	M	4:30-6:30p	Rm E
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	
3/30-6/15	M	4:30-6:30p	Rm E
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

### Italian 1

Italian 1 is for those with no previous knowledge of the language. Students acquire basic speaking, reading, and writing skills while learning about Italian culture. Instructor: Sied Imani.

1/7-3/25	W	6:30-8:30p	Rm C/Annex
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

4/1-6/17	W	6:30-8:30p	Rm C/Annex
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

*Italian Travel Class-  
See page 36.*



### Italian 2

Emphasis on vocabulary and grammar. Guided dialog will help improve pronunciation and increase comprehension. Italian 1 or instructor approval required. Instructor: Sied Imani.

1/5-3/23	M	3-5p	Rm C
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

3/30-6/15	M	3-5p	Rm C
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

### Spanish 1

In Spanish 1, students will dive into learning Spanish vocabulary as spoken in Latin American countries and will learn how to use their newfound words in reading and writing. They will also learn about Spanish culture and history. Instructor: Sied Imani.

1/9-3/27	F	2:30-5p	Annex
Adult: \$152 ID/\$186 OD		Senior: \$138 ID/\$169 OD	

4/3-6/12	F	2:30-5p	Annex
Adult: \$131 ID/\$168 OD		Senior: \$121 ID/\$151 OD	

### Spanish 2

Spanish 2 continues engaging students in a functional approach to learning the Spanish language. Students will develop the practical tools needed to increase their fluency in the Spanish language. Spanish 1 or instructor approval required. Instructor: Sied Imani.

1/9-3/27	F	12-2:30p	Annex
Adult: \$152 ID/\$186 OD		Senior: \$138 ID/\$169 OD	

4/3-6/12	F	12-2:30p	Annex
Adult: \$131 ID/\$168 OD		Senior: \$121 ID/\$151 OD	

### Spanish Club

Practice listening, speaking, and reading using audio visual materials in an informal setting. Basic knowledge of Spanish is needed. Club Coordinator: Bonnie Rutledge.

1/8-3/26	Th	10a-12p	Rm E	\$5
4/2-6/18	Th	10a-12p	Rm E	\$5

## Facility Closures

12/24-25	Holiday
1/1	Holiday
1/19	Holiday
5/25	Holiday
6/19	Holiday

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## WINTER URBAN HOMESTEADING

1/7-3/25 W 7-9p Kitchen  
\$24/ID \$30/OD per session Instructor: Kevin Prier

*Fermentation Series: Adding a variety of fermented foods to your diet is a tasty way to improve your diet and your health. You can learn how to make a batch of sauerkraut in less than an hour, produce a loaf of delicious sourdough bread, and save money by making your own cream cheese, hard cheese, or ricotta.*

### 1/7 - Cheese Making

We will make a fresh hard cheese and ricotta and learn about different hard and soft cheese cultures and processes. We will go through the entire process from cultured milk to formed cheese ready for the press. We will also go over how to make yogurt and kefir.

### 1/14 - Bread Making/Sourdough

Learn how to catch, care for, and use a wild sourdough culture. We will also go over regular bread baking techniques for those who want to start simple. Over the course of this class, we will make a batch of sourdough bread while we learn about proofing, the complex biology of a vital sourdough culture, and tips and tricks to get that great artisanal style bread in your own kitchen. Take home your own small round loaf and a sourdough culture.

### 1/21 – Fermenting: Sauerkraut, Kombucha

Learn sauerkraut basics as we turn a head (or several) of cabbage and some salt into sauerkraut and take home a pint to ferment and enjoy. You will also learn how to make kimchi, kombucha, vinegar, and gurken pickles. There will be kombucha SCOBY to take home for anyone who wants it. Please bring a clean wide-mouth pint jar with new lid or \$1 to purchase from instructor.

### 1/28 – Beyond Sauerkraut

Ready to explore the world of fermentation? Learn how to make your own fermented pickles, salsa, hot sauce, a variety of fermented non-alcoholic beverages, and even corned beef. Take home a pint of giardiniera and some habanero hot sauce to finish fermenting at home. Bring a clean wide-mouth pint jar with lid or \$1 to purchase from instructor.

*Garden Series: Time to start planning for spring! Get your garden beds ready for early planting, increase your yard's production with a beehive and a few chickens, add to fruit trees by grafting on new varieties, and put in some culinary and basic medicinal herbs.*

### 2/1 - (Sunday, 2-4pm, at instructor's house.) - Pruning and Grafting

Learn how to prune fruit trees and grapes for form and productivity – thinning, recognizing fruiting spurs, and directing growth patterns. Learn how to graft new varieties onto existing trees or rootstock in time to take advantage of the free fruit grafting material from Eugene's annual Propagation Fair in March. Outdoors, so dress appropriately.

# BEGINNING GERMAN



**MONDAYS  
4:30-6:30P**

**IDEAL FOR  
TRAVELERS!**

This course offers a friendly and engaging introduction to the German language and culture. Designed for absolute beginners, the course will focus on essential vocabulary, practical phrases, and basic conversational skills.

**WINTER SESSION  
1/5-3/23**

**ADULT: \$136 ID/\$170 OD  
SENIOR: \$122 ID/\$153 OD**



**SPRING SESSION  
3/30-6/15**

**ADULT: \$136 ID/\$170 OD  
SENIOR: \$122 ID/\$153 OD**



For more class details and registration information, visit [rrpark.org](http://rrpark.org)



# Adult Programs

## 2/11 - Garden Prep for Spring

Get your garden ready for an early planting of peas and start your tomato seeds inside so they are ready when the weather warms up. Gardening basics and more advanced techniques will include starts vs. direct sowing, co-planting, beneficial insects and how to attract them, composting, soil amendments, and maximizing limited space. Free seeds included with class.

