

RIVER ROAD PARK & Recreation District



Winter 2024

General Information



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SMILE!

Participants acknowledge that the District may use photographs of participants in district publicity without permission or compensation. Payment of fees and participation in the activities shall constitute acceptance as a photography release.

WINTER 2024

January - March

Registration Dates

SWIM LESSONS

Please see page 10 for details.

WATER EX

Re-enrollment	12/4 and 12/5	
New enrollment	12/11	
In District	Walk-in 8:30a	Phone-in 10a
Out of District	Walk-in 8:30a	Phone-in 10a

RECREATION CLASSES

Re-enrollment	12/11-12/15	
New enrollment	12/18-12/22	
In District	Walk-in 8:30a	Phone-in 10a
Out of District	Walk-in 8:30a	Phone-in 10a

DAY TRIPS

In District	1/4 Walk-in 10a	Phone-in 1p
Out of District	1/5 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

Winter business office hours are M-F, 8a-6p. After hours payments can be made at the aquatics reception desk M-F, until 9p.

ONLINE – WWW.RRPARK.ORG

You can register 24-hours a day, seven days a week. Just visit 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 and click the login/register/pay account button and choose the "Create a RRPARD 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

No refunds will be issued after the second week of any class 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, but fees will not be refunded.

AFTER HOURS PAYMENT

If you are dropping into a class or wanting to register for a class after the business office is closed, please pay or register at the aquatics reception desk.

Facility Closures

12/23-12/26
1/1
1/15

Holiday
New Year's Day
Martin Luther King Jr. Day

541-688-4052 • www.rrpark.org

Contact Us

Business Office

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

541-688-4052

Gymnastics Facility

30043 Leghorn Rd., Eugene, OR 97402 541-688-8955
M-F 9a-12p and 1-6p Sa 8:30a-12:30p

Aquatic/Fitness Facility

1400 Lake Dr. Eugene, OR 97404
M-F 5a-9p Sa 6a-3p

541-461-7777

Payment

FOB PASS/MEMBERSHIP CLASSES & AMENITIES

Fitness Center
Zumba Fitness

Lap swim
Zumba Gold

Water jogging
Body Shop

Sauna and hot tubs
Step it Up

Pickleball
Individual Water Ex

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

If your insurance company offers Silver & Fit or Renew Active or Active & Fit One Pass, you can take a variety of classes and enjoy the park amenities (listed above) at no additional cost to you. No need to register prior to attending. 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. All pre-registered fitness and water exercise classes will receive a 75% discount off the class fee.

AQUATICS FOB PASS/MEMBERSHIP

If you're paying for a fob pass or membership, you can also enjoy a variety of classes and enjoy the park amenities (listed above) at no additional cost to you. See the chart below for details. Purchase your fob pass/membership at the main office or the pool reception desk.

	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership		12 Mo. Membership
Age	ID	OD	ID	OD	ID	OD	ID	OD	ID
Under 2	Free	Free							
2-17	\$2	\$3	\$18	\$27	\$24	\$36	\$65	\$98	\$234
18-54	\$4	\$5	\$36	\$45	\$48	\$60	\$130	\$162	\$468
55+	\$3	\$4	\$27	\$36	\$36	\$48	\$100	\$140	\$234
Family	\$10	\$12	n/a	n/a	\$96	\$120	\$260	\$324	\$936
Shower	\$2	\$2	Pool is not always available during fitness center hours. Please refer to the pool schedule.						

LAND FITNESS FOB MEMBERSHIP

If you're paying for a fob pass or membership, you can also enjoy a variety of classes and enjoy the park amenities (listed above) at no additional cost to you. See the chart below for details. Purchase your fob pass/membership at the main office or the pool reception desk.

	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership	
Age	ID	OD	ID	OD	ID	OD	ID	OD
18-54	\$6	\$6	\$36	\$45	\$48	\$60	\$130	\$162
55+	\$6	\$6	\$27	\$36	\$36	\$48	\$100	\$140

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

Trip & Travel Party

Inviting all of you who have traveled with the park or are interested in future travel, to come tonight for a fun evening of pictures, food and give-aways. A slideshow will get you reminiscing and chatting. We will share stories and celebrate. Kat will be taking your feedback on upcoming destinations, introducing a new travel incentive program and announcing the 2025 trips!! Mark your calendars!! This is going to be a hoot! Food and refreshments will be served. Hope to see you there.

2/3 Sa 6-8p \$10

2025 trips announced!

Irish Meal Deal



St Patrick's Celebration ~ lunch to go. Come on over!

Today, we celebrate! Come enjoy and indulge in a slow cooked corned beef meal. Delicious mouth watering corned beef, cabbage, potatoes, veggies and dessert, await you. This good food will have you doing a jig! Slainte. Pick up your food between 1:30-2:30p at 1400 Lake Dr.

3/13 W 1:30-2:30p \$10 ID \$15 OD



Michael DeRobertis Memorial Couples Classic Run & Fitness Walk 2024 Sat., 2/10

Start February off on the right foot by joining the 46th Annual Couples Classic Road Run. 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 and medals for all participants, top 3 age 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.

Pre-registration: through February 8

Adult (age 13+): \$29
Senior (age 65+): \$25
Youth (ages 6-12): \$15

Valentine Luv-a-gram

This Valentine's day, we invite you to spread the love!

It's time to have some fun with our new reader board. Share your love in a new way, a Valentine Luv-a-gram.

- You can personalize it.
- Create your own message or pick from our list.
- It's dynamic, unique, fun and easy!

See the main office to fill out the luv-a-gram form. Space is limited.

\$10 In District
\$12 Out of District



Spring Break Camp

Open to children grades K-5. Join us for a week of fun and adventure as we turn spring vacation into an experience to remember! We'll be playing games, participating in sports activities, doing arts and crafts. Snacks will be provided. Children should bring a sack lunch each day. Register at the Park office, space is limited. **FULL WEEK ONLY, NO DAILY FEE OFFERED.**

3/25-3/29 M-F 8a-5p
Week: \$210

Swim Team Fun-raiser

The River Otter Swim, helps the team purchase swag, suits, sweats, and equipment for the team. Come cheer on your favorite Otter to swim as many laps as they can, help count their laps, pledge their laps, or donate for their laps. Each swimmer will have 30min. to swim as many laps as they can.

1/6 Sa 10a-12p

Coming this Spring...

36th Annual Fishing Derby

Ages 2-7. Join us at the wading pool for the 36th Annual Children's Fishing Derby. Fishing in the wading pool is open to children ages 2 through 7 (accompanied by an adult). Bring your own pole, bait and tackle and try your luck. We will be fully stocked with rainbow trout. Take a break and come on in to enjoy our community breakfast!

4/27 Sa 8-11a Donation

Community Breakfast

Kids, take your mom (and dad) to breakfast! Come celebrate this special day. We'll have fun crafts and a delicious breakfast for everyone. Pancakes, scrambled eggs, ham, fruit, milk, juice & coffee. Donations will be accepted at the door to cover cost of food. Breakfast is open to community members of all ages.

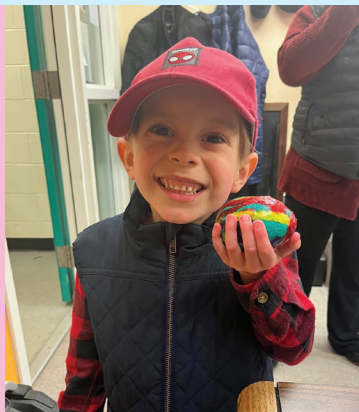
4/27 Sa 8:30-11a Donation

Hide nor Hare Egg Hunt

March 18 ~ 29 (week days only)

A ten day egg hunt challenge! Want to play?

We will be hiding eggs for 10 days leading up to the Eggsploration on March 30th, Monday through Friday. Winners will be put in a drawing for prizes. Look for more info as it gets closer.



Plastics Collection

4/7 Su 9a-12p
Jim Lockard Shelter
For River Road Residents



...Collecting only...

#2 Tubs and lids

#4 Bottles, tubs and lids

#5 Bottles, tubs and lids

Must be clean, dry and separated by #.

Bunny Eggstravaganza

Grades preschool-5th. Cinna Bunny has lost her eggs all over our park and they're up for grabs. Don't miss the egg-citement, join us for the River Road Park Bunny Eggsploration hunt! Activities are outside and in our multi-purpose room.

3/30 Sa 9-11a \$5

- 9-11a outside to collect 8 eggs
- Three age appropriate hunt areas
- Age appropriate prizes
- Arts and crafts
- Take your pictures with Bunny
- Concessions

ORGANIC PLANT SALE & FUNDRAISER

May 10, Friday from 9a-3p

Jim Lockard Shelter



Fitness Center/Aquatics Info

Pool Reception Hours

M-F 5a-9p
Sa 6a-3p

Pool | Fitness | Spa Closures

12/23-26 Christmas
1/1 New Year's Day
1/15 MLK Day

FITNESS CENTER

Personal Fitness Training

Looking for one-on-one personal training? River Road Park and Recreation District offers 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 people feel and move better. 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. Reach your individual health and fitness goals with personal training. To set up your initial session, contact the district office, 541-688-4052. \$45 per session

Personal Exercise & Fitness Center Orientation

Invest an hour with a certified personal trainer and realize the difference a stronger, healthier body can make. Whether you desire to lose fat, gain strength and/or increase your cardio-respiratory endurance, our experienced trainer will design a personalized, basic exercise regime for you and show you how to effectively use the fitness center equipment. Please contact the district office, 541-688-4052 to schedule your appointment today!

\$45 an hour

Fitness Center & Pool Fees

	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership		12 Mo. Membership
Age	ID	OD	ID	OD	ID	OD	ID	OD	ID
Under 2	Free	Free							
2-17	\$2	\$3	\$18	\$27	\$24	\$36	\$65	\$98	\$234
18-54	\$4	\$5	\$36	\$45	\$48	\$60	\$130	\$162	\$468
55+	\$3	\$4	\$27	\$36	\$36	\$48	\$100	\$140	\$234
Family	\$10	\$12	n/a	n/a	\$96	\$120	\$260	\$324	\$936
Shower	\$2	\$2							

1. Fees and passes include use of the fitness center, pool (when available), spa & sauna.
2. Please check in with the pool receptionist and scan your fob before entering the facility.
3. Pool is not always available during fitness center hours. Please refer to the pool schedule.

