

# River Road Park & Recreation District

**Fall  
2025**

Try classes for **FREE** during our **Fall Fitness Open House** September 4-5. See page 16.



# General Information



## Business Office

1400 Lake Dr. Eugene, OR 97402 541-688-4052  
M-F 8a-6p

## Aquatic/Fitness Facility

1400 Lake Dr. Eugene, OR 97402 541-461-7777  
M-F 5a-9p Sa 6a-3p

## Gymnastics Facility

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

## Fall 2025 September - December

### Registration Dates

#### SWIM LESSONS

Please see page 11 for details.

#### WATER EX

Fall Re-enrollment Sept. 9 & 10  
Fall New enrollment Sept. 11  
Registration will be in the main office between 8a-6p.

#### FITNESS/RECREATION CLASSES

Fall Re-enrollment	August 18 & 19	Walk-in 8:30a	Phone-in 10a
New enrollment	August 20	Walk-in 8:30a	Phone-in 10a
Winter Re-enrollment	Nov. 17 & 18	Walk-in 8:30a	Phone-in 10a
New enrollment	Nov. 19	Walk-in 8:30a	Phone-in 10a

#### DAY TRIPS

In District	Sept. 4	Walk-in 10a	Phone-in 1p
Out of District	Sept. 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

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

### ONLINE – WWW.RRPARK.ORG

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

### HOW DO I CREATE MY ONLINE ACCOUNT?

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

## Registration Policies

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

### REFUNDS AND CREDITS

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

### Facility Closures

9/1            Holiday  
 11/11        Holiday  
 11/27-28    Holiday  
 12/24-25    Holiday

541-688-4052 • [www.rrpark.org](http://www.rrpark.org)  
[info@rrpark.org](mailto:info@rrpark.org)

## What is In District or Out of District?

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

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

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

### Do you want a program mailed to you?

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



# Admission

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

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

Fitness Center

Lap Swim

Water Jogging

Sauna and Hot Tubs

Pickleball

Body Shop AM

Dance Fitness

Individual Water Exercise

Step'n Out

Body Shop PM

Tai Chi for Body & Mind

New! Belly Dancing

## LAND FITNESS/AQUATICS FOB PASS/MEMBERSHIP

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

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

## REGISTERED PROGRAMS/CLASSES

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

River Road Park District presents...

# Fall Family Festival

Games

Live Music

Mural Painting

Food for Purchase

Apple Press/Tasting

Line Dancing

1-4 pm

Free

Sunday

October 5, 2025



541-688-4052 [www.rrpark.org](http://www.rrpark.org)

1400 Lake Drive

# Special Events

541-688-4052 • [www.rrpark.org](http://www.rrpark.org)  
[info@rrpark.org](mailto:info@rrpark.org)

*Third Annual*  
**River Celebration**

Celebrating the Willamette River Greenway and our diverse river & garden community.

**September 7, 2025**  
**11AM - 3:00PM**

**Family-Friendly & FREE!**  
**Everyone is Welcome.**

- Music & Conversation
- Garden Produce Swap
- Apple Cider Press
- Bee & Butterfly Activities
- Hands-on Science for Children

**CONNECT & CHAT with NEIGHBORS**

**MCCLURE to STULTZ FILBERT GROVE** ★  
 Information Booths  
 Apple Pressing  
 Song Circles  
 Permaculture  
 Games & Prizes

**RASOR PARK** ★  
 Pollinator Education  
 Children's Activities  
 Produce Exchange  
 Nature Walks

Hosted by the River Road Community Organization  
 River & Garden District  
[www.riverroadco.org](http://www.riverroadco.org)

For more info: [riverceleb@riverroadco.org](mailto:riverceleb@riverroadco.org)  
 poster design by [www.tenakartsov.com](http://www.tenakartsov.com)

**FAST, LOCAL, AFFORDABLE INTERNET.**

RIVER ROAD, WHITEAKER, SOUTH EUGENE, & MORE!

**EMERALD BROADBAND**  
 541-363-0260

**BLOOD DONATION**

**Wed., October 29**  
**10a-4p**

Join us today and save a life!  
 The NW Bloodworks bloodmobile will be in our parking lot to make donating a breeze.

1. Show up
2. Sign up in the lobby
3. Donate blood
4. Eat a cookie

1400 Lake Drive  
 Eugene, OR 97404  
 541-688-4052  
[WWW.RRPARK.ORG](http://WWW.RRPARK.ORG)

RIVER ROAD PARK & RECREATION DISTRICT

*River Road Park*

**PUMPKIN DUNKIN**

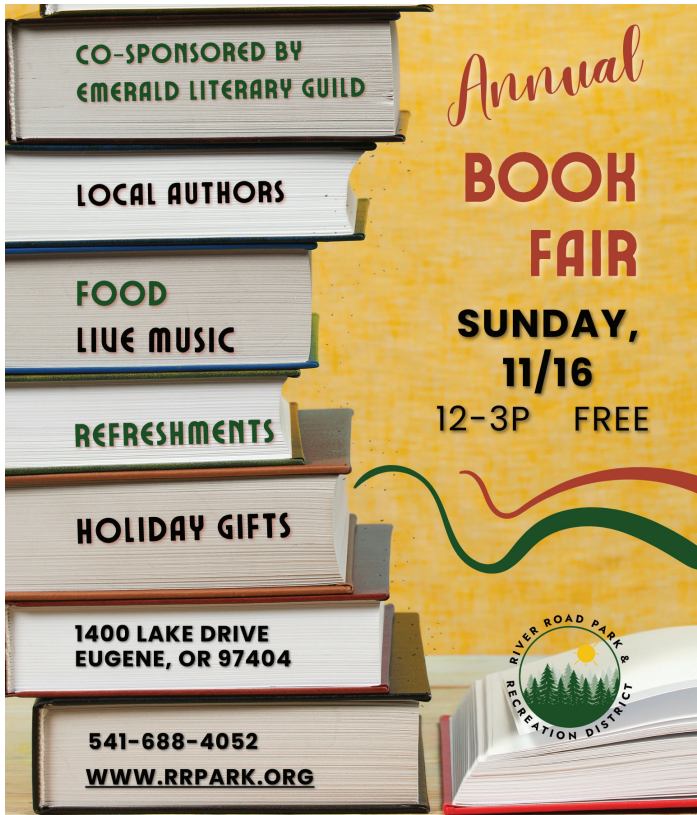
Sat., October 25 • 1:30-3:30p • \$4  
 541-688-4052 • 1400 Lake Drive

It's Fall, why bob for apples when you can dive with pumpkins? Pick a pumpkin to take home, and enjoy treats.

RIVER ROAD PARK & RECREATION DISTRICT

# Special Events

541-688-4052 • [www.rrpark.org](http://www.rrpark.org)  
[info@rrpark.org](mailto:info@rrpark.org)



CO-SPONSORED BY  
EMERALD LITERARY GUILD

LOCAL AUTHORS

FOOD  
LIVE MUSIC

REFRESHMENTS


HOLIDAY GIFTS

1400 LAKE DRIVE  
EUGENE, OR 97404

541-688-4052  
[WWW.RRPARK.ORG](http://WWW.RRPARK.ORG)

*Annual*  
**BOOK  
FAIR**

**SUNDAY,  
11/16**  
12-3P FREE



RIVER ROAD PARK PRESENTS:

**FOOD  
DRIVE**

HELP THOSE IN NEED

UNEXPIRED &  
NON PERISHABLE  
FOOD ONLY

**November &  
December**

FOR MORE  
INFORMATION:  
541-688-4052  
[www.rrpark.org](http://www.rrpark.org)



1400 Lake Drive  
Eugene, or 97404



*River Road Park*  
**HOLIDAY  
BAZAAR**

*Saturday Local*  
**Dec. 6** *Handmade*  
*9a-3p* *Unique*  
*Gifts!*

1400 Lake Drive  
Eugene, OR 97404

541-688-4052  
[www.rrpark.org](http://www.rrpark.org)



**RIVER ROAD PARK  
HOLIDAY  
CONCERT**

**FRIDAY, 12/19**  
**6:30-8P**  
**\$20 IN ADVANCE**  
**\$25 AT THE DOOR**

**MUSIC, DRINK  
AND FOOD**

FOR MORE  
INFORMATION:  
541-688-4052  
[www.rrpark.org](http://www.rrpark.org)



1400 LAKE DRIVE  
EUGENE, OR 97404  
541-688-4052  
[WWW.RRPARK.ORG](http://WWW.RRPARK.ORG)

River Road Park Presents:

# Breakfast

*with Santa*

Saturday,

December 13

8:30-11:30a



Bring your family for a delightful morning filled with kid crafts, music, gift raffle, pictures with Santa Claus, and a delicious breakfast.