## 2/18 - Backyard Poultry

Nothing beats a fresh backyard egg. Learn how to raise egg-laying chickens and ducks – breeds, feed, housing, and safeguards against predators and disease. Get a small coop or chicken tractor ready for spring hatching season.

## 2/25 - Introduction to Beekeeping

A productive beehive can produce up to five gallons of honey a year. Learn beekeeping basics – equipment, supplies, sources, and techniques – before you commit to your own hives. Learn about current issues with beekeeping, local laws, common diseases and pests and their treatment options. Local package bees arrive in early April.

*Picnic Series: It will be time to get outdoors soon. Get ready by learning how to make your own signature sausages and condiments, then make some effective insect repellent and balms to soothe those inevitable cuts and scrapes.*

## 3/4 - Homemade Condiments

Make your next picnic amazing with your own home-made condiments. Learn how to make mayonnaise, mustard, ketchup, and relish, and how to tailor each recipe to make your own signature versions. Bring three small containers to take home a share of what we make in class.

## 3/11 - Sausage Making

If you love sausages but hate what goes into the ones from the grocery store, you can learn how to make your own from whole ingredients. Develop your own spice mix so your sausage is as mild or spicy as you like.

## 3/18 - Fermenting: Sauerkraut, kombucha

Learn sauerkraut basics as we turn a head (or several) of cabbage and some salt into sauerkraut and take home a pint to ferment and enjoy. You will also learn how to make kimchi, kombucha, vinegar, and gurkan pickles. There will be kombucha SCOBY to take home for anyone who wants it. Please bring a clean wide-mouth pint jar with new lid or \$1 to purchase from instructor.

## 3/25 - Outdoor Herbs and Essential Oils

Learn how to make effective natural insect repellent creams and sprays, healing salves, and learn about the SPF potential of various herbal combinations. Take home a share of what we make in class.

## SPRING URBAN HOMESTEADING

4/1-6/17 W 7-9p Kitchen  
\$24/ID \$30/OD per session Instructor: Kevin Prier

*Self-Care/Gift Series: Take care of yourself with luxurious home-made soaps, herbal skin creams, and a bite or two of candied ginger. They also make great gifts!*

## 4/1 - Balms and Salves

Learn to make a variety of skin creams, lip balms, herbal salves and tinctures for gifts or a treat for yourself. Take home some lip balm and herbal skin cream.

## 4/8 - Soap Making

Learn the basics of making bar soap from scratch. We will discuss the chemistry of saponification, properties of different base oils and local sources, and fragrance oils and other additives while we make a batch of soap. You will also learn how to make liquid soap and two forms of laundry soap. Take home a share of the soap we produce.

## 4/15 - Ginger Treats

Ginger can be used for a number of sweet or savory treats. Come cook up a batch of candied ginger, ginger syrup, ginger sugar, and pickled ginger for sushi. These all make great gifts, and you can take home a share of what we make.

## 4/22 - Aromatherapy and Essential Oils

Essential oils can have strong medicinal qualities. Learn how to use them effectively and safely in spray mists, skin creams, massage oil, and even mosquito repellent lotions or sprays. This class is based on peer-reviewed scientific evidence.

*Garden Series: Time to get the garden into high gear for the season. Optimize your gardening techniques, learn how to identify the beneficial insects in your garden for an organic, natural pest control, and plant some perennial vegetables that will keep producing for years.*

## 4/29 - Organic Gardening

Learn organic gardening techniques for container gardening to full-sized family gardening. Gardening basics and more advanced techniques will include starts vs. direct sowing, co-planting, beneficial insects and how to attract them, composting, soil amendments, maximizing limited space, saving seed, and winter gardening.

## 5/6 - Herb Gardens

Almost everyone has room for a small herb garden. Learn which herbs grow well in pots, how to keep your herbs happy and productive, and how to store them dried or frozen. We will also discuss many non-culinary uses for herbs.

## Facility Closures

12/24-25	Holiday
1/1	Holiday
1/19	Holiday
5/25	Holiday
6/19	Holiday

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Brian Breedlove | Brianb@rrpark.org

## GENERAL INTEREST

### 5/13 - Beneficial Insects in the Garden

There is a whole host of insects out there to help your garden grow and produce. Learn about predatory flies, beetles, assassin bugs, and many other predators and pollinators and how to attract them and get them working for you. You'll be surprised at how many there really are.

### 5/17 - (Sunday 2-4p, outside at instructor's property) - Edible Landscaping and Foraging

Don't just pull those weeds – eat them! Find out what native “weeds” are edible and how to prepare them. You'll be surprised at how much food you've been pulling up and throwing in the yard waste. Learn about common wild foraging plants – berries, flowers, greens, roots, and common mushrooms – and their habitats

### 5/20 - Preserving Fruits and Vegetables: Canning, freezing, drying

There is a lot of information out there that makes home preserving sound complicated and potentially dangerous. With a few simple precautions, it is neither of those. Learn the basics and benefits of home preserving and start eating cheaper, fresher, healthier, and more locally. We will discuss in detail proper canning techniques, including what you can and can't process in a steam canner, blanching and freezing techniques, and drying herbs, fruits, and vegetables. We will also talk about which methods are best for a variety of foods and why.

### 5/27 - Eating Well on a Tight Budget

Eating with the seasons can be a challenge, but is healthy and satisfying, and can also save you a lot of money. Learn local sources of in-season produce, how to track and plan seasonally, and how to incorporate your own preserved foods.