Facility Use

- Swimmers must supply their own suit and towel.
- Street shoes are not permitted on pool deck.
- Shower thoroughly before entering pool/spa/sauna.
- Adults must accompany, in the water, any non-swimmer under 48". Adults are not allowed to take non-swimmers into the deep water.
- Aqua-sock type footwear is permitted when clean and worn only inside pool and dressing room.
- Coast Guard approved life jackets are only permitted under direct parental supervision.
- Flotation devices, such as inflatable water wings, rings, buoyancy swimsuits, and inflatable toys are not permitted.
- No glass containers allowed in pool/spa/sauna.
- No food or drink, other than water, allowed within the aquatic area.
- Individuals under the influence of alcohol and/or drugs and those with disrespectful behavior will not be permitted to use the facility and will be expelled.
- 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 program.

Aquatics

541-461-7777 • www.rrpark.org

Renee Duncan | reneed@rrpark.org

School's Out Swims

1/2	1:30-3p	3/25-29	1:30-3p
2/1-2	1:30-3p	4/1	1:30-3p
2/19	1:30-3p		

Pool Closures for Swim Meets

1/5	F	2-6:30p
1/26	F	2-6:30p
2/2	F	2-6:30p

FAMILY SWIM

Jan. 5- March 30

Time for children and parents to enjoy the pool together. Children 17 years and younger MUST be accompanied by an adult. (Limit of 4 children per adult)

F	6:15-7:15p
Sa	9-10a

RECREATION SWIM

Jan. 5- March 30

Open to individuals of all ages. Children under 48" tall MUST be accompanied by an adult who must be at least 17 years old.

F	7:30-9p
Sa	1:30-3p

LAP SWIM

Jan. 2- March 30

Lap swimming is available to individuals 16 years of age or older and students 11-15 years of age accompanied and directly supervised by an adult. At least 4 lanes (M-F) or 3 lanes (Sat) are available for lap swimming. Please check with the pool receptionist for pool updates to the facility schedule. Please be considerate and share lanes by using a circle swim pattern if there are more than 2 people in a lane.

MW	5-8a	12-3:30p	8-9p
TuTh	5-8a	12-2p	8-9p
F	5-8a	12-4p	
Sa	6-9a	12-1:30p	

INDIVIDUAL WATER EXERCISE AND WATER JOGGING

Jan. 2- March 30

Individual water exercise and water jogging are available to individuals 16 years of age or older and students 11-15 years of age accompanied and directly supervised by an adult. At least 2 lanes (M-Sat) are available during the times listed for water jogging or water exercise. Please check with the pool receptionist for pool updates to the facility schedule. Lap lanes are not available for individual water exercise or water jogging.

MW	5-8a	12-3:30p	8-9p
TuTh	5-8a	12-2p	8-9p
F	5-8a	12-4p	
Sa	6-10a	12-1:30p	

Aquatics

WATER EXERCISE CLASSES

Session 1 1/8 – 2/2 4 wks. *
 Session 2 2/5 – 3/1 4 wks.
 Session 3 3/4 – 3/22 3 wks.

*NOTE: No classes Monday Jan. 15th in observance of Martin Luther King Day (classes will be pro-rated).

Registration Information

All participants wanting to attend scheduled water fitness classes must be enrolled.

Re-Enrollment; 12/4 & 12/5 ONLY for those currently enrolled. Registration will be in the main office between 8a-5p

New Enrollment 12/11 for new participants. Registration will be at the main office between 8a-5p, until classes become full.

Class Information

- We do NOT offer individual physical therapy or recover sessions, if you are new to water fitness exercise you should schedule an orientation prior to registering for classes. We will provide loaner equipment for that session only; you will need to provide your own equipment for classes.
- Everyone enrolled in any of the shallow water aquatic exercise classes listed 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 any of the deep-water aquatic exercise classes as listed 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 perform basic water aerobics moves (i.e., forward jog; cross-country ski; water jacks; etc.) safely.
- Please contact Margaret @ 541-461-7777, ext. 216, to inquire about an orientation or registering for our water exercise program if you are new to our facility.
- Credits/refunds are not granted for missed classes. Please see refund policy on page 3.

Water Exercise Equipment Purchase Information

All patrons MUST have their own equipment. Various water exercise equipment is available at these local vendors:

Aqua Jogger® www.aquajogger.com 541-484-2454

Hydro Fit® www.hydrofit.com 541-484-4361

Please call the vendor(s) directly to determine operating hours, costs, etc.

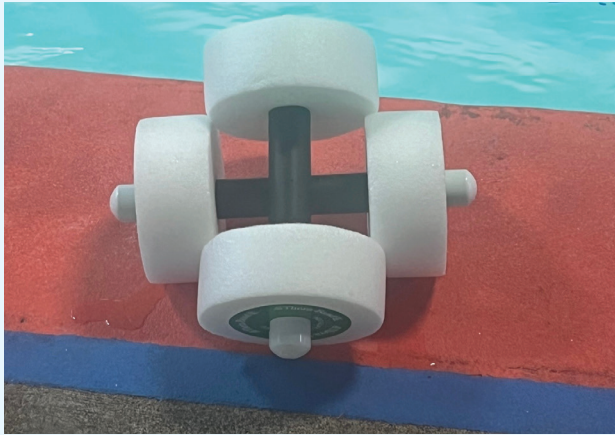
30 Min. Water Ex Class

	Adult		Senior	
	ID	OD	ID	OD
MF	\$22	\$27	\$19	\$24
TuTh	\$22	\$27	\$19	\$24

45 Min. Water Ex Class

	Adult		Senior	
	ID	OD	ID	OD
MWF	\$48	\$60	\$42	\$54
TuTh	\$32	\$40	\$28	\$36





Water Walking: Shallow Water

Introductory class for anyone beginning water exercises. Class provides 30 minutes of walking in the water depth of 3.5 to 5 feet, working on balances, gaining strength, and increasing circulation while traveling in different directions in walking patterns forward, backward and side to side.

MF 11:20-11:50a
TuTh 11:20-11:50a

Aqua Basics: Shallow Water

Designed for semi-active adults, a "return to basics" exercise routine, in water depth of 3.5 to 5 feet. Beginning aerobic conditioning will build joint range of motion, overall body core (abdominal and lower back) strength, and muscle endurance, along with balance and flexibility.

MWF 10:30-11:15a
TuTh 10:30-11:15a

Aqua Basics: Deep Water Exercise

Designed for semi-active adults, who are comfortable in water depths of 5 to 12 feet. Aerobic conditioning will build endurance. Exercise will build joint range of motion, overall body core (abdominal and lower back) strength, and muscle endurance, along with balance and flexibility.

MWF 11:15a-12p
TuTh 11:15a-12p

Seniors: Deep Water

Moderate to active aerobic conditioning level. Designed for semi-active and/or older adults, that includes a 10-15 minute aerobic fitness segment in water depth of 5 feet to 12 feet. Exercises will also focus on enhancing flexibility, range of motion, muscle strength and toning.

MWF 9:05-9:50a|9:55-10:40a
TuTh 9:05-9:50a|9:55-10:40a

Silver & Fit/Renew Active/ Active & Fit One Pass

All Silver & Fit / Renew Active / Active & Fit members will have access to the following at no additional cost:

Fitness Center	Pickleball
Lap swim	Water jogging
Individual Water Ex	Sauna and hot tubs
Dance Fitness	Zumba
Zumba Gold	Body Shop
Step it Up	

All other fitness and water exercise classes will receive a 75% discount off the class fee.

Seniors: Shallow Water

Moderate to active aerobic conditioning level. Designed for semi-active and/or older adults, that includes a 10-15 minute aerobic fitness segment in water depth of 3.5 to 5 feet. Exercises will also focus balance, flexibility, range of motion, muscle strength and toning.

MWF 8:30-9:15a|9:30-10:15a
TuTh 8:30-9:15a|9:30-10:15a

Water Aerobics: Deep Water

Active aerobic conditioning level. Designed for active adults, includes a 15-18 minute aerobic fitness segment in water depths of 5 feet to 12 feet. Exercises will also focus on enhancing flexibility, range of motion, muscle strength and toning.

MWF 6-6:45a|6:50-7:35a|8:15-9a
MW 6:30-7:15p
TuTh 8:15-9a
TuTh 6:30-7:15p



Youth Aquatics

LEARN TO SWIM

Program Information

Tentative class offerings are identified below for Session 1. Class offerings for all other sessions will be finalized based on need and demand. If classes do not meet minimum enrollment, they may be cancelled. Please see below for registration information. NOTE: On occasion, each level could be combined with another level of similar skills. ****Please be considerate! If your child does not attend school due to illness, they should not attend lessons.**

Session Dates and Fees

Weekday Sessions (Evenings) 4 week/8 classes

Session 1	1/29 – 2/21	MW	\$40 ID/\$52 OD
Session 1	1/30 – 2/22	TTH	\$40 ID/\$52 OD
Session 2	2/26 – 3/20	MW	\$40 ID/\$52 OD
Session 2	2/27 – 3/21	TTH	\$40 ID/\$52 OD

Registration Information

In-District Residents

MAIN OFFICE walk-in registration begins at 12:30p.
Phone-in registration begins at 1:30p. 541-688-4052

Session 1	1/26	F
Session 2	2/23	F

Out-of-District Residents

MAIN OFFICE walk-in registration begins at 2:30p.
Phone-in registration begins at 3:30p. 541-688-4052

Session 1	1/26	F
Session 2	2/23	F

INFANTS/TODDLERS

Penguin

(Age 6-26 months) Designed to teach parents methods of working with their child in the water and developing water safety skills.

MW	7-7:30p
TTh	7-7:30p

Polar Bear

(Age 27 months-4 years) Will prepare you and your child for their first independent water experience. Parents will work with the instructor to develop water safety and peer interaction skills. Parent participation required.

MW	7-7:30p
TTh	7-7:30p

3 YEAR OLDS

Tadpole

Designed to be a 3 year old's first independent water experience. Child must be able to get into the pool without a parent. For 3-year-olds not yet independent, please enroll in our Infant/Toddler program.