**Free event.**

**Donations accepted.**

1400 Lake Drive, Eugene OR 97404

541-688-4052 [www.rrpark.org](http://www.rrpark.org)



# Aquatics/Fitness Center Info

## Pool Reception Hours

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

## Pool | Fitness | Spa Closures

9/1 Holiday  
8/23 – 9/13 Aquatics Annual Maintenance  
10/11 Swim Meet  
11/11 Holiday

11/22 Swim Meet  
11/27-28 Holiday  
12/24-25 Holiday  
1/1 Holiday

## FACILITY USE

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

## Pool Rentals

Enjoy your very own Splash Bash! River Road Pool is available for private rental. Rental parties can be arranged for any size group. Our basic Splash Bash starts at only \$200 per hour (including 2 lifeguards) and can accommodate up to 40. Additional lifeguards will be scheduled for larger groups. Reservations must be made at least two weeks in advance. Cancellations less than 5 days prior to rental will not receive a refund or be rescheduled.

Payment is due at time of scheduling for pool. Rentals are only available on Saturday after 3:30pm

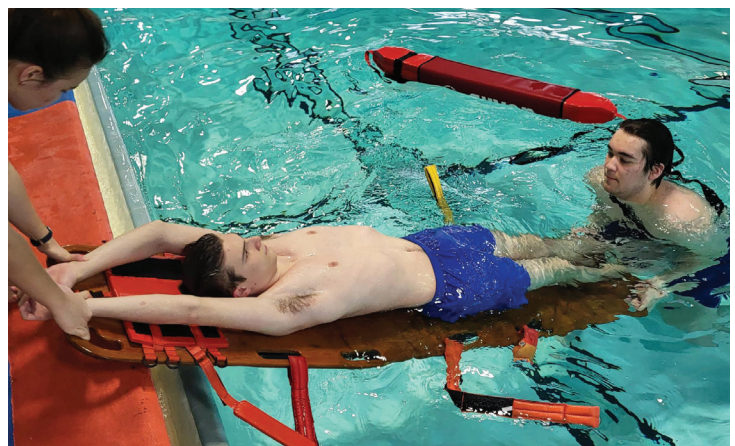
Basic Rental Package	\$200/hr. (Includes two lifeguards)
Additional lifeguards	\$35/hr. each (for every additional 10 people)
Party Room (capacity 25)	\$50/hr. (this includes set-up and clean-up)

## Looking for a job?

We are hiring lifeguards, swim lesson instructors, water fitness instructors, cashiers, and after-hours pool maintenance.



Visit for more details about employment:  
<http://www.rrpark.org/employment>



# Aquatics

541-461-7777 • [www.rrpark.org](http://www.rrpark.org)

Micah Cornelius | [micahc@rrpark.org](mailto:micahc@rrpark.org)

## Schools Out Swims 2-3:30p

No lap lanes available

10/10 No School

11/10 No School

12/22-23 Winter break

12/29-31 & 1/2/2026 Winter Break

## AQUATIC ACTIVITIES

### Lap Swims/Individual Water Ex/Water Jogging

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

\*\* 9/15 – 11/15 \*High School Swim Season will begin 11/17/2025

MWF 5-6:25a 12-3:55p

MW 8-9p

TuTh 5-8:25a 12-3:55p 8-9p

Sa 6-9a 12-1:30p

### Family Swim 9/19-1/2/2026

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

F 6:30-7:30p

Sa 9-10a

### Recreation Swim 9/19-1/2/2026

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

F 7:30-9p

Sa 1:30-3p

### Pumpkin Dunkin

It's Fall, why bob for apples when you can dive with pumpkins? Join us for the 3rd Annual Pumpkin Dunkin. Pick a pumpkin to take home, one per person, along with treats. Children under 46" must be accompanied by an adult in the water.

10/25 Sa 1:30-3p \$4 per person



### Equipment Purchasing Information

- Hydro-Fit, Inc. 3990 Roosevelt Blvd. Eugene, OR (541) 484-4361 <https://www.hydrofit.com/>
- Aqua Jogger 4660 Main St. Unit B270 Springfield, OR (541) 484-2454 <https://www.aquajogger.com/>
- Swim Outlet <https://www.swimoutlet.com/>

# Water Exercise

## Registration Information

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

All participants wanting to attend scheduled water fitness classes must be enrolled in a class first. Registration will be in the main office between 8a-6p. Please contact Margaret M. at 541-461-7777, ext. 216, to inquire about registering for our water exercises programs if you are new to our facility. The District reserves the right to cancel classes when minimum enrollment has not been met.

**Re-Enrollment; Tu 9/9 and W 9/10 ONLY for those currently enrolled in classes.**

**New Enrollment; Th 9/11 For participants not currently enrolled in classes.**

## Class Information

- 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.
- If you are using a subsidized insurance, please read our information flier for complete instructions.

## CLASSES

### Deeply Fit

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

9/15-12/19 MWF 6-7a / 8-9a  
Adult: \$218 ID/\$273 OD Senior: \$196 ID/\$246 OD

9/16-12/18 TuTh 8:30-9:30a  
Adult: \$140 ID/\$175 OD Senior: \$126 ID/ \$157 OD

### Aquabilities

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

9/15-12/19 MWF 9-10a  
Adult: \$218 ID/\$273 OD Senior: \$196 ID/\$246 OD

9/16-12/18 TuTh 9:30-10:30a |11a-12p  
MW 6:30-7:30p  
Adult: \$140 ID/\$175 OD Senior: \$126 ID/\$157 OD

### Motivated Seniors - Deep & Shallow Combo

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

9/15-12/19 MWF 10-11a  
Adult: \$218 ID/\$273 OD Senior: \$196 ID/\$246 OD

9/16-12/18 TuTh 10-11a  
Adult: \$140 ID/\$175 OD Senior: \$126 ID/\$157 OD

### EZ Deep Aqua

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

9/15-12/19 MWF 11a-12p  
Adult: \$218 ID/\$273 OD Senior: \$126 ID/\$157 OD

### Innovative Power

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

9/15-12/19 MWF 9:15-10:15a  
Adult: \$218 ID/\$273 OD Senior: \$196 ID/\$246 OD

9/16-12/18 TuTh 9-10a  
Adult: \$140 ID/\$175 OD Senior: \$126 ID/\$157 OD

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

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

9/15-12/19 MWF 10:45-11:30a  
Adult: \$165 ID/\$206 OD Senior: \$148 ID/\$185 OD

9/16-12/18 TuTh 11-11:45a  
Adult: \$106 ID/\$132 OD Senior: \$95 ID/\$119 OD

# Youth Aquatics

541-461-7777 • [www.rrpark.org](http://www.rrpark.org)

Margaret McKenney | [margaretm@rrpark.org](mailto:margaretm@rrpark.org)



## LEARN TO SWIM

### Program Information

General offerings are identified below with the QR code. Fall Sessions 1 or 2 as shown. Please refer to our website at [rrpark.org](http://rrpark.org) for the most current classes and times offered or contact Margaret M. @ 541-461-7777, ext. 216 for more information.

Looking for swim classes for your child(ren)? Please check our website at: <https://www.rrpark.org/swim-lessons>

Or type in any website browser: [www.rrpark.org/swim-lessons](http://www.rrpark.org/swim-lessons)



### Session Dates and Fees

Lesson Sessions (Evenings) 10 lessons  
 Session 1 TuTh 9/30-10/30 \$50 ID/\$60 OD  
 Session 2 TuTh 11/13-12/18 \$50 ID/\$60 OD  
 No class 11/27.

Swim Lesson Registration Dates					
Sessions			Walk In		Online
			ID	OD	
1	F	9/26	4p	4:30p	5p
2	F	11/7	4p	4:30p	5p

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

## 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 at 541-461-7777 or [leiam@rrpark.org](mailto:leiam@rrpark.org) to schedule tryouts.

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

School Season 9/15-6/12/2026

### Junior Otters

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

MWF 5-6:30p  
 \$60 monthly/\$510 school season

### 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.

M-F 5-6:30p  
 \$75 monthly/\$637.50 school season

### Senior Group

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

M-F 5-6:30p  
 \$100 monthly/\$850 school season



# Gymnastics

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

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

## About the Facility

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

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

## Preschool Open Gym

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

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

## Private Lessons

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

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



## Holiday Gymnastics Camp

**Ages 6-12.** Open to girls of all skill levels, these camps promise a full range of exposure to gymnastics and serious FUN. Skills will be taught on all gymnastics apparatus under the supervision of our coaching staff. Please wear comfortable exercise clothing.

12/29, 12/30, 12/31, 1/2

MTuWF 9a-1p \$120

Contact the gym office at 541-688-8955 to register.

## Birthday Parties

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

\$135 (up to 10 children)

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

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

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

## Fabulous Friday Open Gym

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

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

## Closures

9/1	Holiday
11/11	Holiday
11/27-30	Holiday
12/22-1/2	Holiday

541-688-8955 • [www.rrpark.org](http://www.rrpark.org)

Julie Eagen | [juliee@rrpark.org](mailto:juliee@rrpark.org)

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

Fees are paid monthly.