### 6/3 - Making Jam

Put summer in a jar by making your own fruit jam. Home-made can be much lower sugar than commercial, and the potential varieties are endless. We'll make and can a batch in class from fresh local fruit and you can take a jar home for yourself.

### 6/10 - Homemade Condiments

Make your next picnic amazing with your own home-made condiments. Learn how to make mayonnaise, mustard, ketchup, and relish, and how to tailor each recipe to make your own signature versions. Bring three small containers to take home a share of what we make in class.

### 6/17 - Balms and Salves

Learn to make a variety of skin creams, lip balms, herbal salves and tinctures for gifts or a treat for yourself. Take home some lip balm and herbal skin cream.

### Navigating The New Internet with Emerald Broadband (NEW!)

Feel like the internet today is completely different than the one you first used in the 90s? You're not wrong, and you're not alone! Join Emerald Broadband every Wednesday in January for 1hr workshops covering how to navigate the “new” internet, which apps to use, how to spot scams, and learn to fix the problem yourself! No pre-registration required.

1/7 - 1/28 W 12:30-1:30p Annex Free

### 1/7 - Connecting

Learn how to get online and stay connected using your phone. We'll cover Wi-Fi, Bluetooth, QR codes, and more. Bring your phone with you to practice in real-time.

### 1/14 - Apps

Discover today's most useful apps, from maps and streaming to secure payment tools.

### 1/21 - Security

Protect yourself online with practical tips for password safety, two-factor authentication, spotting scams, and using VPNs.

### 1/28 - Troubleshooting

Learn how to solve common tech issues with confidence.

### Oregon Concealed Carry Class with Certified Instructor Howard Scheff

Join experienced and certified instructor Howard Scheff for a 4-hour comprehensive Oregon Concealed Carry class designed to educate and empower. Safety is our top priority with NO LIVE AMMUNITION PRESENT, and Howard's expert instruction ensures you leave informed, confident, and prepared. Whether you're new to firearms or seeking your concealed handgun license, this class covers everything you need — no prior experience or gun ownership required.

You'll learn:

- Oregon concealed carry laws and legal responsibilities
- Firearm safety fundamentals (no live ammunition used)
- Situational awareness and decision-making skills

This course is open to individuals 21 and older. Secure your spot today and take the first step toward responsible concealed carry. No firearms allowed!

1/31 Sa 12-4p \$40 ID/\$48 OD Annex  
4/4 Sa 12-4p \$40 ID/\$48 OD Annex

# Adult Travel

## TRIP PRESENTATIONS

Want to find out more about a trip? Come and see what's in store.

1/8	Th	1-2p	Spirit of the American Southwest
1/8	Th	2:15-3:15p	Christmas Markets of Montreal and Quebec City
3/12	Th	1-2p	Christmas Markets of Montreal and Quebec City
3/12	Th	2:15-3:15p	Exploring Greece and its Islands

## EXTENDED TRAVEL

Kingdoms of Southeast Asia Jan. 30-Feb.18, 2026

Call Kat to see if there is space. Alright, brace yourself, Vietnam, Cambodia, Laos and Thailand. <http://gateway.gocollette.com/link/1276346>

The activity rating for this trip is level 3.

Single: \$8079 Double: \$7014

#1 Italy: Amalfi Coast to Puglia May 13-26, 2026

#2 Italy: Amalfi Coast to Puglia June 7-20, 2026

Included in your price are round-trip airfare from Eugene, taxes, fees, and surcharges, lodging, transportation, 12 exciting days, 19 meals, and 2 choice on tour options. The cost of insurance is \$549 per person. This is a smaller group (12-24 people) tour which will make this trip that much more memorable. Final payment is due February 12, 2026. <http://gateway.gocollette.com/link/1347572>

The activity rating for this trip is level 3.

#1 Single: \$7549 Double: \$6749

#2 Single: \$8399 Double: \$7299

Discover the Spirit of the American Southwest  
September 14-23, 2026

Embark on a vibrant 10-day adventure through the Southwest, starting in the artsy charm of Santa Fe before exploring ancient cliff dwellings at Bandelier National Monument and the breathtaking mesa-top Acoma Pueblo. Travel with a small group of curious, fun-loving travelers as you journey through sacred lands, including the dramatic Canyon de Chelly and the iconic red spires of Monument Valley. Continue to mystical Sedona for red rock hikes and vortex energy, then unwind in stylish Scottsdale with a celebratory farewell dinner. Along the way, share stories, laughter, and unforgettable moments under the stars, forging friendships that last far beyond the road. Deposit of \$698 due now. Insurance is \$429. Final payment is due June 16, 2026.

<http://gateway.gocollette.com/link/1347504>

The activity rating for this trip is level 3.

Single: \$6149 Double: \$4949 Triple: \$4849  
Price increases \$200 after March 7, 2026.

## DOC PARTIES

This party is for those of you going on the trip. We're leaving soon so we will go over trip details and meet one another.

1/8	Th	3:30-4:30p	SE Asia
4/9	Th	3-4p	Italy #1
5/7	Th	3-4p	Italy #2

*Italian Travel Class-  
See page 36.*

Discover Christmas Markets of Montreal and Quebec City  
December 14-20, 2026

Discover the magic of the holidays on a festive journey through Montreal and Quebec City, exploring charming Christmas markets, twinkling lights, and French-Canadian cheer. Wander through Montreal's lively holiday villages before heading to Quebec City's enchanting German Christmas Market, where old-world charm meets cozy alpine vibes. Visit the stunning Montmorency Falls dressed in winter's sparkle, indulge in a traditional maple sugar shack experience, and roll up your sleeves in a bûche de Noël (Yule log) workshop. Only two hotels! Deposit of \$698 due now. Insurance is \$549. Final payment is due September 15, 2026.