MW	6:30-7p
TuTh	6:30-7p

Guppy

Prerequisites: Listening and following directions; water enjoyment and participation in class; climbing in and out of the pool; putting face in water; clearing water from face and eyes; putting head underwater and holding breath or blowing bubbles, 3 seconds; assisted front float; assisted back float.

TTh	7-7:30p
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4-5 YEAR OLDS

Shrimp A class designed for a 4-5 year old's first water experience. Child must be able to get into the pool without a parent present. For 4-year-olds not yet independent, please enroll in the Polar Bears program.

MW	6:30-7p	7:30-8p
TuTh	6:30-7p	7-7:30p

Parent's Day/Progress Report Day

Parents of students enrolled in swim classes will receive a parent's day flyer towards the end of their children's class session. This flyer will identify registration information for future sessions.

Clam

Prerequisites: Listening and following directions; water enjoyment and participation in class; climbing in and out of the pool; putting head under water and holding breath, 5 seconds; bobbing with rhythmic inhalation and exhalation; independent front float, 5 seconds; front glide, 4 feet; front glide with flutter kick, 6 feet; beginning front crawl, 8 feet; independent front float, rolling over to assisted back float; assisted back float; jump into shallow water, return to starting point.

MW 6:30-7p
TuTh 7-7:30p

6+ YEAR OLDS**Angelfish**

Prerequisites: A class designed for the first time student 6 years of age and older. Must be comfortable enough to enter water with minimal assistance. If your child is hesitant or fearful of the water, please notify the registrar.

MW 7-7:30p
TuTh 6:30-7p 7:30-8p

Bass

Prerequisites: Independent front float, 8 seconds; front glide, 8 feet; front glide with flutter kick, 10 feet; beginning front crawl, 12 feet; roll over from front glide onto back and then back onto stomach; independent back float, 10 seconds, with recovery; back glide with flutter kick, 5 feet; elementary backstroke with flutter kick, 10 feet.

MW 7-7:30p
TuTh 7:30-8p

Catfish

Prerequisites: Front glide with flutter kick, 15 feet; beginning front crawl, 20 feet; roll over by taking a single arm stroke; independent back float, 20 seconds, with recovery; back glide with flutter kick, 10 feet; elementary backstroke with flutter kick, 20 feet; jump into shallow or deep water, return to pool edge; sitting dive.

MW 6:30-7p
TuTh 6:30-7p

Trout

Prerequisites: Front crawl with side breathing, 15 yards; independent back float, 30 seconds; back crawl, 8 yards; elementary backstroke with flutter kick, 25 yards; jump off diving board, swim to pool edge; treading water, 20 seconds; underwater swim, 6 feet.

MW 7-7:30p
TuTh 7:30-8p

Salmon

Prerequisites: Front crawl with side breathing, 25 yards; back crawl, 25 yards; elementary backstroke with whip kick, 15 yards; treading water, 30 seconds; underwater swimming, 10 feet. NOTE: On occasion, the Salmon program is combined with the Trout program.

MW 7:30-8p
TuTh 7:30-8p

Middle School

Designed for students 11 years of age and older, this class will teach beginning front crawl, elementary backstroke with flutter kick, and water safety. This class will also introduce the student to deep water. Please contact Margaret at 541-461-7777 or margaretm@rrpark.org for class information.

Adult Lessons

Designed for students over 18 years of age, this class will teach beginning front crawl, elementary backstroke with flutter kick, and water safety. This class will also introduce the student to deep water. Please contact Margaret at 541-461-7777 or margaretm@rrpark.org for class information.



Youth Aquatics

541-461-7777 • www.rrpark.org

Renee Duncan | reneed@rrpark.org

SWIM TEAM

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 freestyle 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 541-461-7777 or at LeiaM@rrpark.org to schedule tryouts.

Swimmers of all abilities will compete against others of their own age/gender. All intermediate and Senior swimmers are required to be registered with Oregon and USA Swimming. This requirement will be included in the registration process.

- NOTE: during High School Swim Season 11/13/23-2/16/24 Practice times will differ.

Junior Otters

Ages 6-12. Prerequisite: must have completed Salmon or be proficient with front crawl with side breathing, back crawl 25 yards and an introduction to breaststroke. Instruction of stroke mechanics, competitive starts, turns, relay exchanges, and workouts. Novice meets will be scheduled approximately once a quarter during regular practice times.

MWF 4-5:15p \$50 monthly

Intermediate Group

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. Regular sanctioned meets will be scheduled throughout the season. Swim meet fees will vary by meet and facility, ranging from \$3.00 to \$20.

M-F 4-5:15p \$60 monthly

Seniors Group

Prerequisite: swimmer 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 also a major part of the Senior Group. All swimmers registering for this group MUST be registered with Oregon and USA Swimming. This will be included in the registration process. Please contact Leia Matern 541-461-7777 or LeiaM@rrpark.org.

M-F \$75 monthly Will resume 2/19/24

TRAINING

Swim Lesson Instructor Training

The purpose of the program is to teach people how to be safe in, on and around water; and how to teach people of all ages and varying abilities how to swim. Using a logical progression, the program will cover the knowledge and skills needed for aquatic skill development, which, in turn, leads to safer and better swimmers. Learn how to enrich others' lives with a lifelong skill.

1/2-26 TTh 5-9pm
\$200 (Unless employment contract is signed.)

StarGuard Elite Lifeguard Training

StarGuard ELITE (SGE) is an aquatic risk prevention agency that is recognized for its elite training, certification of lifeguards, management, and more. Come and let us train you to become one of our top-rated staff members.

Coming Spring Break 3/23-29
\$200 (Unless employment contract is signed.)



Want to place an ad?
Call us to get the scoop!

541-688-4052 • www.rrpark.org



GLOBAL DELIGHTS YOUTH FUND

You can help support this youth fund by supporting the Global Delights Coffee for a Cause program. When you purchase 1 lb of coffee, Global Delights contributes \$3 back into the community. Come see us. We are located at 1038 River Rd.



River Road Community Organization

Organización Comunitaria de River Road

Is your way to: *Es su manera de:*

- connect with your neighbors
- *conectar con sus vecinos*
- have a voice in local policy and planning
- *tener voz en la política local y planificación*
- get involved to improve your neighborhood
- *involucrarse para mejorar su vecindario*
- access resources • *acceder recurso*

Community meetings Second Monday every month at 7 PM (currently on zoom)

Reuniones comunitarias El segundo lunes de cada mes a las 7 p. m. (en zoom)

Subscribe to the monthly e-news to get meeting information, calendar, and reports on neighborhood happenings: bit.ly/RRCONews

Suscríbese a las noticias electrónicas mensuales para obtener información sobre reuniones, eventos e informes sobre nuestro vecindario.

www.riverroadco.org

cochair@riverroadco.org

Gymnastics

Holiday Closures

12/22-12/25
1/1
1/15

Holiday
New Year's Day
Martin Luther King Jr. Day

Gymnastics Center Office

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

Weekdays: Closed from 12-1p
M-Th: 10a-6p
Friday: 10a-5p
Saturday: 8:30a-12:30p

Coming soon!!!!

Oregon Xcel State Championships

Come see the best gymnasts in our state! Hosted by: Gymnastics Northwest. Location: Bob Keefer Center 250 32nd Ave Springfield.

4/5-4/7 F-Su 8a-8p
Adults: \$12 Child/Senior/Military \$5

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 or inclement weather.
- 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 shapemats. Adults must accompany their children with a maximum of 2 children per adult.

Wednesdays 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.

\$40 - 1 hour .75 hour - \$30 \$20 - .5 hour



Tumble-a-thon

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

1/20-2/2 Collect sponsors
2/3-2/9 Perform skills
2/10-2/24 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 instruction on the spring floor, bars, climbing net, tumble trak, trampoline and more plus 30 minutes for opening presents, and refreshments, provided by parents.

\$120 (up to 10 children) \$5 for each additional child.
Saturday or Sunday only. Extra .5 hour available for \$35.
Sat. 1:30-3p 3:30-5p
Sun. 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 fantastic time.

Fri. 7-8:30p \$6/child

ALL CLASSES WITH AN ASTERISK REQUIRE COACHES CONSENT PRIOR TO SIGNING UP.*Fees are paid monthly.****Mini Mites (Parent & Child)** \$33 ID/\$38 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.

Tuesday	9-9:30a	9:45-10:15a
Saturday	9-9:30a	

Caterpillars \$50 ID/\$56 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.

Monday	9:30-10:15a	10:30-11:15a
Tuesday	10:30-11:15a	
Wednesday	9-9:45a	
Saturday	10-10:45a	

Fireflies \$50 ID/\$56 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.

Monday	4-4:45p	
Tuesday	4-4:45p	5-5:45p
Wednesday	3-3:45p	4-4:45p
Thursday	3:30-4:15p	4:30-5:15p 5:30-6:15p
Saturday	9-9:45a	11-11:45a

Dragonflies \$54 ID/\$60 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.

Friday	4:30-5:30p
Saturday	12-1p

Hot Shots* \$80 ID/\$89 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 \$54 ID/ \$60 OD

Ages 6+. 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.

Tuesday	3:45-4:45p	
Wednesday	*6:15-7:30p	\$63 ID/\$70 OD
Thursday	3:45-4:45p	
Saturday	9:45-10:45a	11-12p

Girls: Level 1 \$54 ID/\$60 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.

Tuesday	3:45-4:45p	5-6p	6:15-7:15p
Wednesday	2:30-3:30p	3:45-4:45p	5-6p 5:15-6:15p
Thursday	3:45-4:45p	5-6p	6:15-7:15p
Friday	2:30-3:30p	3:45-4:45p	
Saturday	9:45-10:45a	11-12p	

Girls: Level 2 \$63 ID/\$70 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.

Monday	3:45-5p	5:15-6:30p
Wednesday	3:30-4:45p	6:15-7:30p
Friday	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	\$100 ID/\$112 OD
TuTh	B	3:30-5:30p	\$115 ID/\$128 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	\$189 ID/\$210 OD
Level 7-10	\$260 ID/\$288 OD

Power Tumbling \$63 ID/\$70 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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Youth Programs

Holiday Closures

12/23-12/26
1/1
1/15

Holiday
New Year's Day
Martin Luther King Jr. Day

CAMPS / CLASSES / LESSONS

Winter Break Camp

K-5. Join us for a week of fun! We will play all sorts of games, work on winter themed art and crafts and participate in sports activities. **FULL WEEK ONLY, NO DAILY FEE OFFERED.** Drop off as early as 8a.