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

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

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

### Caterpillars \$48 ID/\$60 OD

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

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

### Fireflies \$48 ID/\$60 OD

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### Girls Pre-Team\* A & B

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

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

### Girls Team: Level 3-10\*

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

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

### Power Tumbling \$64 ID/\$80 OD

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

M	7-8:15p
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# Youth

## INFO SCHOOL YEAR 2025-26

Ensure Your Spot Today!

- There is a non-refundable \$50 annual registration/supply fee for early learning, ASAP, and RISE 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 2-5

### Playschool

**Age 2.** Child must be 2 by September 1st. No Age Exceptions. Give your child the opportunity to interact with peers in a fun, supportive environment! This program fosters physical, social, mental, and emotional growth through age-appropriate activities such as arts and crafts, songs, stories, dramatic play, and large motor activities. It’s an ideal introduction for children who may be away from their parents for the first time. Please dress your child in comfortable play clothes. The first day of class will be September 9th. Instructor: Geanna Hall.

9/9 Tu/Th 9-11a  
\$128 ID/\$160 OD/ Month Modular

### Preschool

**Age 3.** Child must be age 3 by September 1st and fully toilet trained -no pull ups please! No Age Exceptions. Children learn to work and play as part of a group while building confidence and independence. They’ll make friends, practice taking turns, listen, and express feelings in positive ways — helping them feel good about themselves while at “school.” Activities include songs, games, arts and crafts, cooking, musical instruments, and dramatic play, with a balance of active and quiet times. If classes are full, please put your child on a waiting list. The first day of class will be September 9th. Instructors: Ceci O’Brien and Laurena Matava.

9/9 Tu/Th 8:30-11a  
\$210 ID/\$220 OD/Month Room A/B

### Prekindergarten

**Ages 4-5.** Child must be age 4 as of September 1st and fully toilet trained-no pull ups please! No Age Exceptions. Children will prepare for kindergarten by learning colors, shapes, the alphabet, and numbers — including counting, patterns, comparisons, and sets. Through games, music, arts, crafts, and cooking activities, they’ll strengthen both large and small motor skills, improve social skills, and build a positive self-image in a supportive environment. If classes are full, please put your child on the waiting list. The first day of class will be September 8th. Instructors: Ceci O’Brien, and Laurena Matava.

9/8 MWF 8:30a-12:30p  
\$270 ID/\$290 OD/Month Room A/B

### Early Education Open House

Great for those interested in the program and for anyone already signed up. Come meet our incredible teachers and get all your questions answered. All early education open houses will take place on Tuesday, August 26th. Playschool open houses will be in our modular building, near the basketball court. Preschool and Pre-Kindergarten open houses will be inside our main building in room A/B.

11a-11:30a MW Playschool  
11:30a-12p TuTh Playschool  
11a-11:30a Preschool  
Noon-12:30p Pre-Kindergarten

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

**Grades K-5.** A.S.A.P. is an extended care service designed for children with working parents. Certified drivers safely transport children from their school to River Road Park in park district vans. At the park, children participate in a variety of recreational activities that promote self-esteem, social skills, and the healthy use of leisure time. We are certified by the USDA snack program. A.S.A.P. operates after school and on most scheduled no-school days, following the 4J School District calendar. The program is open until 6:00 PM.

- Open to full-time participants only (Monday–Friday, 5 days per week — no exceptions).
- Tuition is averaged over a 9-month period (excluding winter and spring break).

### Schools serviced:

**Howard, River Road/El Camino del Rio,  
Spring Creek, Yujin Gakuen and Awbrey Park.**

### 2025-26 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, March and June will be pro-rated.	
Winter/Spring Break Camps will be offered for a separate fee.	

## Closures

8/25 – 8/29	Maintenance
9/1	Holiday
11/11	Holiday
11/27-28	Holiday
12/24-25	Holiday

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## (NEW!) RISE- Recreation Inspiration Support and Enrichment.

**Grades 6–8.** The RISE Program at Kelly Middle School is an extended care program that provides a safe and supportive environment where students can participate in a variety of recreational activities that promote self-esteem, social skills, and the positive use of leisure time. Certified program leaders gather students as they are dismissed from school, offering structured activities and supervision each afternoon. The program is open after school until 6:00 PM. Please note that the RISE Program is only open to full-time participants, Monday through Friday, with no exceptions. Middle school students from other schools are welcome to attend, but transportation to and from Kelly Middle School is not provided. For more information contact the park office 541-688-4052 and ask for Program Coordinator, Laurena Matava. RISE starts September 22.

### 2025-26 RISE Fees

In District	Out of District
\$192/month	\$240/month
Sibling discount for each additional child	
\$176/month	\$220/month
\$50 non-refundable supply fee due at registration.	
September, December, March, and June will be pro-rated	
Winter/Spring Break Camps and no school days are not included.	

### Youth Cribbage Club

**High schoolers**—learn to play one of the most classic and engaging card games: Cribbage! This free club is perfect for beginners or those looking to sharpen their skills in a relaxed, social setting. Over five consecutive Saturdays starting October 4, players will dive into rules, scoring, strategy, and gameplay—building math skills, critical thinking, and sportsmanship along the way. If you already know how to play come in on September 27th for a skills assessment to be placed appropriately. Contact instructor Paul Brown at [justacoach@yahoo.com](mailto:justacoach@yahoo.com) for more information.

9/27	Sa	9a	Skill Assessment	Rm D
10/4-11/1	Sa	9a – 12p	Free	Rm D

### Beginning Boarders

**Ages 9 to 14.** Grab your helmet and hit the pavement! This beginner-friendly skateboarding class is perfect for kids who want to learn the fundamentals of skateboarding in a fun and supportive environment. Participants will practice balance, coordination, basic riding skills, and beginner level tricks, all while building confidence on their boards. Taught by an experienced instructor, the class emphasizes safety, technique, and positive peer interaction. Please bring your own skateboard and safety equipment. Instructor: Matt Soto.

9/20-11/1	Sa	12-2p	Skatepark
\$56 ID/\$70 OD			

### Tiny Twirlers

**Ages 4 to 7.** Get ready to move and groove! This high-energy dance class is perfect for kids who love to twirl, jump, and express themselves through movement. Dancers will explore a fun mix of styles including ballet, jazz, tap, and creative movement while building rhythm, coordination, and basic choreography skills. With upbeat music and playful activities, each class boosts confidence, encourages teamwork, and inspires a lifelong love of dance. No experience necessary, just bring your enthusiasm and dancing feet! No class on November 27. Performance on December 11th. Instructor: Julia Spence.

9/30-12/11	TuTh	4p-5:30p	Rm C
\$160 ID/\$200 OD			

### Fresh Steps

**Ages 11-14.** Learn fun, high-energy moves in this youth hip hop dance class! Dancers will build confidence, rhythm, and style while grooving to upbeat music and exploring the basics of hip hop in a supportive, creative environment. Perfect for all skill levels! No class on November 27. Performance on December 4th. Instructor: Lauren Becker.

9/22-12/4	TuTh	4-5:15p	Annex
\$160 ID/\$200 OD			

### Safe Sitter

**Ages 11-13.** Safe Sitter classes prepare young adolescents to be safe, nurturing babysitters. They will receive firsthand training in areas such as: Child Care 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 children how to manage 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. Classes are limited to eight students. Classes will be held in classroom E. Instructor: Sasha Aninipot. Bring a lunch.

9/27	Sa	9a-3p	\$96 ID/\$120 OD	Rm E
10/11	Sa	9a-3p	\$96 ID/\$120 OD	Rm E
11/29	Sa	9a-3p	\$96 ID/\$120 OD	Rm E

### Kids in the Kitchen

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

9/20	Sa	1-3p	\$60 ID/\$75 OD	Kitchen
10/18	Sa	1-3p	\$60 ID/\$75 OD	Kitchen
11/22	Sa	1-3p	\$60 ID/\$75 OD	Kitchen

# Youth

# Adult Fitness

## SPECIAL EVENTS

### Fall Family Festival

Join us for a fun-filled afternoon the whole family will enjoy. From family competition games and live music to seasonal crafts, a food cart, line dancing lessons, and more, there's something for everyone! Come dressed in your cozy Fall best and make lasting memories in a welcoming community atmosphere.

10/5 Su 1-4p Free

### Breakfast with Santa

Food, fun, and friends! It's time for the community to come together and celebrate because it's a wonderful life! Come see Santa, enjoy holiday music and the bling, bling of all our holiday decorations. All ages, young and old, are welcome! Enjoy a delicious breakfast. Donations will be accepted at the door to cover the cost of food. Breakfast is open to all community members.

12/13 Sa 8:30-11a Donations accepted

### Winter Break Camp

Join us for a fun adventure as we turn winter vacation into a memorable experience! Kids will enjoy a variety of games, arts and crafts, and active sports activities each day. This is a three-day program only; no daily drop-in care is available. Drop-off begins at 8:00 AM in modular building.