<http://gateway.gocollette.com/link/1336276>.

The activity rating for this trip is level 1.

Single: \$4049 Double: \$3349 Triple: \$3319

Price increases \$150 after June 7, 2026.

Exploring Greece & Its Islands featuring Classical Greece,  
Mykonos & Santorini Spring 2027 (TBA)

Explore the best of Greece on a journey through Classical sites and the islands of Mykonos and Santorini. Visit the Acropolis and Parthenon, take part in a Greek cooking class and dance lesson, and discover the prehistoric city of Ancient Akrotiri—all while enjoying stunning Aegean scenery and vibrant island culture. Deposit of \$698 due when you see the brochures arrive in the lobby or at the presentation on 3/12. More info coming...

The activity rating for this trip is level 3.

*Upcoming trips...*

*Greece & Its Islands,*

*Iceland,*

*Christmas on the Danube, and more...*



# Adult Day Trips

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Katrina Setzer | Katrinaset@rrpark.org

## Day Trip Registration

### Winter Registration (January - March)

ID 1/6 Tu 10a Walk in 1p Phone in  
 OD 1/7 W 10a Walk in 1p Phone in

### Spring Registration (April - June)

ID 3/12 Th 10a Walk in 1p Phone in  
 OD 3/13 F 10a Walk in 1p Phone in



### CANCELLATION POLICY

Any trip refund or trip credit conversion to a refund will be assessed a \$5 processing fee.

7 days or more = full refund

7 days - 72 hours = 50% refund

72 hours up to the day of = zero refund.

If we have incurred costs for booking trips (tickets, meals, hotel, transportation, etc.) then that amount will be deducted.

Under AGE 55? Each trip is different. Call Kat to get more information.

### TRIP NOTES

- Arrive 10-15 minutes early.
- We will leave on time. You may get left behind if you are late, so please allow yourself enough time.
- End times are estimated.
- Please park vehicles in the back of the parking lot, near Lake Drive.
- Tipping the trip leader and bus driver is at your own discretion.
- Make sure you have emergency info/contacts in your wallet.
- Some are allergic to perfume so we ask that you keep your fragrance to a minimum.
- Registration for trips with this symbol ➡ began last term, so you can sign up at any time. The trip may be full. If it is, please ask to be placed on the waiting list.

Special Events				
Thai Exchange Student	1/18	Su	2-4p	\$10
Barbershop & Bites	3/29	Su	2-4p	\$20
King's Luau	4/17	F	6:30-8:30p	\$25

December				
➡ Brunch & Actors Cabaret of Eugene	12/14	Su	12-4:30p	\$89
➡ Painted Lady	12/18	Th	9:30a-4	\$82
➡ Holiday Concert	12/19	Tu	8:45a-5p	\$65
January				
Grub Club: Thai Edition	1/16	F	12-2p	\$35
Planetarium	1/21	W	10a-2:30p	\$49
Franz Bakery Tour	1/27	Tu	8:45a-5p	\$65
February				
Dinner & Theater - In Clay	2/7	Sa	11:15a-8p	\$110
Crab Crackin'	2/14	Sa	9a-6p	\$85
Dinner & Theater- A Piece...	2/20	F	4:15-11p	\$89
Pittcock Mansion	2/26	Th	8-5p	\$89
March				
Oregon Maple Project	3/5	Th	7:30a-4:30p	\$85
IKEA	3/18	W	9a-5p	\$35
Powell's Tour & Lunch	3/26	Th	8a-5p	\$89
April				
Adobe Brunch	4/5	Su	9:15a-4p	\$79
Dinner & Theater- Dear Evan	4/11	Sa	11:15a-8p	\$110
Dinner & Theater- Cabaret	4/24	F	4:15-11p	\$89
Grub Club- Abilities Diner	4/29	W	11:30a-1:30p	\$35
May				
Bouquet with Goats	5/7	Th	12-4p	\$79
Nursery Tour & Lunch	5/12	Tu	10a-4p	\$45
Branch Farm	5/20	W	10a-3p	\$55
June				
Strawberry Festival	6/6	Sa	11:30a-5p	\$45
Thyme Garden	6/9	Tu	9:45a-4:30p	\$85
Dinner & Theater- Mattress	6/13	Sa	11:15a-8p	\$110
Dinner & Theater- Sunday...	6/19	F	4:15-11p	\$89
Frog Pond Farm	6/30	Tu	9a-4p	\$67

# Adult Day Trips

## ⇒ Brunch & Broadway at the Actors Cabaret of Eugene

Looking for a perfect blend of great food and live entertainment? Spend a delightful day in Eugene, starting with a delicious brunch and ending with a show-stopping performance of the classic musical *Gypsy* at the beloved Actors Cabaret of Eugene. Your cost includes: transportation, brunch, and theater.

12/14 Su 12-4:30p \$89

## ⇒ Painted Lady High Tea

What could be better than having a Queen's High Tea in a 115 year old Colonial Revival home located in Myrtle Creek? Going during the holidays! Seasonal fruit, Quiche Lorraine, chocolate dipped strawberries, apricot/cranberry scones, assorted finger sandwiches, dessert and tea, tea, tea. Every time we do this trip, it's spectacular! The home is decorated for the holidays and it's always a fun, holiday atmosphere. Your cost includes: transportation, and lunch.

12/18 Th 9:30a-5p \$82

## Grub Club: Thai Edition

Spice up your day with a fun lunch outing as Grub Club heads to a new delicious local Thai restaurant, Chaiyo Thai Bistro. Gather with friends for flavorful dishes, great conversation, and a laid-back vibe that makes lunch the highlight of your day. From savory curries to zesty noodles, there's something for everyone—so bring your appetite and your sense of adventure! Your cost includes: transportation and lunch.