12/18-22 M-F 8a-5p \$180

Spring Break Camp

K-5. Join us for a week of fun and adventure as we turn spring vacation into an experience to remember! We'll play games, work on art and crafts and participate in sports activities. **FULL WEEK ONLY, NO DAILY FEE OFFERED.** Drop off as early as 8a.

3/25-29 M-F 8a-5p \$210

Teen Baking

Ages 11-14. Join us for an evening of patisserie delights. We will explore how to accurately measure, prepare baked and no-bake treats.

Jan 24	W	3-6p	\$40 ID/\$50 OD
Feb 28	W	3-6p	\$40 ID/\$50 OD
April 24	W	3-6p	\$40 ID/\$50 OD

Piano or Drum Lessons

All ages: Kids and adults, all levels. Individual 30-minute piano or drum lessons with Georges Bouhey. Georges is a full-time professional musician practicing, creating, performing, and teaching in Eugene, Oregon. Georges is known throughout the region as a band leader, an ace sideman (drums or keyboards) and as a compassionate music educator. Georges blends teaching, performing, and learning into fun jam sessions and will usually play along. Lessons are available at his studio 20 location, River Road Park, or on Zoom. Parents are encouraged to stay and enjoy the music! \$35 per 30 min session, price includes 4 sessions.

Ongoing M-F \$140

Winter Youth Sketch

Ages 10-14. Learn fundamental drawing skills, such as basic mark making, shading and observation that will provide a basis for further artistic development. Participate in drawing exercises like timed sketches/gestures, line and shading control, drawing from life, one-line drawings, and more. Instructor: Evan Watkins.

1/13-3/16 Sa 1-2:30p \$90 ID/ \$105 OD

Combo Music Jam

All ages. The RR Student Combo is the perfect opportunity for your student musician to learn musicianship, theory, improvisation, and performance skills from a performing, professional musician. The focus is on getting everyone to play fun rock, jazz and R&B tunes together in a small ensemble (combo) setting. \$35 per 30 min session, price includes 4 sessions.

Monthly Su 4-5:30p \$140

Safe Sitter Class

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, and introduces 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: Ceci O'Brien.

Jan 20	Sa	9a-3p	\$100
Mar 9	Sa	9a-3p	\$100



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CAMPS / CLASSES / LESSONS

Engaging with Nature

Ages 10-14. Nature is all around us! In this series, we will deepen our connection to nature through a variety of indoor and outdoor activities and explorations. Each session will focus on a different nature-based theme, engaging our senses, creativity, belonging, and more. Instructor Erin Heinitz.

1/9- 3/13 TuTh 4-5p \$85 ID/ \$100 OD

Modern Art with a Twist

Ages 11-14. Come have fun creating while being inspired by modern artists, (that means art from the 20th and 21st centuries', also the part where it gets exciting). You will paint, draw, cut, tear, glue, and sculpt while experimenting with a multitude of art supplies. You will also learn about those important elements and principles of art along the way, which helps make you a better artist! Instructor: Melanie Pearson; Melanie is an experienced artist and art teacher that loves sharing her passion for art making with others.

1/9-3/12 Tu 4-5:30p \$90 ID/ \$105 OD
1/10 - 3/13 W 4-5p \$90 ID/ \$105 OD

Delicious & Fun filled Indian Cooking Series with Neelam Kanwar

Ages 13-18. These recipes will use fresh, high-quality ingredients and time-honored Indian culinary techniques. Neelam will begin by teaching you how to build layers of deep, warming flavors in a traditional Indian meal. Neelam is a certified practicing Herbalist, Ayurveda counselor, yoga, and mindfulness educator. This is a three-part series; students must take session 1 "intro to Indian cooking" before signing up for session 2 or 3.

1. Intro to Indian cooking
1/6 & 13 Sa 12-2:30p \$45
2. How to make Naan, Paratha Bread, and Saag Paneer
1/20 & 27 Sa 12-2:30p \$45
3. Fermented Foods & Dessert
2/3 & 10 Sa 12-2:30p \$45



Cooking 101

Ages 10-14. In this cooking series we will learn and practice various fundamental cooking skills. Each week we will prepare and sample a range of simple and nourishing meal options. Instructor Erin Heinitz.

1/9-3/11 M 4-6p \$115 ID/ \$130 OD

Black Light Game Night

Ages 11-14. Glow in the dark ping pong, black light crafts, snacks, and more!

3/16 Sa 4-6p \$10

NE Middle School Dance Team

Grades 5-8. Have you ever thought about learning what dance team is all about? Now is your chance! This is a beginner to intermediate dance team. Built to promote physical and mental development, and to teach lifelong values and skills. Dancers will learn the foundations of dance and complex choreographed routines. Learn the ins and outs of dance team before you get the opportunity to join a high school team! Classes will take place at our Annex building 1055 River Road. Instructor: Chelsea Roberts.

1/5-3/15 F 4:30-6:30p \$100 ID/ \$115 OD

River Road Santa Clara Volunteer Library

105 Oakleigh Lane
Eugene, OR 97404
541-607-1882
rrscvolunteerlibrary@gmail.com
www.rrscvolunteerlibrary.org

NOW OPEN:
Monday-Saturday 10a-4p and
Thursday 10a-1p

A 100% volunteer-run, independent, library offering affordable library services (\$20/year suggested donation). Children's, juniors, and adult sections plus DVDs and audiobooks. Come check us out!



Youth Programs

541-688-4052 • www.rrpark.org

Keenan Hamilton | email: keenanh@rrpark.org

Geanna Hall | email: geannah@rrpark.org



INFO SCHOOL YEAR 2023/24

INFO SCHOOL YEAR 2023/24

Registration for Fall 2023-2024 school year.

- There is a non-refundable \$50 annual registration/supply fee for the early learning and ASAP programs.
- 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 3-5

Preschool AM

Age 3. Must be age 3 by September 1, 2023 and fully toilet trained -no pull ups please! NO AGE EXCEPTIONS.

Children learn to work and play as part of a group. Making friends, learning to take turns, listening, and expressing feelings in acceptable ways, will make them feel good about themselves while in "school." Our activities include songs, games, arts and crafts, cooking, musical instruments, and dramatic play along with active and quiet times. Instructors: Geanna Hall and Isabel Ortiz. If classes are full, please put your child on a waiting list.

9/11 MW 8:30-11a \$180 ID/\$200 OD/month
9/12 TuTh 8:30-11a \$180 ID/\$200 OD/month

Prekindergarten

Ages 4-5. Must be age 4 as of September 1, 2023 and fully toilet trained -no pull ups please! NO AGE EXCEPTIONS.

Children will prepare for kindergarten by focusing on learning colors, shapes, the alphabet, and numbers (counting, forms, comparisons, and sets). Games, music, arts, crafts, and cooking activities encourage large and small motor control development and provide an opportunity to improve social skills and develop a positive self-image. Instructors: Ceci O'Brien and Laurena Matava. If classes are full, please put your child on a waiting list.

9/11 MWF 8:30a-12:30p \$280 ID/\$300 OD/month
9/12 TuTh 8:30a-12:30p \$210 ID/\$230 OD/month

ASAP

Grades K-5. A.S.A.P. is an extended care service for children with working parents. Certified drivers safely transport children in park district vans from their school to River Road Park, where they will participate in a variety of recreational activities promoting self-esteem, social skills, and the value of using leisure time wisely. We are certified by the USDA snack program. The program operates after school and on most scheduled no-school days. **OPEN TO FULL TIME PARTICIPANTS ONLY** (M-F, 5 days per week, no exceptions). For information, call the park office at 541-688-4052 or your school's office. See 4J School District calendar for dates. M-F fees and schedules vary and can be picked up at the main office. Tuition is averaged out over a 9-month period, not including winter or Spring Break. ASAP program is open until 6p.

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

2023-24 ASAP Fees

In District	Out of District
\$350/month	\$370/month
Sibling discount for each additional child	
\$330/ month	\$350/ month
\$50 non-refundable supply fee due at registration.	
December and June will be pro-rated.	
Winter/Spring Break Camps will be offered for a separate fee.	



Adult Fitness

541-688-4052 • www.rrpark.org

Brian Breedlove | email: Brianb@rrpark.org

Closures

12/23-12/26
1/1
1/15

Holiday
New Year's Day
Martin Luther King Jr. Day

FITNESS PASS CLASSES

Fitness/Virtual Pass

Our Fitness/Virtual Pass will allow you to participate in our Fitness Pass Classes listed on this page either in person or on-line via Zoom. The passes are good for all Winter term classes listed below. Winter term runs from January 2 through March 22 (12 weeks). A current pass is required to attend classes.

Single entry drop in \$6

10 visit pass	Adult: \$36 ID/ \$45 OD	Senior: \$27 ID/\$36 OD
1-month	Adult: \$48 ID/\$60 OD	Senior: \$36 ID/\$48 OD
3-month	Adult: \$130 ID/\$162 OD	Senior: \$100 ID/\$140 OD

Pickleball

This is a Fob pass class. This racket sport is similar to 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. Check in with Brian for any schedule changes. Everyone will need to scan in each time you come to play. On Saturday, scan in at the aquatic reception desk. Check the schedule in the lobby for current information. If you want to learn to play, contact Brian at 541-688-4052 to get information. **No pickleball 2/10, 3/28, 3/30.**

Ongoing	1/5-4/1
Sa	9:30a-2p
TuTh	1-3p

Step'n Out

Designed to promote the benefits of walking and a healthy lifestyle. We will begin and end at the River Road Park Annex, 1055 River Road. Wear sturdy, comfortable walking shoes. We will walk rain or shine. No leader for this one. Just meet up with other fun walkers and be ready to walk.

Ongoing	TuTh	9:30-10:30a	Free
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Zumba AM

Is it dance? Is it fitness? Is it amazing? ZUMBA® uses Latin inspired routines that are easy to follow and downright addictive to create a fitness program that will make you want to work out. Instructor: Maribel Brigido.