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



### Fall Fitness Open House – 9/4-5

Drop in to sample a variety of classes at no cost! Try yoga, Pilates, Dance Fitness, Fit & Balance, GentleFit, and more! Perfect to get back into a routine or try something new. Check out our website or in-house bulletin board for the updated schedule. We hope to see you there!

### Class Information

For questions about fitness classes or if you're new to our facility, please contact Brian @ 541-688-4052, ext. 234.

Be sure to review our refund policy on page 2.

Silver & Fit, Renew Active, and One Pass memberships include a fitness pass and a 75% discount towards registered fitness classes (up to 12 scans of instruction per week). In-district discounts also apply with these memberships.

Please remember to bring your own mat and any necessary equipment to yoga classes.

## FITNESS PASS CLASSES

### Fitness Pass

Our Fitness Pass will allow you to participate in our Fitness Pass Classes listed in this section. The passes are good for all Fall term classes listed below. Fall term runs from September 8 through November 26. A current pass is required to attend classes.

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

10 visit pass	Adult: \$45 ID/\$64 OD	Senior: \$38 ID/\$48 OD
1-month	Adult: \$64 ID/\$80 OD	Senior: \$48 ID/\$60 OD
3-month	Adult: \$154 ID/\$192 OD	Senior: \$115 ID/\$144 OD

### Dance Fitness

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

9/8-12/18 MWTh 5:30-6:30p (MW-MP, Th-Rm A/B)  
Drop in \$8/Senior \$6

### Step'n Out

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

Ongoing TuTh 8:45-9:45a Free

## Closures

8/25 – 8/29	Maintenance
9/1	Holiday
11/11	Holiday
11/27-28	Holiday
12/24-25	Holiday

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## Body Shop

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

9/9-12/18	TuTh	6:30-7:15a	MP
9/9-12/18	TuTh	5-5:45p	MP

Drop in \$8/ Senior \$6

## Tai Chi for Body & Mind

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

9/12-12/19	F	10:45a-12p	Rm C
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Drop in \$8/Senior \$6

## Pickleball

This racket sport is like badminton, tennis, and racquetball. It is a simple paddle game played using a special perforated slow-moving ball over a tennis-type net on a badminton sized court. Please scan-in each time you come to play. You may also use the pool and fitness center with this pass. Silver & Fit/Active & Fit/Renew Active/ One Pass members' welcome. \* SPECIAL 75+ PICKLEBALL SATURDAYS 12-2 IN THE MP ROOM\* No Pickleball Sat., 10/11, 11/6, 11/22, 12/6, 12/13. Check the website or lobby whiteboard for any other schedule changes.

9/9-12/18	TuTh	1-4p	MP
9/13-12/20	Sa	9:30a-12p	MP
9/13-12/20	Sa	12-2p (75+ ONLY)	MP

Drop in \$8/ Senior \$6

## Belly Dance - Skills and Drills

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

9/11-11/20	Th	6-7p	Rm C
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Drop in \$8/Senior \$6

## FITNESS CLASS - REGISTERED

### Personal Fitness Training

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

\$55 per session /\$150 3-Sessions /\$230 5- Sessions

\*Does not qualify as Silver & Fit/Renew Active/ One Pass class or Senior/ ID discounts.

## Fitness Center Orientation

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

9/30	Tu	4-5p	Fitness Center	\$15
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## Latin Gold Dance Fusion

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

9/8-11/26	MWF	8:30-9:30a	MP
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Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

12/1-12/19	MWF	8:30-9:30a	MP
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Adult: \$51 ID/\$63 OD Senior: \$45 ID/\$57 OD

## Step It Up

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

9/8-11/26	MWF	9:45-10:45a	MP/Ball Court
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Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

12/1-12/19	MWF	9:45-10:45a	MP/Ball Court
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Adult: \$51 ID/\$63 OD Senior: \$45 ID/\$57 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: Jennifer Halse.

9/9-11/25	TuTh	11a-12p	MP
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Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

12/2-12/18	TuTh	11a-12p	MP
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Adult: \$34 ID/\$42 OD Senior: \$30 ID/\$38 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: Jennifer Halse.

9/8-11/26	MW	12:30-1:30p	MP
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Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

12/1-12/17	MW	12:30-1:30p	MP
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Adult: \$34 ID/\$42 OD Senior: \$30 ID/\$38 OD

# Adult Fitness

## TAI CHI / QIGONG / TAE KWON DO

### 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.

9/12-11/21 F 12:15-1:30p Rm C  
Adult: \$84 ID/\$101 OD Senior: \$76 ID/\$94 OD

12/5-12/19 F 12:15-1:30p Rm C  
Adult: \$21 ID/\$26 OD Senior: \$19 ID/\$24 OD

### 24-Form Yang Tai Chi

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

9/9-11/25 TuTh 6-7p Rm D  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

12/2-12/18 TuTh 6-7p Rm D  
Adult: \$34 ID/\$42 OD Senior: \$30 ID/\$38 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.

9/8-11/26 MWF 2-3p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

12/1-12/19 MWF 2-3p MP  
Adult: \$51 ID/\$63 OD Senior: \$45 ID/\$57 OD

### Qigong and Internal Energy Work

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

9/9-11/25 TuTh 1:30-2:30p Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

12/2-12/18 TuTh 1:30-2:30p Annex  
Adult: \$34 ID/\$42 OD Senior: \$30 ID/\$38 OD

### Qigong for Self-Healing

This class combines gentle movement, controlled breathing, and meditation to promote balance, healing, and vitality. In this course, students will learn how to tap into their body's natural energy (Chi) to enhance their physical, emotional, and mental well-being. The focus will be on self-healing techniques to alleviate stress, improve circulation, boost immune function, and restore harmony within the body. Through guided exercises, students will practice foundational Qigong forms that are specifically designed to cultivate energy flow, release blockages, and activate the body's natural healing abilities. The class will also incorporate mindfulness and breathwork to deepen the connection to oneself and enhance overall health.

Instructor: Sarah McMullen.

9/11-11/25 Th 11a-12p Rm C  
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD

12/4-12/18 Th 11a-12p Rm C  
Adult: \$17 ID/\$21 OD Senior: \$15 ID/\$19 OD

### Tae Kwon Do

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

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

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

## YOGA / PILATES / MEDITATION

### Yoga for Strength Building - Virtual availability

A practice designed to target large and small muscle groups for increased strength and stamina. Warm-up and cool-down periods bookend a challenging flow with options to suit ability levels. Instructor: Bex Oransky.

9/9-11/25 TuTh 8-9a Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

12/2-12/18 TuTh 8-9a Annex  
Adult: \$34 ID/\$42 OD Senior: \$30 ID/\$38 OD

### Advanced Beginner Yoga - Virtual availability

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

9/9-11/25 TuTh 9:15-10:30a Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

12/2-12/18 TuTh 9:15-10:30a Annex  
Adult: \$43 ID/\$53 OD Senior: \$38 ID/\$48 OD

## Closures

8/25 – 8/29	Maintenance
9/1	Holiday
11/11	Holiday
11/27-28	Holiday
12/24-25	Holiday

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### Vinyasa Yoga - Virtual availability

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

9/8-11/21	F	10-11:15a	Annex
Adult: \$72 ID/\$90 OD		Senior: \$66 ID/\$83 OD	
9/8-11/26	MW	4:30-5:30p	Annex
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	
9/8-11/24	M	6-7p	Annex
Adult: \$68 ID/\$85 OD		Senior: \$61 ID/\$78 OD	
12/5-12/19	F	10-11:15a	Annex
Adult: \$21 ID/\$26 OD		Senior: \$19 ID/\$24 OD	
12/1-12/17	MW	4:30-5:30p	Annex
Adult: \$34 ID/\$42 OD		Senior: \$30 ID/\$38 OD	
12/1-12/15	M	6-7p	Annex/Rm C
Adult: \$17 ID/\$21 OD		Senior: \$15 ID/\$19 OD	

### Yoga for Optimal Health - Virtual availability

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

9/8-11/26	MWF	8:30-9:45a	Annex
Adult: \$217 ID/\$271 OD		Senior: \$208 ID/\$245 OD	
12/1-12/19	MWF	8:30-9:45a	Annex
Adult: \$64 ID/\$76 OD		Senior: \$58 ID/\$70 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.

9/8-11/26	MWF	8:30-9:45a	Virtual Only
Adult: \$217 ID/\$271 OD		Senior: \$208 ID/\$245 OD	
12/1-12/19	MWF	8:30-9:45a	Virtual Only
Adult: \$64 ID/\$76 OD		Senior: \$58 ID/\$70 OD	

### Yoga for Core Strength - Virtual availability

Begin with a short yoga flow sequence, which warms and tones the whole body. A series of standing and floor poses are designed to increase hip flexibility and strengthen the lower back and abdominal muscles. This class also emphasizes strengthening the pelvic floor, arms, shoulders, and chest. Instructor: Kate Cleary.