1/16 F 12-2p \$35

## Planetarium Palooza

Join us for a stellar day at the Eugene Science Center Planetarium, where science meets wonder! Sit back and enjoy an immersive show under the dome as we explore stars, planets, and galaxies far, far away. It's a fun and fascinating trip perfect for curious minds of all ages—don't miss this out-of-this-world experience! We'll follow it up with lunch at a local hotspot. Your cost includes: transportation, entrance to the museum, and lunch.

1/21 W 10a-2:30p \$49

## Franz Bakery Tour & Lunch in Portland

Join us for a fun-filled day trip to Portland featuring a behind-the-scenes tour of the iconic Franz Bakery! See how your favorite breads and pastries are made, enjoy the fresh-baked smells, and maybe even snag a tasty sample. After the tour, we'll head to a local restaurant for a relaxing lunch with great food and good company. It's the perfect recipe for a delicious day out! Your cost includes: transportation, an early lunch and tour.

1/27 Tu 8:45a-5p \$65

## Dinner & Theater- *In Clay* at Broadway Rose

Come enjoy an evening of live theater as we head to Broadway Rose in Portland for a performance of *In Clay*, a moving and artful production you won't want to miss. Set in early 20th-century France, this intimate and poetic story, will encompass passion, resilience, and self expression. After the show, we'll gather for a relaxed dinner at a McMenamans, where great food and good company await. It's the perfect night out—filled with creativity, conversation, and a little local flavor!

2/7 Sa 11:15a-8p \$110

**BARBER SHOP**  
**BASH & BITES**

Cascade Chorus is in the house!

**Sunday, March 29**  
**2-4p \$20**

### Crab Crackin' Adventure to Charleston

Join us for a fun-filled day on the Oregon Coast as we head to beautiful Charleston for their famous Crab Feed! Enjoy a feast of fresh, local crab, great company, and that unbeatable sea breeze. Cost includes: transportation, admission to the crab feed, a full crab meal with sides, and a shell of a good time! Don't miss this coastal tradition.

*Please park at the Annex. We will be departing from there today. 1055 River Road.*

2/14 Sa 9a-6p \$85

### Dinner & Theater: *A Piece of My Heart* at Cottage Grove Theatre

Join us for a meaningful evening out as we head to the Cottage Grove Theatre for *A Piece of My Heart*, a powerful play honoring the lives of women who served in the Vietnam War. Before the curtain rises, we'll enjoy a fun dinner together. This will be a night of good food, great company, and unforgettable storytelling. Your cost includes: transportation, dinner, and theater.

2/20 F 4:15-11p \$89

### A Day at Pittock Mansion: Private Tour & Lunch in Portland

Step back in time with us on a scenic day trip to Pittock Mansion, one of Portland's most iconic historic homes! Enjoy a private guided tour of this stunning estate, perched high above the city with breathtaking views of the skyline and Mount Hood. Explore the rich history, elegant architecture, and beautifully preserved rooms that tell the story of Portland's past. After the tour, we'll head to a local restaurant for lunch, sharing good food and great conversation in the heart of Portland. It's a perfect blend of culture, history, and delicious dining—all in one unforgettable day! Your cost includes: transportation, tour, and lunch.

2/26 Th 8a-5p \$89

### Sweet Adventure: Oregon Maple Project Workshop

Are you curious about the art of Bigleaf Maple Sugaring? Join us for a hands-on day with the Oregon Maple Project, where you'll learn how maple syrup can be made right here in the Pacific Northwest! This workshop dives into the history, science, and best practices of local maple sugaring—and even gives you a chance to try your hand at tapping and syrup production yourself. Your cost includes: transportation, workshop, lunch, and a sweet day of discovery!

3/5 Th 7:30a-4:30p \$85

### IKEA

A day trip to IKEA is a cheerful maze of stylish showrooms where you'll wander, dream, and suddenly question your entire home décor. You can purchase delicious Swedish treats to fuel your journey. Get ready for a fun day! Your cost includes: transportation.

3/18 W 9a-5p \$35

## DAY TRIPS

adventure friendship enrichment

### Novel Adventure: Powell's & Lunch

Book lovers, this one's for you! Join us for a day trip to Portland's iconic Powell's City of Books, the largest independent bookstore in the world. Enjoy a guided tour of this famous literary landmark, then spend some time exploring on your own. Afterward, we'll enjoy a fantastic lunch at a local Portland favorite before heading home. Cost includes: transportation, tour, \$20 gift card, and lunch.

3/26 Th 8a-5p \$89

### Easter Brunch at The Adobe

Celebrate Easter with a scenic day trip to the Oregon Coast for a delightful Easter Brunch at the Adobe Resort! Enjoy breathtaking ocean views and a delicious holiday buffet featuring seasonal favorites and coastal specialties. Relax, dine, and soak in the beauty of the coast for a perfect spring getaway. Cost includes: transportation and brunch.

4/5 Su 9:15a-4p \$79

### Dinner & Theater- *Dear Evan Hansen* at Broadway Rose

Join us for an unforgettable evening at Broadway Rose Theatre in Portland to see the Tony Award-winning musical *Dear Evan Hansen*—a deeply moving story about connection, belonging, and the power of honesty. With a powerful score and a heartfelt message, this show has touched audiences around the world. Before the performance, we'll enjoy a delicious dinner at a nearby restaurant—great food, great company, and a night of music and meaning you won't want to miss. Your cost includes: transportation, dinner, and theater.