1/2 - 3/20	MW	7:30-8:30a	MP
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Zumba Gold ®

ZUMBA GOLD® is for all fitness levels. It takes the Zumba formula and modifies the moves to suit all participants. There is no jumping involved. Just a fun time dancing to the Latin beat. Stay in shape and have some fun! Instructor: Elaine West.

1/2 - 3/22	MWF	8:30-9:30a	MP
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Dance Fitness/ Aerobics

This class is for all fitness levels. Energize your workout with fun, easy-to-follow dance routines and upbeat music in an encouraging setting. Instructor: Heidi Connors.

1/3-3/20	MW	5:30-6:30p	MP
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Body Shop

Join a personal trainer for 45 minutes of unique and challenging 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.

1/2- 3/21	TuTh	6:30-7:15a	MP
1/2- 3/21	TuTh	5-5:45p	MP

Step It Up

This step-based class (can be done with or without the step) will improve your cardiovascular fitness, muscular endurance and balance, incorporating weights, bands and balls with moves that are fun and easy to follow. Work at your own pace. Wear good shoes. Instructor: Alaina McCullugh.

1/2 - 3/22	MWF	9:45-10:45a	MP/Ball Court
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FITNESS CLASS - REGISTERED

Personal Fitness Training

Looking for one-on-one personal training? River Road Park and Recreation District offers 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 people feel and move better. 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. Reach your individual health and fitness goals with personal training. To set up your initial session, contact the district office, 541-688-4052.

\$45 per session

Personal Exercise & Fitness Center Orientation

Invest an hour with a certified personal trainer and realize the difference a stronger, healthier body can make. Whether you desire to lose fat, gain strength and/or increase your cardio-respiratory endurance, our experienced trainer will design a personalized, basic exercise regime for you and show you how to effectively use the Fitness Center equipment. Please contact the district office, 541-688-4052 to schedule your appointment today!

\$45 per session

Adult Fitness

Spin Cycling

Increase your stamina, burn calories, all while enjoying a great cardio workout. Energize your day with group exercise training. We are riding the new Schwinn AC Sport Cycles in a super clean, safe, air-conditioned environment, that includes big screen and awesome acoustics. All fitness levels are welcome to attend. Virtual option is available for those riding from their happy place. SPD cleats can be used or hard soled shoes. Bring a towel and a water bottle. Instructor: Denise Thomas.

1/2-3/19 Tu 6-6:45p MP
Monthly 1 day/week: Adult: \$30 ID/\$38 OD Senior: \$27 ID/\$34 OD

Fit & Flex - Virtual availability

This class is designed to focus on and increase flexibility, joint stability, balance, strength, and cardiovascular endurance. Beginners welcome. Instructor: Michie Kawada, ACE.

1/2-3/20 MW 12:45-1:45p MP
1/6-3/23 Sa 9-10a Annex
Adult: \$91 ID/\$113 OD Senior: \$82 ID/\$102 OD

Fit & Balance - Virtual availability

This class workout can be done from a seated or standing position. The focus is on increasing strength and flexibility, improving bone-density, balance, and finding confidence in performing activities of daily living. This class improves quality of life and independent living for many mature adults. Instructor: Michie Kawada, ACE.

1/2-3/20 MW 1:45-2:45p Rm C
1/6-3/23 Sa 10-11a Annex
Adult: \$91 ID/\$113 OD Senior: \$82 ID/\$102 OD

HIIT- High-Intensity Interval Training – Virtual availability

Angela has been in the fitness industry for over fifteen years. She loves helping people attain their fitness goals and has fun doing it. She will be teaching HIIT classes which are high, intensity interval training. HIIT alternates between high intensity movements, which significantly increases the heart rate, followed by short periods of lower intensity movements. This program decreases body fat while increasing strength and endurance. Instructor: Angela Silvers.

1/3-3/20 MW 4-5:30p MP
1/3-3/20 MW 6:30-8p MP
1/2-3/21 TuTh 4-5p MP
Adult: \$92 ID/\$115 OD Senior: \$83 ID/\$103 OD

TAI CHI / QIGONG / TAE KWON DO

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.

1/5-3/22 F 10-11:15a Rm C
Adult: \$44 ID/\$55 OD Senior: \$39 ID/\$49 OD

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.

1/5-3/22 F 11:30-12:45p Rm C
Adult: \$44 ID/\$55 OD Senior: \$39 ID/\$49 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.

1/3-2/9 MWF 2-3p MP (6 weeks)
Adult: \$50 ID/\$62 OD Senior: \$44 ID/\$56 OD
2/12-3/22 MWF 2-3p MP (6 weeks)
Adult: \$50 ID/\$62 OD Senior: \$44 ID/\$56 OD

Qigong and Internal Energy Work

Qigong is an ancient system of energy work developed by Taoist masters thousands of years ago. It was mainly used for healing the body and supporting spiritual practices such as meditation. Around 1670, Tai Chi was developed as a martial art using the qigong internal energy technique. Qigong practice uses movement to cultivate internal chi. This class focuses on standing poses and movement sets that are part of the medical qigong system. Mindful standing and movement will help support a meditation practice. This is an excellent class for beginners and will lay a good foundation for martial arts (Tai Chi), and a healthier body. Instructor: Sarah McMullen.

1/2-3/21 TuTh 1:30-2:30p Annex
Adult: \$68 ID/\$84 OD Senior: \$61 ID/\$76 OD



Qigong for Self-Healing

This class includes 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 your meridians, or energy channels. This class also includes the 12 Health Meridian qigong set, which works with the primary organ meridians used in traditional Chinese Medicine. We will also practice internal work or Neigong, which focuses on more subtle internal movements and includes learning about and experiencing your own energy field. Instructor: Sarah McMullen.

1/4- 3/21	Th	11a-12p	Rm C
Adult: \$30 ID/\$37		Senior: \$28 ID/\$34 OD	

Tae Kwon Do

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

AGES 10+. 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. Held at RRPRD Annex, 1055 River Road.

Ongoing	WF	5:30-6:30p	
Youth/Adult: Beginning			\$43/month
Ongoing	WF	6:30-7:30p	
Youth/Adult: Intermediate			\$43/month

YOGA / PILATES / MEDITATION**Beginning Yoga – Virtual availability**

Class is slower paced and focused on finding the correct alignment for foundational and challenging poses. Come to learn and relax. You don't need to be able to touch your toes; you just must be willing to try. Instructor: Bex Oransky.

1/2- 3/21	TuTh	10:45-11:45a	Annex
Adult: \$63 ID/\$79 OD		Senior: \$57 ID/\$71 OD	

Advanced Beginner – 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. Please bring your own yoga mat. Instructor: Bex Oransky.

1/2-3/21	TuTh	9:15-10:30a	Annex
Adult: \$92 ID/\$115 OD		Senior: \$83 ID/\$103 OD	

Power Hour – Virtual availability

Participants enjoy an energizing flow and build skills with vinyasa movement between poses with breathwork. Improve strength and mobility with variations to suit multiple levels. Expect intervals of intensity and rest, this class is intended for people with some prior experience with yoga postures. Instructor: Bex Oransky.

1/2- 3/21	TuTh	8-9a	Annex
Adult: \$92 ID/\$115 OD		Senior: \$83 ID/\$103 OD	

Chair Yoga Fusion- Virtual availability

Chair Yoga Fusion is a great option for those who find it hard to get up and down from the floor. This gentle yet challenging whole-body 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. Some exercises are infused with optional tools such as light weights, yoga blocks and exercise balls to enhance the benefits and make it a fun, interesting and motivational experience for participants. Instructor: Jennifer Halse.

1/3- 3/22	MWF	11a-12p	MP
Adult: \$94 ID/\$118 OD		Senior: \$85 ID/\$106 OD	

Core Yoga - Virtual availability

A functional yoga class designed to support healthy, strong, and safe aging—at any age. You'll use yoga poses (asana) to focus both body and mind on core strength and conscious breathing (pranayama). Individual classes will vary, including warm-ups, exercises to stretch and strengthen the entire body, and a relaxation period (savasana). This is not a gentle yoga class; fit beginners are welcome. Participants must be able to get up and down from the floor easily, and props and modifications support all abilities. Instructors: Kate Cleary and Candice Kramer.

1/3- 3/22	MWF	10-11:15a	Annex
Adult: \$120 ID/\$150 OD		Senior: \$108 ID/\$135 OD	

Core Yoga for Seniors - Virtual availability

A slower paced, but no less challenging version of Core Yoga, with modifications and more frequent rest periods. Instructors: Kate Cleary and Candice Kramer.

1/3- 3/22	MWF	8:30-9:45a	Annex
Adult: \$120 ID/\$150 OD		Senior: \$108 ID/\$135 OD	

Gentle Yoga for Seniors – Virtual only

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.

1/3- 3/22	MWF	8:30-9:45a	
Adult: \$120 ID/\$150 OD		Senior: \$108 ID/\$135 OD	

Adult Programs

Hatha Yoga for Women – Virtual only

Come to renew, strengthen, relieve stress, and connect to ourselves and the world around us. Practicing Asanas (yoga postures) builds inner and outer strength, increases flexibility, strengthens the immune system, improves balance, increases energy, and calms the mind. Leave rejuvenated and relaxed. Instructor: Megas MacDonald.

1/2- 3/21 TuTh 9-10:15a
Adult: \$92 ID/\$115 OD Senior: \$83 ID/\$103 OD

Yoga for Core Strength - Virtual availability

Does not qualify as Silver & Fit/Renew Active Class.

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: Kate Cleary.

1/2- 3/21 TuTh 4:15-5:30p Annex
1/2-3/21 TuTh 6-7:15p Annex
Adult: \$92 ID/\$115 OD Senior: \$83 ID/\$103 OD

Pilates for Mature Adults - Virtual availability

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

1/3- 3/20 MW 9:30-10:30a Rm C
Adult: \$69 ID/\$86 OD Senior: \$63 ID/\$78 OD

Pilates-Yoga Fusion – Virtual availability

Get the best of both worlds! This Mind-Body class infuses elements of both Pilates and Yoga to give you a balanced whole-body workout. Improve core and pelvic floor strength, posture, stability, stamina, and joint mobility while toning, stretching, and elongating your muscles. End class with gentle stretching and meditation/savasana. Leave class feeling energized, centered, and focused for the rest of your day. Appropriate for most fitness levels. Participants must be able to get up and down from the floor. Bring a Yoga/Pilates Mat to class. Instructor: Jennifer Halse.