9/9-11/25	TuTh	5:30-6:45p	Annex
Adult: \$152 ID/\$186 OD		Senior: \$138 ID/\$169 OD	
12/2-12/18	TuTh	5:30-6:45p	Annex
Adult: \$43 ID/\$53 OD		Senior: \$38 ID/\$48 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. Instructor: Jennifer Halse.

9/8-11/26	MWF	11a-12p	MP
Adult: \$204 ID/\$255 OD		Senior: \$184 ID/\$229 OD	
12/1-12/19	MWF	11a-12p	MP
Adult: \$51 ID/\$63 OD		Senior: \$45 ID/\$57 OD	

### Yoga, Examined - Virtual availability

Are you interested in taking your yoga practice further, to include exploration of all eight ‘limbs’ of yoga? Curious to learn how yoga can inform all aspects of your life? Then join us in this class and spend your lunch hour exploring your physical and mental yoga skills. In this class, we will learn about the basics of yogic thought, including the concept of dharma. Explore one or two traditional yoga poses to find your optimal expression of the pose, and build strength and stamina to sustain physical and mental effort. Each class will include a short warm-up, progressive activity, cool-down and release. Come experience a different side of yoga! Not a beginner class; Perfect for those who currently have a home practice or are considering one. Instructor: Candice Kramer.

9/9-11/11	Tu	12-1p	Annex
Adult: \$51 ID/\$63 OD		Senior: \$46 ID/\$57 OD	

### Body Sculpt & Stretch - Virtual availability

Put a smile on your face and stay healthy, young and agile while you sculpt, strengthen, and lengthen your body. This exercise program includes functional movement, strength training, Yoga, and Pilates-based exercises designed to help balance imbalances in your body. Standing, seated and floor-based sequences help you perform the exercises effectively with confidence, building strength and mobility in your muscles, bones and joints. Stretching is incorporated throughout class to keep you flexible, supple and feeling great! The equipment provided includes a chair, dumbbells, a small ball, and exercise bands. Instructor: Jennifer Halse.

9/12-11/21	F	12:30-1:30p	MP
Adult: \$68 ID/\$85 OD		Senior: \$61 ID/\$78 OD	
12/5-12/19	F	12:30-1:30p	MP
Adult: \$17 ID/\$21 OD		Senior: \$15 ID/\$19 OD	

# Adult Fitness

## Pilates for Mature Adults - Virtual availability

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

9/8-11/26	MW	9:15-10:30a	Rm C
Adult: \$146 ID/\$180 OD		Senior: \$132 ID/ \$163 OD	
9/12-11/21	F	9:15-10:30a	Rm C
Adult: \$72 ID/\$90 OD		Senior: \$66 ID/\$83 OD	

12/1-12/17	MW	9:15-10:30a	Rm C
Adult: \$43 ID/\$53 OD		Senior: \$38 ID/ \$48 OD	
12/5-12/19	F	9:15-10:30a	Rm C
Adult: \$21 ID/\$26 OD		Senior: \$19 ID/\$24 OD	

## Pilates-Yoga Fusion - Virtual availability

This Mind-Body class infuses elements of both Pilates and Yoga to give you a balanced whole-body workout connecting movements with the core, pelvic floor, and spine to build strength and mobility. Improve your posture, balance, joint stability, stamina, and spinal mobility while toning, stretching, and elongating your 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. Instructor: Jennifer Halse.

9/9-11/25	TuTh	9:30-10:30a	MP
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

12/2-12/18	TuTh	9:30-10:30a	MP
Adult: \$34 ID/\$42 OD		Senior: \$30 ID/\$38 OD	

## BodyFit - Virtual availability

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

9/8-11/26	MWF	3-4p	MP
Adult: \$204 ID/\$255 OD		Senior: \$184 ID/\$229 OD	

12/1-12/19	MWF	3-4p	MP
Adult: \$51 ID/\$63 OD		Senior: \$45 ID/\$57 OD	

# Adult Programs

## GentleFit - Virtual availability

GentleFit is a low-impact, chair-based workout designed to improve strength, flexibility, and balance through simple, functional movements. Perfect for beginners or those with limited mobility, this class focuses on exercises that support everyday activities like reaching, bending, and walking. Move at your own pace in a welcoming environment that promotes confidence, independence, and overall well-being. Instructor: Michie Kawada.

9/8-11/26	MWF	4-5p	MP
Adult: \$204 ID/\$255 OD		Senior: \$184 ID/\$229 OD	

12/1-12/19	MWF	4-5p	MP
Adult: \$51 ID/\$63 OD		Senior: \$45 ID/\$57 OD	

## FINE ARTS

### Let Color Sing

Come and explore color's qualities and the techniques for using them to make paintings that are an expression of YOU! Discover the secrets of color theory that will enable you to mix the colors you want and create the art you envision. Each week is devoted to an aspect of color such as harmony, mixing and glazing. With time spent practicing, then applying each aspect to a painting, you will find that when colors play well together, they make amazing art! This class will be a great starting point for beginning painters as well as providing new insights for more seasoned artists. Appropriate for either watercolor or acrylics. Instructor: Jill Lauch.

Note: If you are new to painting, please come ½ hour early (6p) to the first class for an orientation.

10/7-11/25	Tu	6:30-8:30p	Rm E
Adult: \$90 ID/\$112 OD		Senior: \$80 ID/\$100 OD	

### So, You Think You Can't Draw?

Join us for a class of fun exercises, lots of dabbling and a chance to learn about drawing/sketching, the basis for painting and most visual arts. Try out various drawing media (pencils, charcoal, pen, and colored pencils) while learning techniques in an atmosphere of support and encouragement. Instructor: Jill Lauch.

10/2-11/20	Th	1-3p	Rm E
Adult: \$90 ID/\$112 OD		Senior: \$80 ID/\$100 OD	

### Chinese Inkbrush Painting - Beginner

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

9/10-11/26	W	3:15-5:15p	Rm E
Adult: \$136 ID/\$170 OD		Senior: \$122 ID/\$153 OD	

12/3-12/17	W	3:15-5:15p	Rm E
Adult: \$34 ID/\$42 OD		Senior: \$30 ID/\$38 OD	

## Closures

8/25 – 8/29	Maintenance
9/1	Holiday
11/11	Holiday
11/27-28	Holiday
12/24-25	Holiday

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## Chinese Inkbrush Painting - Intermediate

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

9/10-11/26 W 12-3p Rm E  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

12/3-12/17 W 12-3p Rm E  
Adult: \$51 ID/\$63 OD Senior: \$45 ID/\$57 OD

## Art Therapy with Clair Coiner

Join us for a creative and calming journey through art therapy with Clair Coiner. Each class will explore a different artistic medium- such as watercolor, pencil, markers, felt pens, and even play dough- offering a playful and gentle way to reconnect with parts of yourself that may have been overlooked or forgotten. While we won't dive too deep, this process can provide valuable insight into your inner world. Each session will conclude with optional open sharing in a supportive space.

9/8-11/26 MW 7-9p Rm E  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

12/1-12/17 MW 7-9p Rm E  
Adult: \$34 ID/\$42 OD Senior: \$30 ID/\$38 OD

## APPLIED ARTS

### Mosaics

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

9/9-11/25 Tu 12-2:30p Kitchen  
Adult: \$56 ID/\$70 OD Senior: \$51 ID/\$63 OD  
9/11-11/20 Th 12-2:30p Kitchen  
Adult: \$56 ID/\$70 OD Senior: \$51 ID/\$63 OD

12/2-12/16 Tu 12-2:30p Kitchen  
Adult: \$19 ID/\$24 OD Senior: \$17 ID/\$22 OD  
12/4-12/18 Th 12-2:30p Kitchen  
Adult: \$19 ID/\$24 OD Senior: \$17 ID/\$22 OD

### Knitting and Crocheting Group

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

9/8-11/24 M 12:30-2:30p Rm C \$5

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

## DANCE

### Argentine Tango

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

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

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

9/14-12/21 Su 3-4p Level I  
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

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

9/10-11/26 W 6:30-8:30p Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

12/3-12/17 W 6:30-8:30p Rm C  
Adult: \$34 ID/\$42 OD Senior: \$30 ID/\$38 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.

9/8-11/24 M 3-5p Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

12/1-12/15 M 3-5p Rm C  
Adult: \$34 ID/\$42 OD Senior: \$30 ID/\$38 OD

### Spanish 1

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

9/12-11/21 F 2:30-5p Annex  
Adult: \$168 ID/\$210 OD Senior: \$151 ID/\$189 OD

12/5-12/19 F 2:30-5p Annex  
Adult: \$43 ID/\$53 OD Senior: \$38 ID/\$48 OD

# Adult Programs

## Spanish 2

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

9/12-11/21 F 12-2:30p Annex  
Adult: \$168 ID/\$210 OD Senior: \$151 ID/\$189 OD

12/5-12/19 F 12-2:30p Annex  
Adult: \$43 ID/\$53 OD Senior: \$38 ID/\$48 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.