4/11 Sa 11:15a-8p \$110

### Dinner & Theater- *Cabaret* at Cottage Grove Theater

Join us for a lively day trip to Cottage Grove for a performance of the iconic musical *Cabaret*! We'll kick off the evening with a delicious group dinner, then head to the theater for a dazzling, unforgettable show full of music, drama, and flair. Cost includes transportation, dinner, and show admission—just bring your sense of adventure and get ready for a night of entertainment and fun! Your cost includes: transportation, dinner, and theater.

4/24 F 4:15-11p \$89

# Adult Day Trips

## Grub Club at Abilities Diner

Join the Grub Club for a tasty night out at Abilities Diner—a local gem serving up good food and great vibes! Come hungry, bring your sense of adventure, and enjoy a fun social evening trying out a new place with friends. Your cost includes: transportation and lunch.

4/29 W 11:30-1:30p \$35

## Bouquet Making with Goats

Join us for a blooming good time at our Bouquet Bar Workshop—a 2-hour hands-on experience where creativity meets cuteness! Enjoy Goat Happy Hour with beverages and brunch, then design your own beautiful bouquet from a gorgeous selection of flowers and a vessel of your choice. Come sip, snack, snuggle, and create—it's the perfect blend of fun, flowers, and furry friends! Your cost includes: transportation, brunch, flower workshop, and time with the goats.

5/7 Th 12-4p \$79

## Lebanon Strawberry Festival

Join us for a sweet and unforgettable adventure at the Lebanon Strawberry Festival! This fun-filled day trip is your chance to taste summer at its best—fresh strawberries, live music, carnival rides, and small-town charm all in one place. Bring your friends, family, and your sweet tooth—this is one berry good time you don't want to miss! Your cost includes: transportation and entry into the festival.

6/6 Sa 11:30a-5p \$45

## Garden Getaway: Nursery Tour with Patti Paris

Join us for a blooming fun day trip to several local nurseries, guided by knowledgeable gardener and landscaper Patti Paris! Patti will be on hand throughout the trip to offer expert advice, answer your questions, and help you choose the perfect plants for your garden or landscape. Your cost includes: transportation, lunch, and time with expert, Sweet Pea.

5/12 Tu 10a-4p \$45

## Branch Farm Day Trip

Enjoy a hands-on day in the countryside with a guided tour of Branch Farm. Milk goats, gather eggs, harvest fresh vegetables, and meet the farm animals. After the tour, help prepare a meal using farm-fresh ingredients, then relax over a delicious farm-to-table lunch. Your cost includes: transportation, farm tour, activities, and lunch.

5/20 W 10a-3p \$55

**KING'S**  
*Luau*  
**FRIDAY, APRIL 17**  
**6:30-8:30P**  
**\$25**  
**HAWAIIAN DINNER, DRINKS & ENTERTAINMENT**



### Thyme Garden - Tour, Flowers & Lunch

Join us for an incredible day trip to The Thyme Garden! One of Kat's favorite trips. We'll spend the day surrounded by nature as we explore the gardens, enjoy a guided tour, and take part in a fun flower planting activity. Learn about herbs, flowers, and sustainable gardening while getting your hands in the soil. After the tour, we'll relax together over a delicious garden-inspired lunch in a beautiful outdoor setting. You will be amazed. Your cost includes: transportation, guided tour, flower planting activity, and lunch.

6/9 Tu 9:45a-4:30p \$85

### Dinner & Cabaret at Broadway Rose - *Once Upon a Mattress*

Join us for a fun day trip to Portland to see *Once Upon a Mattress* at the Broadway Rose Theatre! Enjoy this hilarious, heart-warming musical twist on the classic fairy tale The Princess and the Pea, performed by one of Portland's premier theater companies. After the show, we'll relax and enjoy a delicious group dinner before heading home. A perfect day of laughter, music, and great company! Your cost includes: transportation, dinner, and theater.

6/13 Sa 11:15a-8p \$110

### Dinner & Cabaret at Cottage Grove Theater- *Sunday in the Park with George*

Join us for a delightful day trip to Cottage Grove to see the classic musical *Sunday in the Park with George* at the Cottage Theatre! This award-winning show brings art and imagination to life with stunning music and storytelling. Before the performance, we'll enjoy a delicious dinner at a local restaurant. Your cost includes transportation, dinner, and show ticket.

6/19 F 4:15-11p \$89

### Frog Pond Farm

Enjoy a fun-filled day trip to Portland's Frog Pond Farm, a charming destination with friendly animals, beautiful scenery, and plenty to explore! Meet and feed the animals, stroll the grounds, and experience a hands-on connection with nature. Afterward, we'll enjoy lunch at a local spot before heading home. Your cost includes transportation, farm admission, and lunch.

6/30 Tu 9a-4p \$67

## SPECIAL EVENTS

### Exchange Student Series ~ Thailand

Join us at River Road Park. Today's student will represent Thailand and will bring their cultural heritage, personal journeys, and perspectives from across the globe. As they speak, they paint vivid pictures of their home countries, traditions, languages, and local customs, making listeners feel as if they are transported to distant lands. It's a wonderful way to travel the world and expand one's horizons—all from the comfort of an armchair! Your cost includes: snacks, and drinks.

1/18 Su 2-4p \$10

### Blood Drive

Donating blood is easy to do and it feels great spending an hour making a difference for critically ill and injured people in our community. The actual donation time is only about 10 minutes and afterwards you'll get to enjoy sweet or savory treats. Make your appointment, and unleash your inner hero. A link will be available to schedule your time as we get closer to the day of the drive.