What to bring to class: Thick Yoga/Pilates Mat, Towel, water. Optional items: Yoga Block, Yoga strap or Flexible Resistance band.

1/2- 3/21 TuTh 9:30-10:30a MP
Adult: \$69 ID/\$86 OD Senior: \$63 ID/\$78 OD

FINE ARTS

Art Journaling with Melanie

Do you long to be creative but can't decide what to do? Art journaling is a way to paint, draw, and collage your way to inner peace. Creating only for yourself, not for display, is freeing and allows you to play and follow your curiosities and imagination. You'll be guided through a multitude of materials and techniques, both working on your book and making collage fodder. So if creative play sounds fun to you, come join!! Participants must provide their own art journal; a sketchbook with sturdy paper is recommended such as mixed media, watercolor, or tag board. Any size is great. Instructor: Melanie Pearson is an experienced artist and art teacher that is an avid art journaler. She was even published in the Art Journaling magazine!

1/2-3/19 Tu 2-3:30p Rm E
Adult:\$80 ID/\$100 OD Senior:/\$72 ID/\$90 OD

Watercolor for Beginners

Celebrate the beauty of the natural world using watercolors! This class for the true beginner, features all you need to know about choosing paint, palette, brushes, and paper. Explore a variety of simple and exciting techniques unique to watercolor painting. Your instructor will help you nurture your creative side in an environment of encouragement and self-discovery. Instructor: Jill Lauch.

1/8-2/26 M 6:30-8:30p Rm E
Adults: \$68 ID/\$85 OD Seniors: \$50 ID/\$74 OD

Pen & Ink Plus Color

Explore the world of drawing using pen and ink. The class will cover sketching with micron pens, drawing with dip pens and various inks, and how to add color to your drawings with watercolors and aquarelle or colored pencils. Our subjects will include everything from doodles to landscapes, people to architecture. Expand your artistic expression with this affordable and portable artform. Instructor: Jill Lauch.

1/11-2/29 Th 1-3p Rm E
Adults: \$68 ID/\$85 OD Seniors: \$50 ID/\$74 OD

Expressive Watercolor

Taking cues from the Fauves – innovative artists who were a bridge from Impressionism to 20th Century Modern Art – this class will experiment with new ways of using color, form, and imagination to create art. Artists such as Matisse, Derain and Braque led the way. Exercises to get in touch with your expressive self will help overcome blocks and ignite creativity! In an atmosphere of discovery and encouragement, let's explore new and exciting ways of using watercolor for self-expression. Instructor: Jill Lauch.

1/9-2/26 Tu 6:30-8:30p Rm E
Adults: \$68 ID/\$85 OD Seniors: \$50 ID/\$74 OD

Closures

12/23 & 12/26
1/2
1/15

Holiday
New Year's Day
Martin Luther King Jr. Day

541-688-4052 • www.rrpark.org

Brian Breedlove | email: Brianb@rrpark.org

APPLIED ARTS

Mosaics (Intermediate)

In mosaics, learn to 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. **Must have taken beginning mosaics class.**

Leader: Cindy Sittner.

1/2-3/19	Tu	12:30-2:30p	Kitchen
1/4-3/21	Th	12:30-2:30p	Kitchen
Adult:		\$51 ID/\$63 OD	Senior: \$46 ID/\$57 OD

DANCE

Belly Dance- Skills and Drills

This is an all level Tribal/Tribal Fusion class. Learn basic Tribal and Tribal Fusion movements pulling from Middle Eastern, North African, East Indian and Flamenco cultures.

Instructor: Candice Morgan.

1/2-3/19	Tu	7-8:15p	Beginning	MP
Adult:		\$75 ID/\$93 OD	Senior: \$69 ID/\$86 OD	Drop in \$6
1/4-3/21	Th	7-8:15p	Intermediate	MP
Adult:		\$75 ID/\$93 OD	Senior: \$69 ID/\$86 OD	Drop in \$6

Argentine Tango

Intro to Tango right from the beginning! 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.

1/7-3/24	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

Italian 1

Basic Italian conversation and culture that would include a bit of grammar and vocabulary for beginners! Instructor: Sied Imani.

1/3-3/20	W	4-6p	Room C
Adult:		\$102 ID/\$127 OD	Senior: \$92 ID/ \$114 OD

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.

1/8-3/18	M	3-5p	Rm E
Adult:		\$102 ID/\$127 OD	Senior: \$92 ID/\$114 OD

Spanish 1/1+

Focus on commonly used phrases and language for the traveler. Spanish 1 or instructor approval required. Instructor: Sied Imani.

1/5-3/22	F	12-2:30p	Annex
Adult:		\$102 ID/\$127 OD	Senior: \$92 ID/\$114 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.

1/8-3/18	M	10:30a-12:30p	Rm E	\$5
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MUSIC

Piano Lessons (currently FULL)

All ages. Individual 30-minute piano lessons with experienced performer and composer Ashley Wright.

Ongoing	W	\$20 per lesson paid monthly.
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Piano or Drum Lessons

All ages: Kids and adults, all levels. Individual 30-minute piano or drum lessons with Georges Bouhey. Georges is a full-time professional musician practicing, creating, performing, and teaching in Eugene, Oregon. Georges is known throughout the region as a band leader, an ace sideman (drums or keyboards) and as a compassionate music educator. Georges blends teaching, performing, and learning into fun jam sessions and will usually play along. Lessons are available at his Studio 20 location, River Road Park, or on Zoom. Parents are encouraged to stay and enjoy the music! \$35 per 30 min session, price includes 4 sessions.

Ongoing	M-F	\$140
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Adult Programs

Combo Music Jam

All ages. The RR Student Combo is the perfect opportunity for your student musician to learn musicianship, theory, improvisation, and performance skills from a performing, professional musician. The focus is on getting everyone to play fun rock, jazz and R&B tunes together in a small ensemble (combo) setting. \$35 per 30 min session, price includes 4 sessions.

Monthly Su 4-5:30p \$140

GENERAL INTEREST

Harmony Within: A Transformative Three-Part Journey to Healing and Thriving

Align Renew Thrive: The Three-part series that unlocks the secrets of your body's natural blueprint and identifies hidden misalignments wreaking havoc on your daily movements and life. Empower yourself with the wisdom of your body's natural design. Break free from old patterns and step into a thriving life with our three-part series. Each class merges insightful learning with practical exercises to reduce stress, enhance well-being, and achieve optimal health. Unleash your potential in a journey toward vibrant living. Instructor: Melanie Carlone.

Align	1/10, 1/17, 1/24	W	6:30-8p	Rm E	\$80
Renew	2/21, 2/28, 3/6	W	6:30-8p	Rm E	\$80
Thrive	3/13, 3/20, 3/27	W	6:30-8p	Rm E	\$80
Align/Renew/Thrive	1/10-3/27	W	6:30-8p	Rm E	\$200

Urban Homesteading

Urban Homesteading is growing your own food, to whatever degree possible, in the city. This often includes scratch cooking and preserving the harvests. There are different facets and tangents you can go out on here, from vegetable gardens, to chickens, to baking the now famous sourdough bread, to living a sustainable lifestyle, but the thing all of these will have in common, is that you are doing them in a smaller urban or suburban space.

1/10-3/20 W 7-9p
Cost per class: \$24 ID/\$30 OD
Instructor: Kevin Prier

1/10 - Cheese Making
1/17 - Bread Making/Sourdough
1/24 - Fermenting: Sauerkraut, kombucha
1/31 - Beyond Sauerkraut
2/7 - Backyard Poultry
2/10 (Saturday, 2-4pm, at instructor's house.) - Pruning and Grafting
2/21 - Garden Prep for Spring
2/28 - Introduction to Beekeeping
3/6 - Sausage Making
3/13 - Homemade Condiments
3/20 - Outdoor Herbs and Essential Oils

Neelam's Traditional Indian Cooking Class

Class #1: Participants will learn the concept of essentials of Ayurvedic Cooking, introduction to a plethora of typical Indian spices and herbs, an extensive varieties of lentils, food combinations and pairing of vegetables with lentils and grains... how layering of spices works and taste the flavors with each layering process will be an exclusive experience followed by hands on experience of cooking together an appetizer, a special gourmet cooking of one vegetable, one lentil (legume), yogurt dish and rice preparation. *

This class is a pre-requisite for Neelam's other cooking classes. Unless otherwise stated, you must take this class before you can take any of Neelam's other classes.

1/7 Su 11a-2p Kitchen

Class #2: In this class the participants will learn in detail about Indian breads and cooking one accompanying seasonal vegetable / special popular dish like Saag Paneer (spinach & cottage cheese) / Channa masala/ Paneer Tikka Masal/ Daal Makahani. Hands on cooking techniques will be learnt to make Indian breads like Roti, Phulka, layered paratha, stuffed paratha, naan.... gluten free options like pearl millet flour will also be available. ***Must take class #1 before taking this class.**

1/14 Su 11a-2p Kitchen

Class #3: This class is all about Southern India's most popular across the world... Fermented foods such as Idlis, Dosas, Masala Dosa. Three types of accompanying Chutneys and Dipping Soup called Sambhar that is extraordinarily flavorful.