9/11-11/20 Th 10a-12p Rm E \$5

12/4-12/18 Th 10a-12p Rm E \$5

## HOMESTEADING

### Urban Homesteading

9/3-11/19 W 7-9p Kitchen  
\$30/OD \$24/ID per session  
Instructor: Kevin Prier

### 9/3 - Canning Basics: Dill Pickles

Dill pickles are about the easiest thing to can. We will work up a batch and learn about the equipment and techniques of canning. Take home a jar of pickles. Please bring a clean wide-mouth pint jar with new lid or \$1 to purchase from instructor.

### 9/10 - Canning Basics: Salsa

Put the last of the tomatoes, onions, peppers, and herbs of the year together for a great home-made salsa. We will make some fresh salsa and a batch of canned salsa for everyone to take home. Please bring a clean pint jar with new lid or \$1 to purchase from instructor.

### 9/17 - Canning Basics: Canned Peaches

Learn cold-pack canning techniques while you can your own pint of farm-fresh peaches. This will be a low-sugar method with just enough sugar to match the sweetness of the peaches. Please bring a clean wide-mouth pint jar with new lid or \$1 to purchase from instructor.

### 9/24 - Canning Basics: Pepper Jam

Make a sweet-spicy condiment from local Thistledown no-spray bell peppers and jalapeños. This is similar to Thai sweet pepper sauce, but you get to control the heat! Delicious on meatloaf, burgers, as part of a barbeque glaze, or in a vegetable sauté. Please bring a clean half-pint jar with new lid or \$1 to purchase from instructor.

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

### 10/1 - Fermenting: Kimchi, Kombucha

Learn fermentation basics as we turn a head (or several) of napa cabbage and a bunch of other goodies into kimchi and take home a pint to ferment and enjoy. A special modified technique lets you ferment directly in the jar. We will also make a batch of kombucha and there will be kombucha SCOBY to take home for anyone who wants it. Bring a clean wide-mouth pint jar with lid or \$1 to purchase from instructor.

### 10/8 - Beyond Sauerkraut

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

### 10/15 - Bread Making/Sourdough

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

### 10/22 - Cheese Making

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

*Self-Care/Gift Series: Take care of yourself with luxurious home-made soaps, herbal skin creams, and perhaps a sip of home-made limoncello or Irish Cream. They also make great gifts!*

### 10/29 - Soap Making

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

### 11/5 - Balms and Salves

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

## Closures

8/25 – 8/29	Maintenance
9/1	Holiday
11/11	Holiday
11/27-28	Holiday
12/24-25	Holiday

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### 11/12 - Ginger Treats

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

### 11/19 - Homemade Liqueurs

Learn how to make limoncello, Irish Cream, and a variety of infused vodkas and herbal liqueurs. Take home a small jar of your favorite. Bring a clean wide-mouth half-pint jar with lid or \$1 to purchase from instructor.

## GENERAL

### Star Gazing at Dexter State Park

Join us for a magical night under the stars! On Friday, September 12, 2025, the Eugene Astronomical Society will host a family-friendly Star Gazing event at Dexter State Park, perfectly timed with a notable meteor shower for an unforgettable celestial show. Enjoy an evening of education, entertainment, and community connection as expert astronomers guide you through the wonders of the night sky. Transportation will be provided to and from Emerald Park, making it easy for the whole family to enjoy this cosmic adventure. Don't miss this unique opportunity to explore the universe in the beautiful skies of Oregon! Your cost includes: transportation, an array of delicious desserts, and drinks.

9/12 F 6-9p (Sunset 7:24p) \$20  
Bring your own chair or blanket.



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

Join experienced and certified instructor Howard Scheff for two 2-hour comprehensive Oregon Concealed Carry classes designed to educate and empower. Safety is our top priority with NO LIVE AMMUNITION PRESENT, and Howard's expert instruction ensures you leave informed, confident, and prepared. Whether you're new to firearms or seeking your concealed handgun license, this class covers everything you need- no prior experience or gun ownership required.

You'll learn:

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

This course is open to individuals 21 and older. Secure your spot today and take the first step toward responsible concealed carry.

9/30, 10/2 Tu/Th 6-8p Annex \$40 ID/\$48 OD  
Please do not bring ANY firearm to class.

### Puzzled

Puzzled is a fast-paced, fun-filled puzzle-building competition designed for puzzle enthusiasts of all skill levels. This timed event will challenge individuals and teams of two to complete a jigsaw puzzle as quickly as possible through multiple elimination-style rounds. Each round will feature puzzles ranging from 100-500 pieces, carefully selected to ensure a consistent level of difficulty. The goal is to build a vibrant, community-centered event that's both mentally stimulating and socially engaging. Spaces are limited so register now!

10/12 Su 11-2p MP  
\$20/Team competition \$10/Individual competition

### Voice Overs...Now Is Your Time!

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. You will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class.

10/13 M 6-8p Zoom \$45  
11/24 M 6-8p Zoom \$45

### A Community Conversation

Join us for an open, judgment-free conversation about money - just for women. Full description on page 28.

11/5 W 6-8p \$5 Women & Wealth  
1/7 W 6-8p \$5 Women & Aging

### River Road Adult Prom

This event is open to individuals 21 and older. Let's bring the magic of prom night back for adults! The River Road Adult Prom is a whimsical, semi-formal evening of nostalgia, celebration, and fun under a shimmering "Under the Sea" theme. Set in a beautifully themed River Road Park MP room, this one-night event will offer music, dancing, dessert, drinks, Love and Marriage Game Show and plenty of photo ops for couples and friends looking to relive or reimagine their prom experience with a few fun twists!

11/8 Sa 6-9p MP \$20/Individual \$40/couple



# Adult Travel



Each trip is different when it comes to how physically fit one needs to be. Check out the trip rating scale on our website or call Kat if you're wondering if a particular trip is right for you.

## EXTENDED TRAVEL

### Branson Christmas Extravaganza, Dec. 10-16, 2025

Want to go? Call Kat to see if there is still space. Included in your price are round-trip airfare from Eugene, taxes, fees, and surcharges, lodging, transportation, seven exciting days, and ten meals. The cost of insurance is \$429 per person. Final payment is due September 11, 2025. <http://gateway.gocollette.com/link/1286534> The rating for this trip is level 2.

Single: \$4349      Double: \$3649      Triple: \$3599

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

Alright, brace yourself, Vietnam, Cambodia, Laos and Thailand. How exciting is this? This one is for those of you who really want an adventure! Let's go! HIGHLIGHTS... Hanoi, Walking Food Tour, Discussion with Vietnam War Veteran, Ha Long Bay, Hoi An, Ho Chi Minh City, Reunification Palace, Mekong Delta, Siem Reap, Angkor Wat, Luang Prabang, Choice on Tour: Night Market Visit or Evening at Leisure, Wat Xieng Thong, Pak Ou Buddha Cave, Monk Alms Offering, Bangkok. This is a smaller group (12-24 people) tour which will make this trip will be that much more memorable. Final payment is due November 2, 2025. Post-tour (four day/3 night) extension to Bangkok available for \$799. <http://gateway.gocollette.com/link/1276346> The rating for this trip is level 3.

Single: \$8079      Double: \$7014

## TRIP PRESENTATIONS

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

8/14	Th	1-2p	SE Asia
8/14	Th	2:15-3:15p	Italy Amalfi
11/6	Th	1-2p	Italy Amalfi #2
11/6	Th	2:15-3:15	Spirit of the Southwest
1/8	Th	1-2p	Spirit of the Southwest
1/8	Th	2:15-3:15p	Christmas Markets Quebec

## DOC PARTIES

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

8/14	Th	3:30-4:30p	London & Paris
11/6	Tu	3:30-4:30p	Branson
1/8	Th	3:30-4:30p	SE Asia

- #1 Italy: Amalfi Coast to Puglia      May 13-26, 2026
- #2 Italy: Amalfi Coast to Puglia      June 7-20, 2026

Venture beyond the typical tourist routes and discover a different side of the Italy you already adore. Highlights include: Naples, Pompeii, Minori, Amalfi, Positano, Ravello, Matera, Lecce, Tarrantella Folk Music & Dance Performance, Ostuni, Ape Calessino Tour, Alberobello and so much more! Get ready for an amazing trip!! Included in your price are round-trip airfare from Eugene, taxes, fees, and surcharges, lodging, transportation, 12 exciting days, 19 Meals, and 2 choice on tour options. The cost of insurance is \$549 per person. This is a smaller group (12-24 people) tour which will make this trip will be that much more memorable. Final payment is due February 12, 2026.

- #1 <http://gateway.gocollette.com/link/1347572>
- #2 <http://gateway.gocollette.com/link/1359441>

The rating for this trip is level 3.

All money is refunded if you need to cancel and do so before 10/14/25.