2/24 Tu 10a-4p  
6/23 Tu 10a-4p

### Barbershop Bash & Bites

Join us at River Road Park for a toe-tapping, harmony-filled day at our Fun Barbershop Concert, where classic barbershop tunes meet mouthwatering food and refreshing drinks! Enjoy tight harmonies, playful performances, and plenty of laughs, all while savoring delicious bites and beverages in a lively, relaxed atmosphere. Bring your friends, your appetite, and your love of music—this is one night you won't want to miss! Your cost includes: entertainment and food.

3/29 Su 2-4p  
\$20 or \$25 the day of if space is available

### King's Luau

Join us at River Road Park for a tropical evening of fun at our Luau with Elvis! Enjoy a delicious Hawaiian-inspired dinner featuring island favorites, then sit back and sway to the sounds of Elvis classics performed live. Wear your favorite Hawaiian clothes and prepare to enjoy the perfect mix of good food, great music, and laid-back aloha vibes! Your cost includes: food, and Elvis entertainment.

4/17 F 6:30-8:30p  
\$25 or \$30 at the door if space is available

### Humming Bee Nursery Organic Plant Start Sale

Join us for our annual park fundraiser at Emerald Park (Shelter 1) for a blooming good time! Whether you're a seasoned gardener or just getting started, this is your chance to stock up on top-quality organic plant starts for a thriving garden season. 10% of the proceeds go to support park programs. Celebrate the season (and Mom!) today!

5/9 Sa 9a-4p James D. Lockard Shelter

## 55+ ACTIVITIES/CLASSES

### Bridge

Enjoy playing bridge in a social atmosphere? Come join us for some monthly fun! All are welcome. Payouts at the end of each session.

1/5, 2/2, 3/2, 4/6, 5/4, 6/1  
1st M 12:45-4p \$3 at the door Annex

### Texas Hold 'Em

Join in on the excitement that has everyone buzzing. Buy into this friendly game. Each table winner will be awarded a prize at the end of play. You must be age 55+ to participate. Organized by volunteer, Don Wall. No get together on 5/25.

1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/13, 4/27, 5/11, 6/8, 6/22  
2nd & 4th M 6-8p \$3 per session Annex

### Cascade Stitchers

Cascade Stitchers of the Embroider's Guild of America explores all kinds of embroidery and invites you to learn about embroidery with us.

12/15, 1/21, 2/18, 3/18, 4/15, 5/20, 6/17  
3rd M 1-3p \$5 per session Annex

### Memory Tones Choral Group

The focus is on having fun singing old favorites. Experience or ability to read music would be helpful but not necessary. New-comers 55+ are welcome. Weekly practices and several performances per month. No get together on 12/26 or 1/2.

Weekly F 2-3:30p Free

### AARP Driving Course

Designed for motorists age 50+, but open to all ages. Auto insurance discounts may be available to participants 55+ who complete the class. Feel free to bring a sack lunch. Your fee will be taken by the instructor the day of the class.

3/27 F 9a-4p Rm E  
6/12 F 9a-4p Rm E

\$20 AARP Member / \$25 Non-member.

### Memory Travel Books - Class 1 & 2 (New!)

Grab your tickets to nostalgia! In this creative and hands-on class, we'll turn souvenirs, photos, ticket stubs, maps, and doodles into a one-of-a-kind Memory Book that captures the magic of our trip.

Whether you saved every receipt or just your favorite photo, bring whatever you've got — we'll help you turn it into a colorful, heartfelt keepsake. This is a great class for anyone going on the SE Asia trip.

We'll provide the materials, layout ideas, and some artsy inspiration — you bring your travel treasures and memories.

By the end of both classes, you'll leave with a personalized memory book that you'll want to flip through again and again. Class will take place at **Puttering Art Studio, located at 911 River Rd.**

1/15 Th 2-4p Class #1  
3/19 Th 2-4p Class #2

\$45 includes both classes.



### A Community Conversation ~ Women's Circles

Gather, laugh, and connect in a welcoming women's conversation circle where we talk openly about the journey we are on and the various topics that pop up along the way. Come as you are, bring your coffee (and your questions), and join a circle of women who get it. Led by Ginger Ottesen from Sage Wealth Strategies and Kat. Your cost includes: snacks and beverages.

1/7 W 6-8p \$5 Aging  
3/11 W 6-8p \$5 New Beginnings  
5/6 W 6-8p \$5 Enough!

### La Dolce Vita Prep: Italian for Travelers! (New!)

Join us for a fun and immersive Italian travel class designed to get you ready to travel to Italy. Whether you're a first-time visitor or returning for more dolce vita, this class will help you feel confident navigating Italian culture, language, and daily travel situations. You'll learn useful Italian words/phrases, how to order food and wine like a local, understand tipping, and explore regional customs. If you're going on the Italy trip with us or going on your own, this one is for you!

4/11 Sa 11a-1p \$5

### Understanding Memory Loss (New!)

Join us for an insightful series designed to help you care for someone with dementia. This series is for anyone caring for a loved one with dementia, or wanting to learn more about memory loss. The series offers valuable tools to make the journey easier for everyone. Sign up today and gain the support and knowledge you need. Presented by Willow Care Consulting — proudly helping local families for over 10 years. Please RSVP.

4/16 Th 10a-12p The 10 Signs FREE  
5/7 Th 10a-12p Memory Loss 101 FREE  
6/18 Th 10a-12p Understanding your Diagnosis FREE

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# HEALTH & WELLNESS INNOVATION EXPO

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# Amenities & Services

## Pool

The 25-yard, six lane indoor pool is open year-round and is kept at 84 degrees. There is a one-meter diving board, kick boards, pull buoys, an easy entry ladder and an ADA approved hydraulic lift.