1/21 Su 11a-2p Kitchen

Class #4: In this class learn how to make at least two Indian desserts and enjoy them with couple of savory snacks made using healthy, digestion aiding spices. Choice of making warm or cold dessert. Free Ayurvedic Health Quiz, personalized recipe & non-dairy option recipes will be provided. *** Must take class #1 before taking this class.**

1/28 Su 11a-2p Kitchen

Herbal Tea Class: Neelam will share 6 different tea recipes and ways to make herbal teas that are not only delicious but are also healing and therapeutic. Neelam will also serve her special Indian Masala Chai with some delicious Indian savory snacks and share stories of tea and chai making in her small hometown in India as well as in Mumbai. Neelam's active interest in Ayurveda, yoga, and herbal therapies was kindled and inspired by her mother and maternal uncle who passed away at a great age of 103 in 2020, believed in practicing a holistic, spiritual way of life. Early in 2016 Neelam moved away from her corporate life and focused on holistic wellness, training herself to be a certified practicing herbalist, Ayurveda Counselor, yoga, and mindfulness educator. **No prerequisite necessary.**

2/4 Su 11a-2p Kitchen

Adult Travel

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Katrina Setzer | email: katrinas@rrpark.org

EXTENDED TRIP PRESENTATIONS

Roaming Coastal Maine

1/30 Tu 1-1:45p

Magical Christmas Markets

1/30 Tu 2-3p
3/28 Tu 2-3p

1st Tour of 2025 Mystery Presentation

3/28 Tu 3-4p

DOC PARTIES

America's Music Cities

3/28 Tu 1-2p

Croatia

6/20 Th 1-2p

EXTENDED TRAVEL

America's Music Cities April 13-21, 2024

This is a fabulous trip! If you love music then this will be right up your alley. New Orleans, Memphis and Nashville. Jazz, blues and country! So many fun stops await you... French quarter, a swamp tour, Mardi Gras World, Jazz Revue, Graceland, Ryman Auditorium, Grand Old Opry, Country Music Hall of Fame, RCA Studio, chocolate making, and so on and so on... We did this trip approximately 8 years ago and it was INCREDIBLE!!! Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 8 fun filled days and 10 meals. Insurance is available for \$349 per person. <http://gateway.gocollette.com/link/1115022>

Double: \$3,549 Single: \$4449 Triple: \$3,499

Croatia & Its Islands - Small Ship Cruising on the Adriatic Coast July 2-13, 2024

Call Kat to see about space. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 12 fun filled days and 19 meals. Limited space. The ship can only hold 36 passengers so this will sell out quickly. Insurance \$599 per person. <http://gateway.gocollette.com/link/1163507>

Lower outside rate \$6149 Main deck rate \$6649

Roaming Coastal Maine

Trip #1 is full September 29 — October 05, 2024

Trip #2 October 4 - 10, 2024

Are you ready for another fun adventure? Buckle up buttercup, here we go! Highlights include: Portland, Maine, Acadia National Park. Lobster Trap pull demo, wine tasting, Camden, Freeport, Botanical Gardens, Boothbay and more. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 7 fun filled days and 9 meals. Insurance is available for \$349 per person.

Trip#1 <https://gateway.gocollette.com/link/1163449>

Trip #2 <https://gateway.gocollette.com/link/1215088>

This trip has a level 2 rating.

Double: \$4249 Single: \$5449

2025 trips will be announced at the party!

Trip & Travel Party

Inviting all of you who have traveled with the park or are interested in future travel, to come tonight for a fun evening of pictures, food and give-aways. A slideshow will get you reminiscing and chatting. We will share stories and celebrate. I'll be taking your feedback on upcoming destinations and introducing a new travel incentive program. Mark your calendars!! This is going to be a hoot! I can't wait to see you all there.

2/3 Sa 6-8p \$10

Magical Christmas Markets Dec. 3-11, 2024

Magical is the key word here! This is going to be a special one. We will enjoy the unique charms of Austria and Germany and the incredible Christkindlesmarket (Christmas market)! Our tour begins in Innsbruck, capital of the Alps where we will spend the next six nights nestled in the heart of the mountains. From here we will take a carriage ride, go to Salzburg, St. Peter's restaurant, Oberammergau, Munich, and of course, visit all the Christmas markets. We have added a day on to this trip so that we can get settled in and comfortable before beginning our adventure. We will be staying in one hotel so we can move in and make it home. We will get to go to a multitude of Christmas markets and see first hand how truly magical it is.

Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 9 fun filled days and 11 meals. Insurance is available for \$449 per person. <http://gateway.gocollette.com/link/1163000>

Double: \$3,779 Single: \$4319 Triple: \$3,716

Book now and save \$200!!



Day Trips

Day Trip Registration Information

IN-DISTRICT residents may begin walk-in registration Thursday, 1/4 at 10a. Phone and online registration will begin at 1p.

OUT-OF-DISTRICT residents may begin walk-in registration Friday, 1/5 at 10a. Phone and online registration will begin at 1p.

CANCELLATION POLICY

Any senior trip refund or trip credit conversion to a refund will be assessed a \$5 processing fee. No refund will be given if you cancel the day of the trip or if you're a no show. Once we have incurred costs for booking trips (tickets, meals, hotel, transportation, etc.), we are unable to give refunds unless we can fill your spot.

Under AGE 55?

People under 55 years of age are placed on a waiting list. Two weeks prior to the trip date this list will be called.

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 if soace available.
- End times are estimated.
- Please park vehicles in the back of the parking lot, near Lake Drive.
- Tipping the trip leader and motor coach 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.



December

➡ Holiday Lunch @ Heceta	12/13	W	9:30a-4:30p	\$109
➡ Holiday Lunch @ Heceta	12/14	W	9:30a-4:30p	\$109
➡ Holiday Tea	12/17	Su	2-3:30p	\$15
➡ Grub Club- Barger Grill	12/28	Th	11:30a-2:30p	\$30

January

Grub Club- Steelhead	1/11	Th	11:30a-2:30p	\$30
Bakery & Winter Market	1/20	Sa	10a-2:30p	\$39
First Taste of Salem	1/27	Sa	11a-4p	\$40

February

Aurora History, Antiques & Lunch	2/1	Th	8:30a-4:30p	\$79
Lovejoy's High Tea	2/9	F	10a-5p	\$79
Grub Club- BJ's	2/13	Tu	11:30a-2:30p	\$30
Newport Seafood & Wine	2/23	F	10:30a-6p	\$75
Creswell Tour & Bakery	2/28	W	1-5p	\$45

March/April

Grub Club- Johnny Oceans	3/6	W	11:30-2:30p	\$30
Cha Ching Casino Trip	3/12	Tu	10a-4p	\$45
Salem Mental Hospital	3/22	F	9a-3p	\$56
Cottage Grove Dinner & Theater	4/5	F	4:30-11p	\$89
Grub Club- Los Portillos	4/18	Th	11:30a-2:30p	\$30
'ShBoom' & Dinner	4/28	Su	10:45a-8p	\$105

June

Cottage Grove Dinner & Theater	6/7	F	4:30-11p	\$89
Broadway Rose & Dinner	6/23	Su	10:45a-8p	\$105

Grub Club

Every month we get together to enjoy a hot, new food spot. We're the "grub club". If you like to try new restaurants and are an adventurous eater then this is the group for you. Your cost includes transportation and lunch.

DAY TRIPS**Holiday Lunch @ Heceta**

Today, we are in for a treat. This amazing 7 course brunch will be hosted in the Keeper's Home at Heceta Head Lighthouse in Yachats. This is a unique opportunity to enjoy wonderful food, incredible views and great conversation. Michelle Korgan, the current owner and chef, hand selects produce from local farms and clips herbs from the Keeper's culinary garden. The home will be decorated for the holidays so get ready to get into the mood! Holiday time is here! Your cost includes: transportation and brunch.

12/13	W	9:30a-4:30p	\$109
12/14	Th	9:30a-4:30p	\$109

Special Event: Holiday Afternoon Tea

Today is about getting into the holiday spirit. We begin with a holiday afternoon tea where you will enjoy an assortment of teas, finger sandwiches, assorted treats and fresh fruit. The Greater Eugene Chorus will then take us on a holiday musical journey so prepare for a magical time. Your cost includes: a holiday afternoon tea and songs that will surely get you into the holiday mood. Held at River Road Park.

12/17	Su	2-3:30p	
\$15 in advance. \$20 at the door if space is available.			

Grub Club ~ Barger Grill & Taphouse

12/28	Th	11:30-2:30p	\$35
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Grub Club ~ Steelhead

1/11	Th	11:30a-2:30p	\$30
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Mennonite Bakery & Corvallis Indoor Winter Market

The Corvallis Indoor Winter Market is one of western Oregon's oldest weekly indoor winter markets. Today we will go and take part. Live music, baked goods, crafts, and, of course, locally grown produce all create the ambiance of the farmer's market with a unique opportunity to purchase seasonal items. We will stop at the Mennonite Bakery for a morning treat. Your cost includes: transportation and a baked item.

1/20	Sa	10a-2:30p	\$39
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First Taste of Salem

Salem is where we are going for today's adventure. Art, Wine, Brew, Spirits, and Food... Heck yea. First Taste features some of the industry's best winemakers, craft brewers, spirit distillers, artists and culinary masters. If wine is not your thing, enjoy a hard cider or a craft brew from one of the state's best craft brewers or discover your new favorite distilled beverage. Plus, with various artists, commercial vendors, and live entertainment, you're sure to have a great time. Your cost includes: transportation, and admission.

1/27	Sa	11a-4p	\$40
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Aurora History, Antiques & Lunch

Learn about the Aurora Colonists, their leader, and their vision — and more than a quarter century of success as Oregon's first communal society. The Old Aurora Colony Museum is our first stop. The museum offers changing exhibits and will be giving us a tour. Following our museum visit, we'll have lunch at a local hot spot and then hit the antique shops. If you haven't been to this little town, don't miss out! You'll love it. Your cost includes: transportation, museum tour, lunch and time to shop.

2/1	Th	8:30a-4:30p	\$79
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Lovejoy's High Tea & Front Street Shops

High tea is a British custom. First you start with a pot of tea, then a starter course (soup or salad), moving on to tea sandwiches, then a scone served with clotted cream and jam (lemon curd if you're British) followed by a tea biscuit and a Petit Four (tiny dessert cake). Tea is not just a meal, it's an experience. Today, you will get that experience. After tea we will spend some time in Florence on Main Street. Your cost includes: transportation and high tea.

2/9	F	10a-5p	\$79
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Grub Club ~ BJ's

2/13	Tu	11:30a-2:30p	\$30
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Newport Seafood & Wine Festival

The Newport Seafood & Wine Festival returns to the beautiful Oregon Coast. Wine and seafood enthusiasts have flocked to Newport for 47 years to enjoy the bounty of Oregon's coast seafood and premier wineries and today we will be amongst them. The annual Newport Seafood & Wine Festival is "The Original and Still the Best!" produced by the Greater Newport Chamber of Commerce and presented by Chinook Winds Casino Resort. Showcasing over 150 premier Northwest wines, culinary professionals and regional artisans; a festival to remember. Your cost includes: transportation and admission to the festival. Bring cash for samples.