Single: \$7549      Double: \$6749  
Cost is \$250 more for the June date.

### Spirit of the American Southwest TBA (Sept. 2026)

Join us for a ten-day journey through the breathtaking natural beauty of New Mexico and Arizona. Discover the vibrant energy of Santa Fe and Sedona, and venture off the beaten path to explore awe-inspiring landscapes and rich Native American heritage.

Pricing and dates were not available at the time of printing. Stay tuned for details.

### Discover Christmas Markets of Montreal and Quebec City TBA (Dec. 2026)

Experience the magic of the holiday season in Quebec City and Montreal. Wander festive Christmas markets, explore historic landmarks, visit a countryside sugar shack, and learn to make a traditional Bûche de Noël. A charming winter escape to two of French Canada's most enchanting cities. The rating for this trip is level 1.

Pricing and dates were not available at the time of printing. Stay tuned for details.

# Day Trips

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Katrina Setzer | [Katrinas@rrpark.org](mailto:Katrinas@rrpark.org)

## Day Trip Registration

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

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

### CANCELLATION POLICY

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

7 days or more = full refund

7 days - 72 hours = 50% refund

72 hours up to the day of = zero refund.

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

### Under AGE 55?

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

More trips may be added so check our website and facebook page for any additions.



August				
➡ Grub Club-Laurelwood Pub	8/13	W	11:30a-2p	\$35
➡ Albany NW Art & Air Festival - Night Glo	8/22	F	2:30-9p	\$45
➡ Whale Watching (full)	8/27	W	9a-4p	\$95
September				
➡ Annual 55+ BBQ	9/3	W	4-6p	Free
➡ Mt. Angel Oktoberfest	9/11	Th	9a-4p	\$35
➡ Traveling Vietnam Wall & Lunch	9/18	Th	10a-5p	\$65
➡ Dinner & Theater-Triangle	9/28	Su	11:15a-8p	\$110
October				
Goat Happy Hour	10/7	Tu	11:30a-3p	\$75
Sister's Harvest Festival	10/11	Sa	8a-5p	\$35
Pumpkin Succulent Class	10/14	Tu	1:45-4:15p	\$75
Guys & Dolls	10/17	F	4:15-11p	\$89
High Tea @ SMJ House	10/20	M	10:15a-12:45p	\$65
Safety Workshop	10/28	Tu	10:15aa-2p	\$49
November				
Verboort Sausage	11/1	Sa	9:30a-5:30p	\$69
Vet Tour & Lunch	11/5	W	10:45a-4p	\$60
High Tea @ The Mission	11/14	F	9:45a-2p	\$35
Book Fair	11/16	Su	12-3p	FREE
December				
Dinner & Theater- Alice	12/5	F	4:15-11p	\$89
Portland Spirit	12/9	Tu	3:30-11:30p	\$150
Actors Cabaret/Brunch	12/14	Su	12-4:30p	\$89
Painted Lady	12/18	Th	9:30a-5p	\$82
Holiday Concert	12/19	F	6:30-8p	\$20/\$25 day of

# Adult Day Trips

## ⇒ Whale Watching

Today, we travel to Depoe Bay for an amazing whale watching experience. By the end of the day, you are going to become a gray whale expert. We'll enjoy the museum (Whale, Sealife and Shark Museum) and the shops in town once our whale experience is over. Come learn more about gray whales and the other marine life you might encounter including; seals, sea lions, seabirds and unique oceanographic features. Lunch is on your own. Your cost includes: transportation, 1.25 hour whale watching excursion, and time to shop around.

8/27                      W                      9a-4p                      \$95

## ⇒ Mt. Angel Oktoberfest

Oktoberfest offers a plethora of activities and attractions so come along for some fun. Take your time walking through the streets, savoring the music and taking in the sights, sounds, and smells of wonderful culinary options. Mt Angel goes full Bavarian — think timbered façades, flower crowns, and more lederhosen than you'd expect outside of Germany. Prost! Your cost includes: transportation.

9/11                      Th                      9a-4p                      \$35

## ⇒ The Wall that Heals

A replica of the Vietnam Veterans Memorial in Washington, D.C. is coming to Independence! How incredible is this? It's like standing in the presence of history, where the past and the present meet. This meaningful experience will be one you'll remember. We'll also enjoy a delicious lunch at a local eatery. Your cost includes: transportation, tour and lunch.

9/18                      Th                      10a-5p                      \$65

## ⇒ Broadway Rose Theater & Dinner- *Triangle*

Portland, here we come. Theater followed by a delicious dinner. What could be more fun?! *Triangle* is a musical that focuses on two romances: a Jewish immigrant seamstress and her Italian foreman, and a doctoral student and his relationship with an attractive free-spirited stranger. The show mirrors their experiences because they are situated in the same region, although a century apart. With innovative tunes and a touching story, the couples learn what it means to risk all for love. Your cost includes: transportation, theater, and dinner.

9/28                      Su                      11:15a-8p                      \$110

## Goat Happy Hour

Looking for a break from the everyday chaos? Discover the calming charm of farm life and the joy of connecting with animals in a peaceful, natural setting just outside of Monroe. This goat experience will lift your spirits and bring wellness to your mind, body, and soul. It's sure to be a positive and fun-filled experience. Come enjoy and take time to snuggle goats, take goat selfies, learn more about the goats and the farm. Your cost includes: transportation, picnic (food and beverages), and time with the goats.

10/7                      Tu                      11:30a-3p                      \$75

## Sister's Harvest Festival

Main Avenue in downtown Sisters comes to life with Sisters Harvest Faire, a lively fall festival and community tradition for over 40 years. Enjoy browsing quality handcrafted items and artwork, live music and delicious food. Lunch will be on your own. Your cost includes: transportation and a snack.

10/11                      Sa                      8a-5p                      \$35

## Pumpkin Succulent Class

Create a stunning seasonal centerpiece at our popular Pumpkin Succulent Workshop! This fun and festive project blends the cozy charm of autumn with the natural beauty of living succulents—perfect for your fall décor, Thanksgiving table, or as a thoughtful hostess gift. All supplies included as well as step-by-step, guided instruction. No carving or planting required—just creativity, fun, and a little fall magic!

10/14                      Tu                      1:45-4:15p                      \$75

## Dinner & Cottage Grove Theater – *Guys & Dolls*

Join us for a lively day trip filled with music, laughter, and classic Broadway charm! We'll kick off the evening with a delicious dinner at Stacy's Covered Bridge—known for its cozy atmosphere and hearty fare—before heading to the theater. Then, sit back and enjoy a Tony Award-winning musical that first lit up the stage in 1951. Set in the bustling streets of 1950s New York, this unforgettable show follows the colorful lives of daring gamblers, hopeful showgirls, and devoted missionaries as they chase love, luck, and redemption. It's a toe-tapping, heartwarming experience you won't want to miss! Your cost includes: transportation, dinner and show.

10/17                      F                      4:15-11p                      \$89

## Holiday Tea at Shelton McMurphy House

Put on your fancy hat (or just your fun-loving spirit) and join us for a charming afternoon of high tea! SMH is serving up an assortment of classic teas, delicious finger sandwiches, sweet treats, and good company—no pinky lifting required (unless you want to!). Whether you're here for the scones or the socializing, this lighthearted twist on traditional high tea is all about enjoying the moment. Wear your most festive hat! Your cost includes: transportation and tea.

10/20                      M                      10:15a-12:45p                      \$65

## Personal Safety Workshop – Eugene Police Department

Join us for an informative and empowering day trip to the Eugene Police Department for a Personal Safety Workshop. This engaging session is different from the workshop we did last year. Today's class is designed to increase awareness, build confidence, and provide practical tools for staying safe in everyday situations. The workshop will cover key topics such as situational awareness, personal boundaries, de-escalation techniques, and basic self-defense strategies. Following the workshop, we'll enjoy lunch at a local hot spot. Your cost includes: transportation, workshop, and lunch.

10/28                      Tu                      10:15a-2p                      \$49

**Verboort Sausage Festival**

It began in 1934, and now they serve over 17 tons of sausage. You know it's good! The lunch is all you can eat homemade Verboort sausage, sauerkraut, green salad, potatoes/gravy, green beans, roll, applesauce, lemon or apple pie and a drink. While there, we'll go to the Bazaar, where there are crafts, games, homemade candy and baked goods for purchase. Your cost includes: transportation and lunch.

11/1 Sa 9:30a-5:30p \$59

**Carlson College of Veterinary Medicine Tour & Lunch**

Looking for a fun and educational outing? A day trip to the Carlson College of Veterinary Medicine School offers a fascinating behind-the-scenes look at the world of animal medicine, guided by the very students training to become veterinarians. Your visit begins with a student-led tour that takes you through the Small and Large Animal Hospitals, the Diagnostic Laboratory, and the school's modern teaching facilities. These tours provide a unique glimpse into how veterinarians care for everything from household pets to livestock, blending science, compassion, and hands-on learning. After your tour, keep the good energy going with a relaxing lunch at a local Corvallis hot spot. Your cost includes: transportation, tour, and lunch.