## Spas

Two in-ground spas are available for year-round use, located outside of the pool in our courtyard. One is covered by a canopy skylight, the other uncovered. Together, the spas accommodate 18 guests. The spas are kept between 102-104 degrees and are fully accessible. Patrons must be 16 years of age to use the spas.

## Sauna

The dry-heat sauna, located in a secluded, quiet area, is lined with untreated kiln-dried cedar. The sauna accommodates 8 guests. Patrons must be 16 years of age to use the sauna.

## Dressing Rooms

The dressing rooms are equipped with ADA accessible toilets, sinks, lockers, showers, hand dryers, and an infant changing table. Children under 5 years of age and older must use the same gender dressing room.

## ADA Changing Room

A separate changing room is available upon request and is equipped with an ADA accessible shower, toilet, sink and gender-neutral changing area. \*\*We recommend you limit your time to 30 min when using the changing room.

## Swim Shop

Need supplies while you are here? Goggles, swim caps, nose clips, ear plugs, infant swim diapers, and other items are available for purchase at a reasonable cost from our pool cashier.

## Shower Policy

Public showers are available, please provide your own towel and toiletries. Showers are only available in the locker rooms. Please limit your time to 30min when utilizing the shower hours. The cost is \$2.00 per person.

M-F	6a-8a	12-3:30p
Sa	6a-9a	10a-12p

## Foot Care

A technician, trained in foot care, conducts individual care sessions. The time is used for toenail cleaning and trimming. No refund for no-shows or cancellations unless we are able to fill your appointment slot. In fairness to the technician and other clients, those who arrive more than 10 minutes later than their scheduled appointment will forfeit their spot and fee.

**Payment due at time of scheduling. 541-688-4052.**

By appointment      Days and times vary      \$25

## SHIBA Volunteers Here to Help You

Are you confused about Medicare? Senior Health Insurance Benefits Assistance (SHIBA) offers a free counseling service. SHIBA volunteers have been able to help Medicare beneficiaries select a plan that is right for them. Call 541-736-4421 to make an appointment in the River Road area.

## Massage

Let one of our licensed massage therapists help relieve your tension and introduce you to the world of total relaxation. Our therapists offer a variety of massages and bodywork. For more information on techniques, or to schedule an appointment, please call 541-461-7777 or stop by the pool front desk. Payment is required at the time of scheduling. We accept VISA/MC/Discover/American Express. Cancellations or changes must be made at least 24 hours in advance to receive a credit or refund. Cost \$70 hr. and hours vary based on the therapists' schedule.



## Facility Rentals

**Shelter reservations for 2026 begin Jan. 2. They must be made in person to sign paperwork.**

**Rental times must include set up and take down times.**

### BUILDING AND SHELTER RENTALS

Required 2 hour rental minimum for all building and shelter rentals.

Shelter Rental - 1400 Lake Drive

Non-Alcohol Event • \$50/hr.  
Can accommodate up to 52 guests. No amplified music or alcohol allowed. No refunds for inclement weather.

Multipurpose Room - 1400 Lake Drive

Non-Alcohol Event • \$60/hr.  
with Kitchen • \$85/hr

Alcohol Event: • \$120/hr. Beer or wine ONLY\*  
with Kitchen • \$145/hr.

Can accommodate up to 110 guests. Amplified music permitted until 9p.

River Road Annex - 1055 River Road

Non-Alcohol Event • \$75/hr.  
Alcohol Event • \$150/hr. Beer or wine ONLY\*  
Can accommodate up to 60 guests. No amplified music allowed.

All building and shelter rentals will require a district use permit, \$300 fully refundable deposit at the time of registration. A host liability waiver is required if you are having alcohol at your event. To schedule a rental and make a payment, please contact the main office for assistance.

\*Host Liability Waiver – \$1 million Host Liability Waiver acquired through your homeowner’s insurance agency OR purchase TULIP (Tenant User Liability Insurance Policy) through the Park District business office.

### PRIVATE POOL RENTALS

541-461-7777

Enjoy your very own private pool rental! Rental parties can be arranged for any size group. Our basic private rental starts at \$200 per hour (includes 2 lifeguards) and can accommodate up to 40 people. Additional lifeguards will be scheduled for larger groups at an additional fee.

Payment is due at time of reservation. Rentals are only available on Saturday after 3:30p.

Basic Rental Package \$200/hr. (Includes 2 lifeguards)  
Additional lifeguards \$35/hr. each (for every additional 10 people)

### POOL BIRTHDAY PARTIES

541-461-7777

Celebrate your birthday in our Pool! Try a fun alternative to a traditional party for your child. Pool parties include: one hour in a party room for cake and presents followed by a 1 ½ hour recreational swim.

\$110 (up to 20 children and 1 hour party room) Saturday only \$4 for each additional child. Set up and clean up are included in the room rental time.  
Sat. 12:30-1:30p Room Rental 1:30-3p Swim

### GYMNASTICS/BIRTHDAY PARTIES

541-688-8955

Celebrate your birthday at our Gymnastics Center! Try a fun alternative to a traditional party for your child. Gymnastics parties include: 1 hour of supervised play on the spring floor, bars, climbing net, tumble trak, trampoline, plus 30 minutes for opening presents, and refreshments provided by parents.

\$135 (up to 10 children) Saturday or Sunday only. \$5 for each additional child.  
Sat. 1:30-3p 3:30-5p  
Sun. 1-2:30p 3-4:30p

### RENTAL REFUND POLICY

1 month notice:	100% refunded
15 days notice:	50% refunded
Less than 15 days:	NO REFUND

### No Smoking /Alcohol Policy

We do not allow smoking of any kind or alcohol consumption in the park.





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