2/23	F	10:30a-6p	\$75
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Day Trips

Creswell Tour & Bakery

We'll meet with Michelle Amberg, the City Manager for a tour of Creswell. She will focus on infrastructure. This will be an interesting peek into the city of Creswell followed by some yummy deliciousness from the famous Creswell Bakery. It's sure to be a fun day. Your cost will include transportation, tour and baked items from the Creswell Bakery

2/28	W	1-5p	\$45
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Grub Club- Johnny Oceans

3/6	W	11:30a-2:30p	\$30
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Cha Ching Casino Trip

Three Rivers - It's your turn to play! Now that the holidays are finally over, come experience the excitement of Nevada-style gaming. Enjoy non-stop action with the hottest slot machines and table games. Enjoy Bingo, Keno and Video Poker, and a beautiful ride over to the coast. There's something fun for everyone. Take a spin and hit the jackpot! Your cost includes: transportation and lunch.

3/12	Tu	10a-4p	\$45
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Oregon State Hopital Museum & Lunch

Salem is home to the Oregon State Hospital Museum; a private museum dedicated to telling the stories of the Oregon State Hospital and the people that have lived and worked there. It's a 2,500 square foot museum, located in the oldest building on the Oregon State Hospital campus and includes permanent and changing exhibits. Your cost includes: transportation, a docent (retired individual who worked at OHS), open question and answer session followed up with lunch in Salem.

3/22	F	9a-3p	\$56
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Cottage Grove Dinner & Theater- "Brigadoon"

Cottage Grove theater always does an amazing job and we are in for another treat tonight. New Yorkers Tommy and Jeff are vacationing in Scotland when they stumble upon a mysterious village that doesn't appear on any map. Featuring such standards as "Almost Like Being in Love," and "Come to Me, Bend to Me," Lerner and Loewe's Brigadoon is a timeless, romantic classic which vividly brings the mystery and magic of the Scottish Highlands to life. Your cost includes: transportation, theater and dinner.

4/5	F	4:30-11p	\$89
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Grub Club- Los Portillos

4/18	Th	11:30a-2:30p	\$30
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Broadway Rose- "Sh-Boom! Life Could Be a Dream"

Dinner and theater is what's happening today. Meet Denny and the Dreamers, a fledgling doo-wop singing group hoping to realize their dreams of making it to the big time! Return to the days of yesteryear with nostalgic hits from the Golden Oldies, "Fools Fall In Love," "Tears On My Pillow," "Runaround Sue," "Earth Angel," "Stay," and "Unchained Melody." Life Could Be a Dream will leave you laughing, singing, and cheering—let's hear it for the boys! You are going to love this one! We'll follow up the theater with some dinner before heading home. Your cost includes: transportation, theater and dinner at Oswego Grill.

4/28	Su	10:45a-8p	\$105
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Cottage Grove Theater- "Vanya and Sonia and Masha and Spike"

Who doesn't love Friday night dinner and theater? We'll start our evening at Stacy's Covered Bridge for a delicious dinner and then we're off to the theater. Get ready to be entertained as we enjoy, 'Vanya and Sonia and Masha and Spike'. Winner of the 2013 Tony Award for Best Play, Vanya and Sonia and Masha and Spike is a hilarious, sometimes poignant, comedy that takes sibling rivalry to a whole new level. Your cost includes: transportation, theater and dinner.

6/7	F	4:30-11p	\$89
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Broadway Rose- "The Spitfire Grill"

Portland is where it's at for this one. Based on the 1996 film, "The Spitfire Grill" is a touching and inspirational musical tale brimming with beautiful folk melodies. Percy, a spirited parolee, follows her dreams to the small town of Gilead, hoping to create a new life for herself. She takes a job working at the Spitfire Grill, which has long been up for sale with no takers. Percy convinces its owner, Hannah, to raffle it off with a letter-writing contest, and the entire town is changed as a result in this story of perseverance, grace, and friendship. After the theater performance, we'll stop for a nice dinner at Lake Oswego Grill. Your cost includes: transportation, theater and dinner.

6/23	Su	10:45a-8p	\$105
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55+ Activities

541-688-4052 • www.rrpark.org

Katrina Setzer | email: katrinas@rrpark.org

55+ ACTIVITIES

Bridge

Enjoy playing contact bridge in a social atmosphere? Come join us for some monthly fun! All are welcome. Payouts at the end of each session. We will meet the first Monday of the month at the Annex, 1055 River Road. **No meeting on 1/1.**

2/5, 3/4, 4/1 1st M 1-4p \$3 paid at the door

Pinochle

Join in on some pinochle play with others who enjoy the game. Partners change after four hands of play. All are welcome. Payouts at the end of each session. We will meet the second Monday of the month at the Annex, 1055 River Road.

1/8, 2/12, 3/11, 4/8 2nd M 1-4p \$3 paid at the door

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. Held at the River Road Annex, 1055 River Road. Organized by volunteer, Don Wall. **No meeting on 1/1 or 1/15. Please call the main office to register.**

2/5, 2/19, 3/4, 3/18, 4/1, 4/15 1st & 3rd M 6-8p
\$3 each or \$18 for all

Memory Tones Choral Group

The focus is on having fun singing old favorites. Experience or ability to read music would be helpful. Newcomers are welcome. Weekly practices and several performances per month. **No meeting on 2/10, 3/30, 4/27.**

Weekly Sa 10:30a-12:30p Free

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. We will meet the third Monday of the month at the Annex, 1055 River Road. **No meeting on 1/15.**

2/19, 3/18, 4/15 3rd M 1-3p Free

AARP Driving Class

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.

3/28 Th 8:30-4:30p
\$20 AARP Member / \$25 Non-member.



Irish Meal Deal

**St Patrick's Celebration ~ lunch to go.
Come on over!**

Today, we celebrate! Come enjoy and indulge in a slow cooked corned beef meal. Delicious mouth watering corned beef, cabbage, potatoes, veggies and dessert, await you. This good food will have you doing a jig! Slainte. Pick up your food between 1:30-2:30p at 1400 Lake Dr.

3/13 W 1:30-2:30p \$10 ID \$15 OD



Valentine Luv-a-gram

This Valentine's day, we invite you to spread the love!

It's time to have some fun with our new reader board. Share your love in a new way, a Valentine Luv-a-gram.

- You can personalize it.
- Create your own message or pick from our list.
- It's dynamic, unique, fun and easy!

See the main office to fill out the luv-a-gram form. Space is limited.

\$10 In District
\$12 Out of District

River Road Park and Recreation District

Happy Valentine's Day
Kat,
Will you be my Valentine?
Love, Doug

River Road
Park and Recreation District



Facility Rentals

BUILDING RENTALS

541-688-4052

- Required 2 hour rental minimum

Multi-purpose Room - 1400 Lake Drive

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

River Road Annex- 1055 River Road

Can accommodate up to 60 guests. No amplified music allowed.

Non-Alcohol Event:

- \$45/hour

Alcohol Event: Beer or wine ONLY

- \$145/hour

All building rentals will require a district use permit, \$300 refundable deposit, and a host liability waiver* at the time of registration. 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.

SHELTER RENTAL

541-688-4052

- Required 2 hour rental minimum
- Under 100 guests \$45/hr; 100+ guests \$50/hr.
- No alcohol allowed

No Alcohol policy!

Possession or consumption of alcoholic beverages within the park boundary is prohibited.

POOL/SPA/WADING POOL RENTAL

541-461-7777

Enjoy your very own Splash Bash! River Road Pool is available for private rentals. Rental parties can be arranged for any size group. Our basic Splash Bash starts at only \$150 per hour (includes 2 lifeguards) and can accommodate up to 35 of your friends. Additional lifeguards will be scheduled for larger groups. Payment due at time of scheduling for pool/spa. Rentals are only available on Saturday after 3p or Sunday after 11a.

Basic Rental Package \$150/hr. (Includes two lifeguards)

Additional lifeguards \$25/hr. each

Add a party room \$45/hr.

Private Wading Pool \$150.00/hr. (includes 2 lifeguards)

Contact Renee Duncan, 541-461-7777 reneed@rrpark.org to schedule your Splash Bash!

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 instruction on the spring floor, bars, climbing net, tumble trak, trampoline and more plus 30 minutes for opening presents, and refreshments, provided by parents.

\$120 (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

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, aquatic toys, kick boards, pull buoys, an easy entry ladder and an A.D.A. approved hydraulic lift.

Spas

Two in-ground spas are available for year-round use. One is covered by a canopy skylight. One is not. Together, the spas accommodate 20 guests. The spas are kept between 102-104 degrees and are fully accessible. Must be 16 or older 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. Must be 16 or older to use the sauna.

Shower Policy

Public showers are available, please provide your own towel and toiletries. The family changing room is not available for public showers. Cost is \$2.00 per person. For non-shower hours, regular admission fees will apply. Please limit your time to 30 minutes.

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

Wading Pool

The Wading Pool is only open in the summer and weather dependent. If the weather is questionable, i.e., under 68°, cloudy, rainy and/or drizzly, please call 541-461-7777 to ensure the Wading Pool will be open.

In the event of inclement weather, admission fees will be credited. To cancel your reservation, please call 541-461-7777. Refunds or credits will not be issued for same day cancellations or "no-shows". On Saturdays, please leave a detailed message.

Personal Training or Fitness Center Orientation

To set up your initial individualized personal training session or fitness center orientation, please contact the business office at 541-688-4052.

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.



Want a massage or reflexology?

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. Appointments are booking now for Winter 2024. For more information on modalities, 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 refund.

Cost \$35-70 hr. (effective March 1). Hours vary based on therapists' schedule.

Foot Care

A nurse, trained in foot care, conducts individual care sessions. The time is used for toenail cleaning and trimming. Please bring a towel and a basin with you to your appointment. No refund for no-shows or cancellations unless we are able to fill your appointment slot. In fairness to the nurse and other clients, those who arrive more than 10 minutes later than their scheduled appointment will forfeit their spot and fee. Payment due at scheduling. 541-688-4052.

By appointment Days and times vary \$20



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