11/5 W 10:45a-4p \$69

**Tour & Tea at the Mission**

The Mission is doing some amazing things. It begins with connection, which is why we are heading there today. This is a great opportunity to see the work being done firsthand, ask questions and find ways to engage. We then go through the Rescue Shelter to the kitchen and the culinary program, tour the food stores, warehouse and the huge food rescue program they have. Then, we will proceed to the Learning Center for the delicious high tea. Your cost includes: transportation, tour, and high tea.

11/14 F 9:45a-2p \$35



**Dinner & Theater - Alice's Adventures in Wonderland**

Get ready for a delightful getaway filled with great food, local charm, and a whimsical performance! We're heading to Cottage Grove for a fun day trip that kicks off with a delicious meal at Stacy's Covered Bridge Restaurant, a local favorite known for its cozy atmosphere and hearty fare. After dinner, we'll make our way to the theater to enjoy a magical performance of Alice's Adventures in Wonderland, where imagination comes to life with colorful characters and playful storytelling. Whether you're a longtime fan of Lewis Carroll's classic or just in it for the fun, this show is sure to bring a smile to your face. Come along for a day of good eats, great company, and a little wonder! Your cost includes: transportation, dinner, and the show.

12/5 F 4:15-11p \$89

**Portland Spirit Holiday Parade**

Get into the holiday spirit with a magical dinner cruise during the 71st Annual Christmas Ship Parade! Delight in a 2½-hour journey along the sparkling Willamette River, complete with a delicious three-course dinner made fresh on board, live piano music filling the air, and twinkling views of the beautifully decorated Christmas Ships as they glide by. Cost includes transportation and dinner- holiday joy included!

12/9 Tu 3:30-11:30p \$150

**Brunch & Broadway at the Actors Cabaret of Eugene**

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

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

**Painted Lady High Tea**

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

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

**Holiday Concert**

Get ready to embrace the holiday spirit! We'll kick things off with a delightful spread of treats and finger foods, followed by a festive musical journey that's sure to warm your heart. Your cost includes: delicious food, hot drinks, and an evening holiday concert filled with songs and cheer to put you in a merry mood.

12/19 F 6:30-8p \$20/ \$25 at the door if space is available

# 55+ Activities

541-688-4052 • www.rrpark.org

Katrina Setzer | email: katrinas@rrpark.org

## 55+ ACTIVITIES

### Bridge

Enjoy playing bridge in a social atmosphere? Come join us for some monthly fun! All are welcome. Payouts at the end of each session. \*\*We will meet the first Monday of the month at the Annex, 1055 River Road. Off Labor Day.

10/6, 11/3, 12/1, 1/5 1st M 12:45-4p \$3 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.

9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22  
2nd & 4th M 6-8p \$3 per day

### 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.

9/15, 10/20, 11/17, 12/15 3rd M 1-3p \$5 per session

### Memory Tones Choral Group

The focus is on having fun singing old favorites. Experience or ability to read music would be helpful but not necessary. Newcomers 55+ are welcome. Weekly practices and several performances per month. No meeting on 12/6.

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

### New Annual Book Fair

In collaboration with Emerald Literary Guild, we will provide an atmosphere filled with excitement as people exchange book recommendations, discuss favorite genres, and celebrate a shared love of literature. **If you are a published author and would like have a space, call us to register. 541-688-4052**

Registration for authors will begin September 18th.

Are you an author? \$15 ELG / \$20 Non-ELG for a table. Want to come to the event and meet the authors?

11/16 Su 12-3p FREE to the public

## SPECIAL EVENTS/CLASSES

### 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. This class will be held at 1400 Lake Dr.

9/5 F 9a-3:30p  
11/7 F 9a-3:30p  
\$20 AARP Member/\$25 Non-member.

### A Community Conversation ~ Women & Wealth

Join us for an open, judgment-free conversation about money - just for women. This gathering creates a comfortable and supportive space where you can connect with other women in the community, share experiences, ask questions, and build confidence around financial topics. Whether you're looking to better understand budgeting, saving, investing, or simply want to talk about your relationship with money, this is a safe place to start. No pressure, no jargon, just real talk with real women. Leave feeling empowered. Led by Ginger Ottesen from Sage Wealth Strategies. Your cost includes: snacks and beverages.

11/5 W 6-8p \$5

### A Community Conversation ~ Women & Aging

Gather, laugh, and connect in a welcoming women's conversation circle where we talk openly about the journey of aging, everything from silver strands and shifting priorities to wisdom gained and stories worth sharing. This is a space for real talk and real connection, where no topic is off-limits and no one has to go it alone. Whether you're embracing new freedoms, facing unexpected challenges, or just wondering, "Is it just me?," you'll find support, insight, and a good dose of humor here. Come as you are, bring your coffee (and your questions), and join a circle of women who get it. Aging isn't the end of anything, it's the beginning of something powerful. Led by Ginger Ottesen from Sage Wealth Strategies. Your cost includes: snacks and beverages.

1/7 W 6-8p \$5

Star Gazing at Dexter State Park

Oregon Concealed Carry Class with Certified Instructor Howard Scheff

Puzzled

Voice Overs...Now Is Your Time!

River Road Adult Prom

See page 23  
for more details.

RIVER ROAD PARK PRESENTS

# Prom Under the Sea

November 8  
6-9p

- ▶ AI DJ
- ▶ DANCING
- ▶ LOVE & MARRIAGE GAME SHOW
- ▶ MOCKTAILS & DESSERTS
- ▶ SEMI-FORMAL ATTIRE
- ▶ TICKETS ON SALE 10/6/25

**\$40 COUPLE    \$20 INDIVIDUAL    AGES 18+**



# Amenities & Services

## Pool

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

## Spas

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

## Sauna

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

## Dressing Rooms

The dressing rooms are equipped with ADA accessible toilets, sinks, lockers, showers, hair dryers, and an infant changing table.

## Family Changing Room

A separate changing room is available for families upon request and is equipped with an ADA accessible shower, toilet, sink and gender-neutral changing area. \*\*Please limit your time to 30min when using the Family Changing Room.

## Swim Shop

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

## Shower Policy

Public showers are available, please provide your own towel and toiletries. The Family/ADA changing room is reserved for individuals that require assistance from a personal aide. \*\*Please limit your time to 30min when utilizing the shower hours. The cost is \$2.00 per person. For non-Shower hours, regular admission fees will apply.

Monday-Friday: 6-8a 12-3:15p  
Saturday: 6-9a 10a-12:45p

## Foot Care

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

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

By appointment Days and times vary \$25

## SHIBA Volunteers Here to Help You

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

## Massage

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

Cost \$70 hr. Hours vary based on the therapists' schedule.



# Rentals

Main Office • 541-688-4052 •  
www.rrpark.org • info@rrpark.org

## Facility Rentals

All reservations must be made in person to sign paperwork.

Rental times must include set up and take down times.

### ROOM AND SHELTER RENTALS 541-688-4052

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

#### Shelter Rental - 1400 Lake Drive

- \$50/hr.

Can accommodate up to 52 guests. No amplified music or alcohol allowed. No refunds for inclement weather.

#### Multipurpose Room - 1400 Lake Drive

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

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

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

#### River Road Annex - 1055 River Road

Non-Alcohol Event • \$75/hr.  
Alcohol Event: Beer or wine ONLY\* • \$150/hr.

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

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

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

### No Smoking /Alcohol Policy

Out of consideration for everyone, we do not allow smoking or alcohol in the park. Possession or consumption of cigarettes, e cigarettes, marijuana or alcohol within the park boundary is prohibited.

### POOL RENTAL 541-461-7777

Enjoy your very own Splash Bash! River Road Pool is available for private rental. Rental parties can be arranged for any size group. Our basic Splash Bash starts at only \$200 per hour (includes 2 lifeguards) and can accommodate up to 40 of your friends. Additional lifeguards will be scheduled for larger groups. Reservations must be made at least two weeks in advance. Cancellations less than 5 days prior to rental will not receive a refund or be rescheduled.

Payment due at time of scheduling. Rentals are only available on Saturday after 3:30pm

Basic Rental Package	\$200/hr. (Includes two lifeguards)
Additional lifeguards	\$35/hr. each (for every additional 10 people)
Party Room (capacity 25)	\$50/hr. (this includes set-up and clean-up)

### GYMNASTICS/BIRTHDAY PARTIES 541-688-8955

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

\$135 (up to 10 children) Saturday or Sunday only. \$5 for each additional child.

Sat.	1:30-3p	3:30-5p
Sun.	1-2:30p	3-4:30p

### RENTAL REFUND POLICY

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





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BROADBAND



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PER MONTH

**200**  
MBPS

**\$55**  
PER MONTH

**500**  
MBPS

**\$80**  
PER MONTH

**1**  
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